

Abnormal Psychology (Online)
Psychology 4
Fall 2022

Instructor: Shannon Hassett
CRN #: 20291/ 24730
Section # 62Z/ 65Z

Online Office Hours (through Zoom): Tuesday/Thursday 10:20am-11:10am & 1:30pm-2:20pm. You must sign up for an appointment (15-minute increments) in advance (by the time the office hour begins) on Canvas under the Calendar link on the left. We will meet on Zoom in my meeting room (found in the Calendar as well the Zoom link) during the time you reserved.

E-mail address: hassettshannon@deanza.edu or e-mail me through the Canvas site; both go to the same e-mail account (you can expect me to respond within 72 hours Monday-Thursday; if you e-mail me over the weekend, you can expect a response by Tuesday; I *do not* check e-mail after 6pm or on holidays). ***Be sure to include in the subject line the course you are in and your name (otherwise your e-mail will automatically be deleted).*** I do not check the comment sections of assignments, so if you would like a response from me, please e-mail me directly (even if you are replying to comment I have made).

****Please note:** office hours are for course related questions and other academic-related matters **ONLY**. Any personal matters will be referred to the proper resources (such as [psychological services](#)). I am *not* a mental health provider (but am happy to provide you with resources).

Required Text: Abnormal Psychology and Life: A Dimensional Approach, 3rd Edition, Christopher Kearney; Timothy Trull. **Any edition of this text is fine.**

Advisory: English Writing 1A or English as a Second Language 5

Course Description:

A survey of major theories and concepts of psychopathology and therapy including methods of clinical assessment, classification and diagnosis.

Student Learning Outcome Statements (SLO)

- **Student Learning Outcome:** Explain the historical roots of abnormality and contrast them with current views.
- **Student Learning Outcome:** Explain the symptoms and causes of psychological disorders and compare and contrast them.
- **Student Learning Outcome:** Describe the different types of therapy and be able to apply them to specific case studies.

Canvas Student Guide: <https://deanza.instructure.com/courses/272>

Technical Support: De Anza Online Education Center

Monday-Thursday 8:30am-5:00pm, Friday 8:30-4:00pm

(408) 864-8969; onlineeducation@deanza.edu; Contact Tech Support by Opening a Ticket in the Canvas Help Menu

After Hours Only

You can contact Canvas Support when our Online Education Center is closed, including weekends: Visit Canvas Chat in the Canvas Help Menu

Canvas Technical Requirements:

Canvas supports the current and first previous major releases of the following browsers:

- **Chrome** 75 and 76
- **Firefox** 67 and 68 ([Extended Releases](#) are not supported)
- **Edge** 44 (*Windows only*)
- **Respondus Lockdown Browser** (supporting the latest [system requirements](#))
- **Safari** 11 and 12 (*Macintosh only*)

Zoom Information:

<https://ccctechconnect.zendesk.com/hc/en-us/articles/360009517753-Overview-of-ConferZoom-in-Canvas>

Course Format:

This course is completely online; it consists of readings, chapter notes, videos, weekly quizzes, exams, assignments and discussions.

Basic Instructions for all turned in work:

All assignments and exams will be completed online. There will be weekly assignments that are due by **Sunday at 11:59pm**. Assignment due dates are posted on the last pages of the syllabus as well as online. Any work (except for exams and the first week assignments) turned in after the deadline will automatically be deducted by 15% per day and will only be available through Tuesday 11:59pm. I *do not* accept late work beyond Tuesday (unless there are extenuating circumstances, such as a hospitalization or death of a loved one). Extensions for exams are only granted under extenuating circumstances, and you must notify the instructor within two days of missing it with a verifiable excuse (such as a doctor's note). The first week assignments must be completed by the due date (10/2) or you will be dropped. Quizzes and exams may not be re-taken for a higher grade. You can expect discussions and exams to be graded within three weeks. I will include grading rubrics for exams that are not automatically graded. For those assignments that are automatically graded (such as weekly quizzes), the correct answers will be viewable within a specific timeframe (**the Wednesdays following the due date from 8-11pm**).

only). However, the correct answers to exams **will not** be posted. You can schedule an office hour appointment to go over your exam.

Please note: Once the due dates for assignments have passed, you will not have access to them or be able to submit them (with the exception of my late policy stated above).

Performance Evaluations:

- 1) **Exams (3 total; 180 points total):** the first two exams will consist of multiple-choice and a free response question (requires about a paragraph of writing; they need to be in your own words-not verbatim or copied & pasted from notes, text, websites, etc. and must address the *prompt specifically*). The final will consist of multiple-choice questions. It is possible that there will be more than one correct answer to the multiple-choice questions. The questions with more than one possible correct answer will allow you to click on more than one answer. Those questions with only one correct answer, will only allow you to click on one correct answer. Exams will cover assigned readings, chapter notes, discussions, assignments and film clips. **Study guides** are posted on Canvas under the “Course Information/Resources” Module. You will only be tested on what is covered on the study guide. All 3 exams are worth 60 points each. The first two exams will be broken down into two exams: 1) 40 multiple choice (you’ll have 60 minutes to complete this portion) and 2) one free response (you’ll have 30 minutes to complete this portion). The final will be one exam (60 multiple-choice; you’ll have 90 minutes to complete). I recommend that you keep a timer to monitor your time (although there is a running timer within Canvas at the top of the exam). There are **NO** make-up exams (unless there is a verifiable emergency). You must complete all exams by the deadline (see schedule). Exams will be posted on the Friday of exam weeks at 12 pm. You will then have access from Friday at 12pm through that Sunday 11:59pm.
- 2) **Weekly quizzes (40 points total):** you will have a multiple-choice quiz (5 questions) every week, except for weeks of exams. They will cover the readings, chapter notes and film clips. It is possible that there will be more than one correct answer to the multiple-choice questions. The questions with more than one possible correct answer will allow you to click on more than one answer. Those questions with only one correct answer, will only allow you to click on one correct answer. There are no make-ups/re-takes (unless extenuating circumstances), and your lowest quiz will be dropped (if you miss a quiz, this counts as lowest grade). Each quiz is worth 5 points, for a total of 40 points. With the exception of the syllabus quiz (your highest attempt will be recorded), you are allowed one attempt. *Please note: Week 1, you will have 2 quizzes due.
- 3) **Case study assignments (3 total; 30 points total):** you will diagnose case studies with specific psychological disorders and choose the best treatment. Each assignment is worth 10 points.
- 4) **Group Assignments (4 total; 40 points total):** you will be randomly assigned to teams of 8 members for the quarter. You will determine your team captain. You will also be assigned a mentor (a student that previously took this course and excelled) that you can ask/email questions to, get feedback from or run ideas by. Your mentor will regularly check in with each team they’ve been assigned. Your team will work on assignments together: this can be remotely and through Google docs, etc. You will

submit your assignment to your mentor for feedback before submitting it on Canvas. Your team captain will be responsible for submitting the group's assignment to the mentor and Canvas. Team captains will be awarded 4 bonus points for their additional work. For each assignment, the mentors and I will award tokens to the group who scored the highest (went above and beyond expectations). At the end of the quarter, the tokens will be added, and the team with the most tokens will earn 6 bonus points to their final course grade (does not count towards extra credit maximum)! More details will be posted on Canvas. Assignments will be due on Sundays, 11:59pm (dates are on the schedule).

- 5) **Stress/Anxiety reduction exercises:** stress/anxiety is something all humans experience. You will be introduced to some stress/anxiety tracking and coping strategies throughout the term. You will practice them and keep track of your experiences on a log. Each log is worth 2 points, for a total of 10 points. Due dates are on the last pages and online.
- 6) **Extra credit:** will be posted. You may earn no more than 10 points total for extra credit in this course.

Grades:

Grades will be calculated on the points you earned during the term, plus any extra credit. The total points possible are 300. **Note: I do not give minuses or pluses.*

A= at least 90% (270+ points)

B= at least 80% (240-269 points)

C= at least 70% (210-239 points)

D= at least 60% (180-209 points)

F= below 60% (less than 180 points)

***The California Community College Board of Governors recently passed revisions to Title 5 regarding course repetition. "Students may enroll in a course only three (3) times if they received a substandard grade (D, F, NP or NC) or withdrew from a class with a "W.""**

Course Grade Breakdown (300 Points Possible)

Exams: (180 points total)

1. ____/60 points
2. ____/60 points
3. ____/60 points

Quizzes: (40 points total)

**Your lowest quiz will be dropped*

Case Study Assignments (20 points total)

1. Case Studies #1: ____/10 points
2. Case Studies #2: ____/10 points
3. Case Studies #2: ____/10 points

Group Assignments: (40 points total)

1. Assignment #1: ____/10 points
2. Assignment #2: ____/10 points
3. Assignment #3: ____/10 points
4. Assignment #4: ____/10 points

Stress/Anxiety Reduction Exercise Logs (5 total): (2 points each; 10 points total)

Extra Credit: ____/10

Class Participation:

This course requires that you actively participate by completing weekly assignments and quizzes. It is **NOT** a self-paced course. It will be organized by weeks, and you will not have access to assignments after the due dates (with the exception of my late policy stated above). You will not have access to all course content ahead of time. **If you have not completed the first 2 assignments (syllabus quiz & first week quiz) by the end of the first week (10/2/22), you will be dropped. If you do not complete Exam #1 (both parts) by the deadline (10/23/22), you will be dropped.**

Non-attendance: To prevent being dropped for non-attendance you must complete at least one assignment weekly or e-mail me with a verifiable emergency. The last day to drop is 11/18/22. After that date, I am required to assign you a grade based on completed work.

Steps to help you be successful in this course:

- 1) Read over the entire syllabus, print out the assignment checklist with due dates (check off completed assignments as you go) and write the due dates in a planner.
- 2) Complete all required readings: while reading each chapter, have the chapter notes either printed or opened and add your own notes.
- 3) Listen to the audio recordings: you can do this on your commute, while waiting for an appointment, etc. or while studying the notes. I often give different examples during lectures than are in the notes, and repetition of material is key to learning new material. The most successful students have told me they listen to the recordings.
- 4) Fill out the **study guides** I developed and posted under “Course Information/Resources” based on your readings, chapter notes and videos.
- 5) Watch the required videos prior to taking quizzes and exams; take any necessary notes.
- 6) Complete all of the homework prior to the due date (allow yourself enough time to complete all of the work).
- 7) **You should study prior to taking each exam** (like you would in a face-to-face class); you will **NOT** have enough time to look up every answer. The goal of exams is to test your understanding and retention of material. Students often think online exams are easier because exams are “open notes”, and they can simply look up the answers. But they don’t consider how much time is wasted looking up answers. Please heed my advice and don’t learn the hard way!
- 8) Make sure that when taking exams that you leave yourself plenty of time to complete them (i.e., don’t begin your exam Sunday night at 11:00pm!).
- 9) When taking exams, be sure to have your notes, study guide and text with you to reference if need be.
- 10) If you are struggling with material, please attend my online office hours, e-mail me with specific questions, attend study sessions and/or contact your team mentor.
- 11) **Complete your work on a computer/lap top. Previous students have had trouble when trying to submit quizzes/exams on their phones.**

Responsibility and Respect:

- *Please be respectful to everyone in the class by using appropriate language and appropriate topics of discussion. If you do not abide by these rules you may be dropped.
- * Please keep in mind that what you post in the discussion forums will be viewable by all students in the course and the course instructor. Please be mindful of what you post, and do not post personal information.

Academic Integrity:

I expect that all students will act in accordance with the De Anza Code of Conduct Policy (<http://www.deanza.edu/studenthandbook/pdf/studentrights.pdf>, p.11-14) Academic dishonesty, cheating and **plagiarism** will **not** be tolerated. Providing other students with answers **is** also considered cheating, as is looking up answers to quiz/exam questions online. If you are caught cheating or plagiarizing you will fail the exam/assignment and will not be allowed to make it up. Your name will also be forwarded to the student disciplinary officer, and they may take further action.

** Please be sure that your e-mail address is current on MyPortal/Canvas: <https://myportal.fhda.edu/cp/home/displaylogin> This is how I will communicate with you regarding homework reminders, changes in the schedule, etc.

Helpful Links for Student Success:

Tutoring & Writing Center: <http://www.deanza.edu/studentsuccess/>

Disability Support Programs & Services: <http://www.deanza.edu/dsps/>

Counseling & Advising Center: <http://www.deanza.edu/counseling/>

Psychological Services: <http://www.deanza.edu/psychologicalservices/>

Health Services: <http://www.deanza.edu/healthservices/>

Assignment Checklist

(Due dates for all online work are Sundays at 11:59pm)

*Print this sheet and check off each assignment once completed and write in your points

Week 1: 10/2

- ☐ Syllabus Quiz ____/5 points
- ☐ Week 1 Quiz ____/5 points

Week 2: 10/9

- ☐ Week 2 Quiz ____/5 points

Week 3: 10/16

- ☐ Week 3 Quiz ____/5 points
- ☐ Assignment #1 ____/10 points

Week 4: 10/23

- ☐ Exam #1 ____/60 points
- ☐ Meditation Log ____/2 points

Week 5: 10/30

- ☐ Week 5 Quiz ____/5 points
- ☐ Assignment #2 ____/10 points
- ☐ Stress Log ____/2 points

Week 6: 11/6

- ☐ Week 6 Quiz ____/5 points
- ☐ Case Studies 1 ____/10 points

Week 7: 11/13

- ☐ Week 7 Quiz ____/5 points
- ☐ Assignment #3 ____/10 points
- ☐ Sleep Log ____/2 points

Week 8: 11/20

- ☐ Exam #2 ____/60 points
- ☐ Gratitude Log ____/2 points

Week 9: 11/27

- ☐ Week 9 Quiz ____/5 points
- ☐ Assignment #4 ____/10 points
- ☐ Case Studies 2 ____/10 points

Week 10: 12/4

- ☐ Week 10 Quiz _____/5 points
 - ☐ Thoughts Log _____/2 points

Week 11: 12/11

- ☐ Final Exam _____/60 points
- ☐ Case Studies 3 _____/10 points
- ☐ Extra Credit _____/10 points

Total points earned _____/300 points

***Note: Don't forget that your lowest quiz gets dropped and does not get calculated into your total course points earned

<u>Schedule of Assignments and Important Dates</u>			
<u>Week</u>	<u>Topic</u>	<u>Chapter</u>	<u>Dates</u>
1	Abnormal Psychology & Life: An Overview Syllabus Quiz Due/ Week 1 (Ch. 1) Quiz Due	1	9/26-10/2 10/2
2	Perspectives on Abnormal Psychology Introduction to Mindfulness Meditation Week 2 (Ch. 2) Quiz	2	10/3-9 10/9
3	Diagnosis, Assessment & Study of Abnormal Behavior Week 3 (Ch. 4) Quiz Due/ Assignment #1 Due	4	10/10-16 10/16
4	Anxiety Disorders Exam#1 (Ch. 1,2,4) Due/ Mindfulness Meditation Log Due	5	10/17-23 10/23
5 10/30	Stress/anxiety tracking log intro OCD & Trauma Related Disorders Week 5 (Ch. 5) Quiz Due/ Assignment #2 /Stress Tracking Log Due	5	10/30
6	Somatic Symptom & Dissociative Disorders Week 6 (Ch.6) Quiz Due/ Case Studies 1 Due	6	10/31-11/6 11/6
7	Sleep log intro Depression & Bipolar Disorders & Suicide Week 7 Quiz (Ch. 7), Assignment #3 Due/ Sleep Log Due	7	11/7-13 11/13
8	Gratitude Practice intro Substance-Related Disorders Exam #2 (Ch. 5-7) Due/ Gratitude Log Due LAST DAY TO DROP!	9	11/14-20 11/20 11/18
9	Tracking thoughts intro Eating Disorders Week 9 (Ch.9) Quiz Due/ Case Studies 2/Assignment #4 Due	8	11/21-27 11/27
10	Schizophrenia & Other Psychotic Disorders Week 10 (Ch.8) Quiz Due/ Tracking thoughts log Due	12	11/28-12/4 12/4
11	Personality Disorders Final (Ch. 8,9,12,10) Due Case Studies 3 Due/ Last day to turn in extra credit	10	12/5-11 12/11 12/11