

SYLLABUS: ABNORMAL PSYCHOLOGY 340:04
PROFESSOR SHORS, DEPARTMENT OF PSYCHOLOGY, Rutgers University
Fall 2018, MW (1:40-3:00) TIL 232, Livingston Campus

Course Sakai site: <https://sakai.rutgers.edu/portal>

TEACHING ASSISTANT: Melanie Maimon email address: mrm390@scarletmail.rutgers.edu
TA office hours: Tuesdays 11-1 in room 607 Tillett, Livingston Room 226
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: upon request)

BOOK: *An American's Resurrection: My Pilgrimage from Child Abuse and Mental Illness to Salvation*, written by Eric C. Arauz, 2012. Available on Amazon.

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 because I do not lecture from a book. Please start reading the assigned memoir by Eric Arauz, listed above. In the end, I want you all to enjoy the course while gaining 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. You must be present to take them but they generally do not require study, *per se*. On the other hand, the midterm and final 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. What is "abnormal" psychology?
2. History of mental illness diagnosis and treatment
3. Clinical assessment today
4. Panic and anxiety disorders

*First Midterm (during normal class period: October 8; 25% of final grade)

5. Mood disorders and suicide
6. Dissociative identity disorder
7. Personality disorders
8. Eating disorders

*Second Midterm (during normal class period: November 7, 30% of final grade)

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

*Third Midterm (during Final Exam period on December 19; 8-11AM; 35% of final grade)