

Abnormal Psychology (Online)
Psychology 4
Fall 2017

CRN # 20291
Section # 65z

Instructor: Shannon Hassett

Office: Forum 6F

Online Office Hour: Monday: 4:30-5:30pm (you need a [Zoom Chat](#) account)

On-Campus Office Hours: Tuesday: 10:20-11:20am; Wednesday/Thursday 1:30-2:30pm

****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).

Office Phone #: (408) 864-8297

E-mail: hassettshannon@deanza.edu or e-mail me through the Canvas site (you can expect a response within 24 hours). Be sure to include a relevant subject in the subject line (otherwise your e-mail *will* be deleted without being opened).

De Anza Webpage: <http://www.deanza.edu/faculty/hassettshannon/psych4/index.html>

Canvas Student Guide: <https://deanza.instructure.com/courses/27/modules/items/4526>

Technical Support: De Anza Online Education Center

Monday-Friday

8:00am-5:00pm

408.864.8969

After Hours Only Tech Support

You can contact Canvas Support when the Online Education Center is closed, including weekends: 1-844-592-2207

Required Text: Abnormal Psychology and Life: A Dimensional Approach, 1st Edition, Christopher Kearney; Timothy Trull.

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 Outcomes:

- 1) Explain the historical roots of abnormality and contrast them with current views
- 2) Explain the symptoms and causes of psychological disorders and compare and contrast them
- 3) 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, assignments and discussions.

Basic Instructions for all turned in work:

All assignments and exams will be completed online. There will be weekly quizzes (with the exception of exam weeks) that are due by **Sunday at 11:59pm**. Assignment due dates are posted on the last pages of the syllabus. They will also be posted online. I do not accept late work.

Performance Evaluations:

- 1) **Exams (3 total):** the first two exams will consist of multiple-choice and essay questions. The final will consist of multiple-choice questions. It is possible that there will be more than one correct answer to the 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. You will have 90 minutes to complete each exam once it has been started. 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. 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:** you will have a quiz every week, except for weeks of exams. They will cover the readings, chapter notes and film clips. 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.
- 3) **Case study assignments (2 total):** you will diagnose case studies with specific psychological disorders and choose the best treatment. Each assignment is worth 10 points.
- 4) **Discussion/forum posts (weekly):** you will need to respond to weekly discussion questions posted on the weekly module. The first discussion is a self-introduction and is worth 4 points. After week 1, you will be broken up into discussion groups. You will “discuss” by posting thoughtful reflections to each question. You will earn 2 points for your reflection and 2 points for replying to a post. You may choose which post you reply to. They will be graded on content (not simply responding). Please *do not* post personal information and please address the question posted in a thoughtful way, respecting everyone’s opinion. *Please do not use foul, derogatory or inflammatory language.* If you do, you will receive a 0 for that week, your post will be removed and depending on the content, your name may be forwarded to the campus disciplinary officer. Posts will be due every **Sunday by 11:59pm**. I recommend doing them in advance, so that your group members will have the opportunity to read and reply to your posts. Please keep in mind that what you post is viewable by those students registered, the instructor and teaching assistants. Be

professional in what you post (*do not post information regarding drug use, etc.*). You never know who is enrolled in the course.

- 5) **Stress/Anxiety reduction exercises:** stress/anxiety is something all humans experience. You will be introduced to some stress/anxiety 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) **Stress/anxiety reduction reflection:** After practicing the above strategies, you will write a one-page reflection on your experiences. It is worth 10 points. More details will be posted.
- 7) **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.

A= at least 90% (270+)

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

Forum Posts: (40 points total)

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

Stress/Anxiety Reduction Exercise Reflection: (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 discussions. You will be able to review discussions, but if you respond after the due dates your posts will not be graded. You will not have access to all course content ahead of time. If you have not completed the first two assignments (syllabus quiz and first week quiz) by the end of the first week (**10/1/17**), you will be dropped. If you do not complete Exam #1 by the deadline (**10/29/17**), you will be dropped. The last day to drop is 11/17/17. 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 here 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, attend on-campus study sessions ran by one of my teaching assistants (I will be posting the days/times during the second or third week of the quarter) if you are able to and/or ask me questions during office hours.

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. 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 she/he may take further action.

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/>

Assignment Checklist with Due Dates & Points Possible
(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

- Syllabus Quiz (Due 10/1/17) ____/5 points
- Week 1 Quiz (Due 10/1/17) ____/5 points
- Discussion 1 (Due 10/1/17) ____/4 points

Week 2

- Week 2 Quiz (Due 10/8/17) ____/5 points
- Discussion 2 (Due 10/8/17) ____/4 points

Week 3

- Week 3 Quiz (Due 10/15/17) ____/5 points
- Discussion 3 (Due 10/15/17) ____/4 points

Week 4

- Week 4 Quiz (Due 10/22/17) ____/5 points
- Discussion 4 (Due 10/22/17) ____/4 points
- Meditation Log (Due 10/22/17) ____/2 points

Week 5

- Exam #1 (Due 10/29/17) ____/60 points
- Discussion 5 (Due 10/29/17) ____/4 points
- Stress Log (Due 10/29/17) ____/2 points

Week 6

- Week 6 Quiz (Due 11/5/17) ____/5 points
- Discussion 6 (Due 11/5/17) ____/4 points

Week 7

- Week 7 Quiz (Due 11/12/17) ____/5 points
- Discussion 7 (Due 11/12/17) ____/4 points
- Sleep Log (Due 11/12/17) ____/2 points

Week 8

- Week 8 Quiz (Due 11/19/17) ____/5 points
- Discussion 8 (Due 11/19/17) ____/4 points
- Case Studies 1 (Due 11/19/17) ____/10 points
- Gratitude Log (Due 11/19/17) ____/2 points

Week 9

- Exam #2 (Due 11/26/17) ____/60 points
- Discussion 9 (Due 11/26/17) ____/4 points
- Thoughts Log (Due 11/26/17) ____/2 points

Week 10

- Week 10 Quiz (Due 12/3/17) ____/5 points
- Discussion 10 (Due 12/3/17) ____/4 points
- Reflection Paper (Due 12/3/17) ____/10 points

Week 11

- Final Exam (Due 12/10/17) ____/60 points
- Case Studies 2 (Due 12/10/17) ____/10 points
- Extra Credit (Due 12/10/17) ____/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

Schedule of Assignments and Important Dates

<u>Week</u>	<u>Topic</u>	<u>Chapter</u>	<u>Dates</u>
1	Introduction to course/ Abnormal Psychology & Life: An Overview Syllabus Quiz Due/ Week 1 Quiz Due/ Discussion 1 Due	1	9/25-29 10/1
2	Perspectives on Abnormal Psychology Introduction to Mindfulness Meditation Week 2 Quiz Due/ Discussion 2 Due	2	10/2-6 10/8
3	Diagnosis, Assessment & Study of Abnormal Behavior Week 3 Quiz Due/ Discussion 3 Due	4	10/9-13 10/15
4	Anxiety Disorders Week 4 Quiz Due/ Discussion 4 Due/ Mindfulness Meditation Log Due	5	10/16-20 10/22
5	Stress/anxiety tracking log intro Stress Disorders/OCD Exam 1 (Ch. 1,2,4) Due/ Discussion 5 Due/ Stress/Anxiety Tracking Log Due	5	10/23-27 10/29
6	Somatoform & Dissociative Disorders Sleep log intro Week 6 Quiz Due/ Discussion 6 Due	6	10-30-11/3 11/5
7	Mood Disorders & Suicide Gratitude Practice intro Week 7 Quiz Due/ Discussion 7 Due/ Sleep Log due	7	11/6-10 11/12
8	Substance-Related Disorders Tracking thoughts intro Week 8 Quiz Due/ Case Studies #1 Due/ Discussion 8 Due/ Gratitude Log Due LAST DAY TO DROP!	9	11/13-17 11/19 11/17
9	Eating Disorders Exam #2 (Ch. 5-7)/ Discussion 9 Due/ Tracking thoughts log due	8	11/20-24 11/26
10	Schizophrenia Week 10 Quiz Due/ Stress/Anxiety Reduction Reflection Due/	12	11/27-12/1 12/3

11	<p>Discussion 10 Due Personality Disorders Case Studies #2/ Last day to turn in extra credit/ Final (Ch. 8,9,12,10) Due</p>	10	<p>12/3 12/4-8 12/10</p>
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