

SYLLABUS: ABNORMAL PSYCHOLOGY 830:340:02
PROFESSOR SHORS, DEPARTMENT OF PSYCHOLOGY,
Rutgers University
Spring Semester of 2022

Course online site: <https://canvas.rutgers.edu/portal>
<https://rutgers.instructure.com/courses/68306>

Class Meetings: Mondays and Thursdays from 12:10-1:30 PM ET
(remote/online through January 31, 2022)

Welcome to my class! My goal is to teach you about mental health and illness in a general way. In the end, I want you all to enjoy the course while gaining understanding *and* compassion for those suffering with mental illness. Some of the topics are challenging and I hope that we can all learn together in these challenging times – regardless of our backgrounds, experiences or positions.

Below are some important pieces of information. Stay connected to Canvas because announcements will be posted there each week. The course will be remote until at least January 31st. I will post remote lectures on Canvas so that you can watch them at any time. The first lecture will be posted on Canvas on the first day of class (January 20th, 2022). I will then post the next few lectures through January 31st. Our first in person class is scheduled for **February 3rd at 12:10-1:30** in the BUSS Auditorium in the Business Building on Rockefeller Road on Livingston Campus.

TEACHING ASSISTANT: Melanie Maimon (pronouns: she/her/hers)

Email address: mrm390@scarletmail.rutgers.edu

TA office hours (virtual): Fridays 10-11 am ET (meeting link found on Canvas)

PLEASE CONTACT TA FOR ALL QUESTIONS ABOUT EXAMS AND GRADES!

Professor Shors email: shors@rutgers.edu. She will respond to emails within two business days. And will be available each week for ZOOM office hours on Tuesdays at 12:00PM ET (meeting link found on Canvas).

BOOK: *Case Studies in Abnormal Psychology* by Levy, Kelly and Ray

Print ISBN: 9781506352701, 1506352707

eText ISBN: 9781506352718, 1506352715

Edition: 1st; Copyright year: 2018; Format: EPUB

Available at Rutgers Bookstore (from \$21.40-\$45)

<https://rutgers.bncollege.com/shop/rutgers/page/find-textbooks>

SKU: 9781506352718R90

Additional Suggested Reading: *Everyday Trauma* by Dr. Tracey Shors (ISBN-13: 978-1250247001); available through the RU Barnes and Noble bookstore or ebook online. You do NOT need to purchase it and I will not test you on it. However, since we are meeting

asynchronous online for the first few weeks, it can be used to supplement the information presented in the first few weeks of lectures on stress-related mental illnesses (see Chapters 1-4 and 8).

What is Abnormal Psychology about?

Abnormal Psychology is the study of abnormal behavior, particularly as it manifests itself in mental illness. I will cover 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. 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. But there is a book on case studies for you to read.

Finding information online for this class

The course will be presented in MODULES, which are similar to chapters or topics. I will move sequentially through the modules. Therefore, keep track of the modules on Canvas for assignments and reading.

I do not post notes and so you need to attend the lecture (either in person or remotely, depending on university regulations). Please be prepared for university-regulated changes as the semester begins. Beginning January 20th, you can find the videos of my lectures in the Canvas Modules.

Nearly every other week (not the first week), I will assign a CASE STUDY from your case study book to read. You will find these case study assignments on Canvas. I will then select at random **one** of the discussion questions for you to answer. They are listed below each reading, as you will see. You will respond to the assigned discussion question in Word in 300-400 words. You will then post it on Canvas by the deadline. These essays will be read to make sure you read the material but will not be “graded” for accuracy or content, per se. They are simply a way for us to interact with one another on these topics and to get you to think for yourself on them. Think of them as your chance to project your opinions and writing skills! There will be six case study assignments. Each one is worth three points. The case study assignments make up 15% of your overall grade in the course.

Please look over the outline below the exams and grading section to see the order in which I will discuss the topics (i.e. modules). The first lecture is an introduction to the course.

Exams and grading

There are three exams. They are noncumulative, including the final exam. The first is worth 20%, the second 30%, and the final is worth 35% of your overall grade. As mentioned above, I will also assign a case study and short question for you to answer approximately every other week. These 6 essays will represent 15% of your grade. There are no case study assignments until the third week of class.

You must read the material in the *Case Studies* book and listen to my lectures to do well on the essays but they do not require study, *per se*.

The two midterms and the final exam are objective and consist primarily of multiple-choice questions.

There are no extra credit assignments or extra points offered in this course. If you do the work and pay attention to my lectures, you should do well. I will not ask you anything on the test that I did not present in my lectures or in the readings. Make-up exams are only given for *verifiable* emergency. I will tell you more about the exam format as time grows near. Good luck to you all.

SCHEDULE OF MODULES, ASSIGNMENTS, AND LECTURES:

MODULE 1

Welcome to Abnormal Psychology (Introduction to course)
What is “abnormal” psychology?

MODULE 2

History and assessment of mental illness

MODULE 3

Stress, trauma, panic and anxiety

*First Case Study Assignment assigned on February 3rd, due on February 10th)

*First Midterm (week of February 14th, 2% of final grade)

MODULE 4

Mood disorders

MODULE 5

Personality disorders

MODULE 6

Dissociative disorders

MODULE 7

Eating and sleeping disorders

***Second Midterm (March 21th, 30% of final grade)**

MODULE 8

Sexual dysfunction and disorders

MODULE 9

Substance abuse

MODULE 10

Schizophrenia

MODULE 11

Cognitive disorders and aging

***Third Midterm (not cumulative, 35% of final grade)**

[PLEASE SEE TA ANNOUNCEMENT FOR DETAILS ABOUT TAKING THE FINAL EXAM.]

ADDITIONAL RESOURCES FOR STUDENTS:

Current Academic Integrity Policy:

Summary:

<http://nbacademicintegrity.rutgers.edu/home-2/academic-integrity-policy/>

Resources for Students:

<http://nbacademicintegrity.rutgers.edu/home-2/for-students/>

Honor pledge:

All students will need to sign the Rutgers Honor Pledge on every major exam, assignment, or other assessment as follows:

On my honor, I have neither received nor given any unauthorized assistance on this examination (assignment, paper, quiz, etc.).

Student-Wellness Services: Some of these services are provided remotely. Please contact them directly for details.

Counseling, ADAP & Psychiatric Services (CAPS)

(848) 932-7884 / 17 Senior Street, New Brunswick, NJ 08901/ <http://health.rutgers.edu/medical-counseling-services/counseling/>

CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professionals within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community, and consultation and collaboration with campus partners.

Crisis Intervention : <http://health.rutgers.edu/medical-counseling-services/counseling/crisis-intervention/>

Report a Concern: <http://health.rutgers.edu/do-something-to-help/>

Violence Prevention & Victim Assistance (VPVA)

(848) 932-1181 / 3 Bartlett Street, New Brunswick, NJ 08901 / www.vpva.rutgers.edu/

The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.

Statement on Sexual Violence and Identity-Based Harm

Rutgers faculty are committed to helping create a safe learning environment for all students and for the university as a whole. If you have experienced any form of sexual violence or identity-based discrimination or harassment, including sexual assault, sexual harassment, relationship violence, or stalking, help and support are available. There are Rutgers staff members specially trained to support survivors in accessing health and counseling services, providing academic and housing accommodations, and more. Please be aware that I, your instructor, am **required to report** information about such discrimination and harassment to the University. This means that if you tell me or any faculty member about a situation of sexual harassment or sexual violence, or other related misconduct, we are **legally required** to share that information with the University's Title IX Coordinator. If you wish to speak to a confidential employee who does not have this reporting responsibility, you can find a list of resources in Appendix A to University Policy 10.3.12. For more information about your

options at

Rutgers, please visit endsexualviolence.rutgers.edu. Additional resources can be found at <http://compliance.rutgers.edu/resources/student-resources/>

Disability Services

(848) 445-6800 / Lucy Stone Hall, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 / <https://ods.rutgers.edu/>

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: <https://ods.rutgers.edu/students/registration-form>.