

**Abnormal Psychology (Online)
Psychology 4
Fall 2024**

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

Online Office Hours (through Zoom): Tuesday: 12-1:20pm/Thursday: 10-11:20am (you must sign up for an appointment: 20-minute increments) in advance (Tuesday by 12 noon and Thursday by 10am) on Canvas under the *Calendar link on the left*. Go to course resources for a “visual how to”. We will meet on Zoom in my meeting room:

<https://fhda-edu.zoom.us/j/3727364345> (also found in the Calendar)

****Please note:** office hours are for course related questions and other academic-related matters. I am *not* a mental health provider, but I am happy to provide you with resources. Mental Health Services are available within [the Mental Health & Wellness Center](#) on campus (virtual services are available too).

E-mail: hassettshannon@fhda.edu and Canvas email are the same (I *do not* check e-mail after 5pm; Friday-Sunday, or on holidays). Please allow for up to 72 hours for a response. Please include the following in your e-mail: **1) Subject Line: Psych 4 and your first and last name that are listed on the roster. If you fail to do this your e-mail will automatically be deleted, 2) A clear and concise (1-3 sentences) question. 3) If you miss an exam and have proper documentation (see the section below on “exam extensions”), please include that in your subject line and be sure to attach your documentation.**

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

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.

Course Format:

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

Basic Instructions for all turned in work:

All class work will be completed online. There will be weekly quizzes that are due by **Sunday at 11:59pm**. Please refer to the class schedule and/or the class checklist.

Any quizzes or 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).

*Quizzes and exams may not be re-taken for a higher grade.

The correct answers for quizzes 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.

*****Extensions for exams:**

Extensions are **only** granted under *extenuating circumstances* (with proper documentation of emergencies, such as hospitalization for self or child/other dependent, illness, accident, jury duty or death of a family member), and you must notify me through e-mail (or have a loved one) within 2 days of missing it. Make up exams will be different from the original exam given.

*****In the e-mail request, you must include proper documentation (e.g., doctor’s note, police report, death certificate, jury summons, counselor’s note, test results with your full name on the documentation). If you do not include documentation, you will not be granted an extension.**

Performance Evaluations:

- 1) **Exams (3 total; 180 points total):** There will be three multiple-choice exams. 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, 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. You will have 90 minutes to complete each exam. 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; see above for extension policy)**. 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 is no time limit. 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 discussions (4 total; 45 points total):** you will be randomly assigned to a group for the quarter (about 10 students per group). The purpose of the groups is for you to build a sense of community since this is a large class. There will not be group assignments, rather you will thoughtfully reflect on others' posts, learn from each other, and encourage each other. Additionally, each group will be assigned a mentor. The mentor is a student who was very successful in this class and wants to help you be successful as well. This mentor will be your first contact if you have questions, and they will moderate discussions. They are an excellent resource and are kindly volunteering to help.
For each discussion you will be provided with a prompt, and you will address it in the discussion group. The first discussion is worth 9 points. The rest are worth 12 points. After posting your response (you won't be able to see others' posts until you post your own), you will reply to another student's post. *Note: you will not be able to edit your posts after you post them on Canvas, nor will you be allowed to post more than once, other than to reply to others' posts. Make sure you type it in a document, save it, then copy & paste it into the discussion post.*
- 5) **Stress/Anxiety reduction exercises (5 total; 5 points total):** 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 1 point, for a total of 10 points. Due dates are on the last pages and online.
- 6) **Extra credit:** extra credit will be posted on Canvas under the "Extra Credit Opportunities Module". The maximum you can earn is 10.

Course Grade Breakdown (300 Points Possible)

Exams: (180 points total) **Quizzes:** (40 points total)

Case Studies: (30 points total) **Group Discussions:** (45 points total)

Stress Reduction Exercises: (5 points total) **Extra Credit:** (10 points total)

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.**

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 in module format, 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 (9/29), you will be dropped. If you do not complete Exam #1 by the deadline (10/20/24), you will be dropped. After the drop deadline, you will be given the grade you earned.**

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 **11/15**. 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 e-mail me and/or attend study sessions ran by course Teaching Assistants.
- 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, teaching assistants 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 disciplinarian 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. **You are responsible for reading course announcements.**

Helpful Links for Student Success

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

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 onl*)

Schedule of Assignments and Important Dates

<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	9/23-29 9/29
2	Perspectives on Abnormal Psychology Introduction to Mindfulness Meditation Week 2 (Ch. 2) Quiz/ Discussion #1 due	2	9/30-10/6 10/6
3	Diagnosis, Assessment & Study of Abnormal Behavior Week 3 (Ch. 4) Quiz Due/ Discussion #2 due	4	10/7-13 10/13
4	Anxiety Disorders Exam#1 (Ch. 1,2,4) Due/ Mindfulness Meditation Log Due	5	10/14-20 10/20
5	Stress/anxiety tracking log intro OCD & Trauma Related Disorders Week 5 (Ch. 5) Quiz Due/ Stress Tracking Log Due	5	10/21-27 10/27
6	Somatic Symptom & Dissociative Disorders Week 6 (Ch.6) Quiz Due/ Case Studies 1 Due	6	10/28-11/3 11/3
7	Sleep log intro Depression & Bipolar Disorders & Suicide Week 7 Quiz (Ch. 7), Discussion #3 Due/ Sleep Log Due	7	11/4-10 11/10
8	Gratitude Practice intro Substance-Related Disorders Exam #2 (Ch. 5-7) Due/ Gratitude Log Due LAST DAY TO DROP!	9	11/11-17 11/17 11/15
9	Tracking thoughts intro Eating Disorders Week 9 (Ch.9) Quiz Due/ Case Studies 2 Due	8	11/18-24 11/24
10	Schizophrenia & Other Psychotic Disorders Week 10 (Ch.8) Quiz Due/ Discussion #4/Tracking thoughts log Due	12	11/25-12/1 12/1
11	Personality Disorders Final (Ch. 8,9,12,10) Due Case Studies 3 Due/ Last day to turn in extra credit	10	12/2-8 12/8

*This schedule is tentative & subject to change

**Note: I only write letters of recommendation for class mentors/teaching assistants

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: 9/29

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

Week 2: 10/6

- Week 2 Quiz ____/5 points
- Discussion #1 ____/9 points

Week 3: 10/13

- Week 3 Quiz ____/5 points
- Discussion #2 ____/12 points

Week 4: 10/20

- Exam #1 ____/60 points
- Meditation Log ____/1 point

Week 5: 10/27

- Week 5 Quiz ____/5 points
- Stress Log ____/1 point

Week 6: 11/1

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

Week 7: 11/10

- Week 7 Quiz ____/5 points
- Discussion #3 ____/12 points
- Sleep Log ____/1 point

Week 8: 11/17

- Exam #2 ____/60 points
- Gratitude Log ____/1 point

Week 9: 11/24

- Week 9 Quiz ____/5 points
- Case Studies 2 ____/10 points

