

830:341:03

Abnormal Psychology Lab, Fall 2015

Mondays 5:00 - 8:00 PM, Busch Psychology Lab Room 105

Faculty Supervisor: Edward Selby, Ph.D.

Instructor: Kiara Wesley, M.S.

Office: Psychology 319

Office Hours: By Appointment Only

Contact Information: kiaracwesley@gmail.com

Required Texts:

Any required articles will be distributed to the class or posted on Sakai. However, it is **highly recommended** that you purchase the *Publication Manual of the American Psychological Association: Sixth Edition* (\$20-\$30) if you do not own it already. Make sure that you buy the second printing or later (see <http://www.apastyle.org/manual/corrections-faqs.aspx>).

Additional Requirements:

Bring headphones to every class! You will need them for our class work. If you do not have headphones please let me know immediately. Any type of headphones will do. You may be unable to participate in some in-class activities without them.

Course Objectives:

The ability to understand and conduct empirical research is essential for students interested in clinical and abnormal psychology. This course is designed to help you develop the necessary knowledge and skills to engage in research as a clinical scientist. First, we will learn the basic steps involved in conducting a study in clinical psychology (e.g., ethical considerations, formulating hypotheses, choosing measures, collecting and analyzing data). We will read a series of articles on various topics germane to the field. Then we will work individually and in teams to conduct, write up, and present investigations of the effectiveness of various simple interventions adapted for an undergraduate lab setting.

As a student in this course, you will be immersed in every step of the process, and will come away with a solid foundation in research in abnormal and clinical psychology, which is necessary for graduate training. A comprehensive research report in APA format is due at the end of the term.

The course is restricted to undergraduate majors in psychology who have taken Quantitative Methods and Abnormal Psychology. It is designed to meet one lab course requirement of the psychology major. Like any lab course, ***this class requires more than the average amount of work for you to earn a high grade.***

Course website:

If you are properly registered for the course, you have access to the course website through Sakai. There you will find copies of all slides and handouts, study guides, and special notices. **It is important to note that the syllabus is subject to change, so please consistently check the syllabus on Sakai so that you are aware of these changes.** You are responsible for all the information contained in this syllabus, and for all changes to the syllabus that I announce in class or post on the website.

Office hours:

My office hours are by appointment. You can also meet with me before class - just let me know in advance.

Computer Room (Room 105):

- No food or drink is allowed in the computer lab!
- The student computers have a folder structure with a link on the desktop for the various types of labs (Psych 302, Psych 306). There are subfolders for the various sections (Mo 12, Mo 34, Mo 56 Mo 78, Tue 12 etc.).
- You are supposed to use the same computer during the entire semester and should be saving your data, analyses, and work.
 - **Back up** your assignments and data **each day** via a flash drive (or emailing them to yourself) is **HIGHLY** recommended. *You* are responsible for securing *your own* files and data. Lose of files could result in a lowered grade.
- Students should NOT be saving anything on the desktops. Students should NOT be downloading anything non-class related to the computers.

Students with disabilities:

Any student who feels he or she needs accommodation for a physical or learning disability, please contact the Office of Disability Services (151 College Ave, Suite 123; phone 732-932-2848) and read more about Rutgers' policy at <http://disability/services.rutgers.edu> . If you request accommodations for this course, you will need a letter from Disability Services. This letter must be provided to me *by our second class*, at which point you may make a request for course-specific accommodations. The Chair of Undergraduate Psychology and I will review your request and may choose to modify it before it is approved.

Attendance and Assignments:

Because this course is challenging and we cover a lot of material in every class meeting, **you are expected to attend every class**. Inconsistent attendance will result in a lowered grade. Please arrive on time to lab. Students who miss more than two classes typically do not receive high grades in the course. If you miss three or more classes, you will automatically receive an “F” for the course.

Assignments and Grading:

All assignments should be submitted via Sakai as a Microsoft Word document, and in APA format. Please type all assignments using general APA guidelines (such as 12 point, Times New Roman font, double spacing, 1” margins on all sides). Submitting assignments as Microsoft Word documents allows for ease in providing feedback on your work.

- 6 Homework Assignments: 10 points each (60 points total)
- Final Research Paper: 15 Points
- Lab activity assignments (Test Anxiety Workshop, Data Entry, Mindfulness): 15 points
- Class participation and attendance: 10 points

TOTAL: 100 points

A = 90 points and higher

B+ = 85-89 points

B = 75-84 points

C+ = 70-74 points

C = 60-69 points

D = 50-59 points

F = Below 50 points

Late and Make-up Assignments:

Late assignments will be docked one deserved point for up to 3 days. Assignments more than 3 days late will not be accepted. Missed in-class assignments that are not excused will be given a “0.” If you have an excused absence for an in-class assignment, with a note or other comparable notification, you may either a) pro-rate your final grade, or b) do a make-up assignment that will usually consist of a 1-2 page paper related to the field of psychology. **Make-up assignments will be determined on a case-by-case basis, and you should not assume that you will be able to make up an assignment just because you missed class.**

Plagiarism:

All work that students turn in must be their own work. Students *should not* work collaboratively on assignments without prior approval from the instructor. Any outside sources (including help from other people) must be appropriately referenced in all written work. Turning in someone else's work as your own is completely unacceptable. This includes downloading information from the web and pasting or copying it into your paper. We routinely check Google, Wikipedia and other popular websites to check for plagiarism. Additionally, we require that your paper be turned in as electronic copies so that we can check for plagiarism by matching content to information on the web. Any student who plagiarizes will, *at the very least*, receive a failing grade for the course. More severe consequences (e.g., expulsion) are also possible. More about academic integrity can be found at <http://ctaar.rutgers.edu/integrity/policy.html>.

Schedule of Classes

September 14: Overview & Introduction to Clinical Research

1. Overview of the course & introduction to clinical research
2. How to develop a hypothesis
3. ***Discuss Assignment #1:*** 3 Scientific Hypotheses due by the end of class
Due: Assignment #1 (due in class on Sakai)

September 21: Hypothesis Workshop & Behavioral Activation

1. Group Work: Share hypotheses
2. Introduction to Behavioral Activation
3. ***Discuss Assignment #2:*** Create your own behavior plan due **September 28th** (must have a rough draft of your plan approved by the end of class on September 21st)
Due: Nothing

September 28: Literature Review, Introduction Section, & APA Format

1. Discuss purposes of a literature review & complete a literature review in class
2. Writing a research paper: Sections and APA Format
3. **Discuss Assignment #3: Due October 19th**
 - a. Write an Introduction Section
 - b. Complete APA style reference section
4. Complete test-anxiety measures
5. Review any last minute questions on Behavioral Activation plans
Due: Assignment #2: Behavioral Activation Baseline (by end of class on Sakai)

October 5: Test Anxiety Online Video Workshop

1. Complete Online Video Workshop (In-Class Assignment #1)
2. Complete measures
Due: Nothing

October 12: Test Anxiety Online Video Workshop

1. Complete Online Video Workshop (In-Class Assignment #1)
2. Complete measures
3. Data entry
Due: Nothing

October 19: Method Section & Introduction Peer Review

1. Peer Review of Introductions
2. **Discuss Assignment #4: Writing a Method Section, due October 26th**
Due: Assignment #3 (Necessary to bring in 1 typed copy AND submit on Sakai for full credit)

October 26: Data Analysis I

1. Review of statistical tests (Correlation, T-Tests, ANOVAs)
2. Begin analysis of data
Due: Assignment #2: Update on behavioral activation; Assignment #4

November 2: Data Analysis II

1. Charts and graphs in SPSS
2. Continued work on analysis
3. In class time to work on Assignment 5

4. **Discuss Assignment #5:** Complete Results Section due **November 9th**
Due: Nothing

November 9: Mindfulness I

1. Discussion of treatments for depression
2. Introduction to mindfulness & rumination
3. Complete pre-test measures on rumination
4. **Discuss Assignment #6:** Write an article critique of a clinical article, which *focuses on some issue of diversity*. The paper should include a summary of the purpose, methodology, and findings *and* a critique of at least two points. Due **November 23rd**
Due: Assignment #5

November 16: Mindfulness II

1. Do In-Class Mindfulness Exercise (In-Class Assignment #3)
2. Complete Post-Tests
3. Discussion of Mindfulness: Clinical and research perspective
Due: Re-writes of Assignment #3

November 23: Article Critiques

1. Presentation of article critiques
2. Discuss final projects
Due: Assignment #6; Assignment #2: Final Update on Behavioral Activation

November 30: In-Class Work on Final Project

1. Address any final questions concerning final project
2. In class work on final project
Due: Re-writes of Assignment #5

December 10: Final Projects due by 11:59PM on December 10th