

Abnormal Psychology Syllabus

Rutgers University

Summer Semester 2014

Abnormal Psychology 01:830:340 section B7

Time: **Monday/Wednesday 6:00-10:00 p.m.**

Location: **Murray Hall Room 213, College Ave. campus**

Instructor: Dr. Marina Gelfand

Office: Tillett Hall room 315

Office hours: Tuesdays by appointment

E-mail: marina.gelfand@rutgers.edu

Sakai Site: You can access this course's Sakai at <http://sakai.rutgers.edu/> and clicking on our course: **01:830:340 B7**.

Materials Required

You will need the following materials for this course:

Barlow and Durand Kalat 7th Edition (Aplia Printed Access Code)

You need to purchase the Aplia 1-Semester with MindTap Reader Instant Access for Barlow/Durand's Abnormal Psychology: An Integrative Approach, 7th Edition. ISBN 9781285762173.

Link: <http://www.cengagebrain.com/shop/isbn/9781285762173>

Aplia Registration Instructions:

There are two codes needed to successfully register for the Aplia program:

- 1) Course key: **EUT6-F26L-7F9N**. This key is the same for all students in the class.
- 2) Aplia Access Code: This code is unique to each student. You will receive this code when you pay for the class.

Go to www.cengagebrain.com and create an account if you do not have one. If you already have an account, log in. Once you have successfully created an account or logged into your existing account, enter course key **EUT6-F26L-7F9N** where prompted and click the Register button.

For more information, see "How to access your Aplia course" in Resources in Sakai.

Course description and objectives

This course will serve as an introduction to the field of abnormal psychology. We will examine a variety of psychological disorders with emphasis on terminology, classification, etiology, assessment, and treatment.

Course objectives are to learn:

- The terminology and basic concepts of the clinical field of abnormal psychology
- The behavior patterns and syndromes that define the various groups and subgroups of mental disorders, as guided by DSM-5
- The distinctive features, behaviors, and symptoms that differentiate one group of mental disorders from others
- The major theoretical approaches to the cause and treatment of psychopathology
- The major issues and controversies that dominate research and practice in the field of abnormal psychology
- A critical attitude, based on scientific principles, with respect to the limitations of our current knowledge of mental disorders
- The experience of the individual experiencing the disorder

Course Policies

Disruptive behavior: Multitasking is not an effective way to learn. Talking, texting, playing computer games, taking selfies, loud gum chewing, etc. are activities that do not belong in the learning environment of a classroom and are distracting to those around you. Students who continually disrupt in this manner will be asked to leave class, and/or will have points deducted from their grade. Turn off cell phones when class begins.

Missed class: If you miss a class, make arrangements to get missed notes from a classmate. It is a good idea to find one or two "buddies"

to help you if you are absent. I will post Powerpoint notes after we have finished each chapter.

Missed exams: You may only miss an exam for a **documented** reason (in writing). You must have a letter from a dean, doctor, athletic coach, etc. For a non-emergency situation, you must make your request **before** the exam.

Recording class: Audio or video recording of any part of lecture is strictly forbidden without expressed written permission from the instructor.

Grading

The grading breakdown will be as follows:

Exam 1 – 25%

Exam 2 – 20%

Final exam – 30%

Aplia assignments – 15%

Case analysis – 5%

In-class activities and participation – 5%

The following grading scale will be used:

90-100% = A

85-89% = B+
80-84% = B
75-79% = C+
70-74% = C
60-69% = D
below 60% = F

Aplia Quizzes

There will be online quizzes in Aplia worth 15% of your grade. You may answer each question three times, and the highest score for each question will be counted. In order to do this, click on "Try Another Version" on the bottom of the screen after you've completed each page (do not click "I'm Done, Grade Assignment Now" until you've completed all your attempts, because clicking on that finalizes your score). You must take the quiz by the due date for it to be counted. You will receive an e-mail reminder before quizzes are due. *Your lowest 2 quiz scores will be dropped.*

Case Analysis

Choose a famous person, or a character from a book or movie. In 3-4 pages, include:

- 1) Symptoms
- 2) Diagnosis and how you arrived at this diagnosis

- 3) Differential diagnosis – what else was considered and how did you rule it out?
- 4) What additional information would you need to know for diagnosis/differential diagnosis? What are some assessments you can use?
- 5) Course – what is the predicted course for this disorder? What factors suggest a better or worse outcome?
- 5) Proposed treatment (basic outline)

Extra credit

You will be able to earn 2 extra credit points by taking optional online quizzes. For instance, if your average is an 88 (a B+), the two points will bump you up to a 90 (an A). There will be approximately one quiz per chapter. You do not lose points by not taking quizzes, but each quiz is an opportunity to earn a higher proportion of the two allotted points.

If you are on the border between two grades, extra credit can bump you up to the higher grade. Moreover, several quiz questions will show up on exams, so it is to your advantage to do them.

You can also earn an additional point of extra credit by participating in optional research experiments. You will receive more information on this in class.

Cheating and plagiarism

Cheating and plagiarism are taken very seriously. Please familiarize yourself with the policy: <http://ctaar.rutgers.edu/integrity/policy.html>. You are expected to complete all work in this course *by yourself* without any form of assistance from other students or outside sources, unless instructions note otherwise. While you are encouraged to study in groups, exams and quizzes must be done separately. *Working together on quizzes or exams constitutes cheating and will be handled as such.*

Disability Accommodations

Please refer to the accommodations policy for students with disabilities:
<http://disabilityservices.rutgers.edu>

Students with disabilities requesting accommodations can do so here:
<http://disabilityservices.rutgers.edu/request.html>

If you need special accommodations, please bring this up early in the semester. If you need extra time on exams, you must bring me the form from the disability office to sign at least ONE WEEK prior to the first exam. You will not need to do this for subsequent exams.

Studying

Here are some tips to improve your study skills and increase your chances of doing well in the course. You'll get lots more tips when we cover the Memory chapter.

- Form study and homework groups. Discussing material with others is a great way to aid retention.

- Distributed practice: don't cram. The more you space out your studying over a period of time, the more likely you'll be to remember the material. Aplia will help you do this.

- Self-testing and evaluation - frequent testing is one of the best ways to learn and retain information. Take all the extra quizzes available. Go over your wrong answers.

- Take frequent breaks when studying. People tend to remember the beginning and end of a study session best. Marathon sessions are usually exhausting and hamper long-term recall.

- SLEEP! Make sure to get adequate rest.

- Ask for help early in the semester when there is still enough time to address issues.

Counseling

College can be an overwhelming time, and abnormal psychology can especially be a trigger for many students. If you find yourself having a difficult time coping, please refer to <http://rhscaps.rutgers.edu/> where you can see an overview of support services available at Rutgers.

TENTATIVE Course Schedule

By continuing your enrollment in the course, you are accepting the terms of this syllabus.

Course schedule	<i>Changes to the syllabus announced in class and/or posted to Sakai always take precedence over information listed below.</i>
May 28	Overview of course policies, introduction to abnormal psychology and DSM-V. Chapters 1-4
June 2	Overview continued. Anxiety disorders and stress disorders, Chapter 5 and 6
June 4	Clinical assessment and diagnosis, Aplia chapters 1-3
June 9	Mood disorders, suicide, Chapter 7
June 11	Exam 1 Somatic and Dissociative disorders, Chapter 8
June 16	Eating and Sleep Disorders, Sexual Disorders, Chapters 8 and 10
June 18	Neurocognitive disorders, Disorders of childhood and adolescence Chapters 14 and 15
June 23	Exam 2 Substance abuse, Chapter 11
June 25	Psychotic disorders, Chapter 13
June 30	Personality disorders, Chapter 10

July 2

Final exam – cumulative

Summary, Practical Applications