

SYLLABUS: ABNORMAL PSYCHOLOGY 340:01
PROFESSOR SHORS, DEPARTMENT OF PSYCHOLOGY, Rutgers University
Spring 2016, MW (3:20-4:40) TIL 232, Livingston Campus
Course Sakai site: <https://sakai.rutgers.edu/portal>

TEACHING ASSISTANT: Mark Versella email address: markversella@gmail.com

TA office hours M 12-1 PM in Tillett 515

PLEASE SEE TA FOR ALL QUESTIONS ABOUT READINGS, EXAMS AND EXAM GRADES!

General questions about course content should be directed to Professor Shors (shors@rutgers.edu) (Professor Shors office hours: Wed morning 8-10AM, room 201 Psychology Bldg, Busch Campus)

BOOK: An American's Resurrection: My Pilgrimage from Child Abuse and Mental Illness to Salvation. by Eric C. Arauz, 2012. Available on Amazon (author will speak in class on Feb 29th)

Abnormal Psychology is the study of abnormal behavior, particularly as it manifests itself in mental illness. I will cover all the major mental disorders with an emphasis on neurobiological mechanisms as well as diagnosis and treatment. The goal is to gain an overall understanding of the major mental illnesses, as well as what causes someone to experience and express the symptoms of these illnesses. Also, the information should allow you to think about what makes someone "abnormal" rather than "normal." Finally, you will gain knowledge about the underlying mechanisms of these disorders and the most common forms of treatment, including psychological approaches. I will emphasize prevention as well as discussing ways to maintain a healthy brain. You are expected to learn and *remember* the material that we cover in class. There is no textbook this year because I do not lecture from a book and many students in the past told me that it was a waste of money (?). Please read the assigned book from a fellow Rutgers student and graduate. In the end, I want you all to enjoy the course, but also gain understanding *and* compassion for those suffering with mental illness.

There are three exams. They are noncumulative, including the final exam. The first is worth 25%, the second 30% and the final is worth 35% of your grade. I will also give 3-5 pop quizzes in class, which in total constitute the remaining 10% of your grade with some extra credit points. The exams are objective and consist primarily of multiple-choice questions. Please do not ask for extra points. I will not ask you anything on the test that I did not present in class. Make-up exams are only given for *verifiable* emergency accompanied by a doctor's note. They consist of short answer and essay questions. Good luck to you all.

TOPICS:

1. Abnormal Psychology over time
2. Causal factors and viewpoints
3. Clinical assessment
4. Anxiety, panic, phobias and PTSD

***First Midterm (during normal class period: February 17; 25% of final grade)**

5. Depression, bipolar disorder and suicide
6. Dissociative identity disorder
7. Personality disorders
8. Eating disorders

***Second Midterm (during normal class period: March 30, 30% of final grade)**

9. Sexual disorders and dysfunction
10. Substance abuse and addiction
11. Schizophrenia
12. Cognitive disorders
13. Maintaining a healthy brain (throughout course)