**Syllabus**

**830:360:H6**

**Drugs and Human Behavior**

**Summer 2022 (July 11th through August 17th)**

**Instructor:**

Danielle Hoyt, M.A.

Affective and Biological Underpinnings of Substance use and Anxiety (ABUSA) Lab

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**Overall Course Description:**

The main objective of this course is to provide students with an understanding of the biological mechanics of psychoactive (i.e., mind-altering) drugs, their relationship with human behavior, and societal influences on and effects of drug use and abuse. We will take a biopsychosocial approach, covering the biological workings of drugs within the brain, the psychological effects of these drugs in the short and long term, and societal impacts and influences. The course will cover the major psychoactive drug classes, ranging from caffeine, nicotine, and alcohol to marijuana, opioids and antipsychotics, among others.

**Class Location:**

Class will be taking place in person in LSH-A137.

**Meeting Times:**

Class will meet from ***6-10 pm on Tuesdays and Thursdays*** between July 11th and August 17th.

**Office Hours:**

Office Hours TBD – will be announced first week of class.

*What are office hours for?*

Office hours can be used for a variety of purposes, including but not limited to:

* Additional explanation or review of course concepts
* Review of course assignments or grades
* Review of course readings
* Discussion of questions or topics pertaining to drugs and human behavior
* Anything else course related that you’d like to talk with me about outside of structured class time

I am happy to additionally meet with you if you have questions on clinical psychology more broadly, though will ask that those be set up separate from the full class office hours and that you let me know that’s the topic you would like to discuss ahead of time.

**Course Communication:**

*Canvas Notifications*

Nearly all course communications will be sent directly from Canvas, particularly through the course announcements function. Therefore, it is ***critically important that you update your Canvas notification settings to allow announcements and messages from our Canvas site to be sent to your email account***. These communications will contain critical course information that you will be responsible for.

*Emails*

Please email me from your Rutgers account. Most other accounts get sent to my spam folder, and I don’t want to miss your message!

Although I will do my best to respond to all emails as quickly as possible, please note that it may take up to 2 business days to receive a response. Please do not wait until the last moment to email me with questions about assignments as I will not always be available to respond the same day.

**Learning Goals and Course Objectives**

* Understand and discuss the basic anatomy and physiology of the nervous system as related to drug use
* Identify the basic mechanisms of drug administration and drug action
* Understand the physiology of drug use and subsequent cognitive and behavioral effects
* Identify the practical differences among various classes of licit, illicit, and prescription psychoactive drugs as well as individual drugs within those classes
* Understand the acute and long-term effects of drug use
* Discuss societal responses to drug mis-use and abuse, including controversial topics such as the decriminalization/legalization of drugs and treatment for substance use disorders
* Define key terms including *addiction, abuse, dependence, tolerance,* and *harm reduction*

**Course Expectations**

My main expectation of all of you is that you come prepared to learn. There is no prerequisite knowledge expected coming into the course, so you can expect for me to cover the foundational knowledge you’ll need for understanding the physiological effects of drugs and all other advanced content.

I expect you to come to each class throughout the semester *on time*, and to complete all assignments prior to the deadlines posted on Canvas.

This course will live by the saying ‘the only bad question is the one that isn’t asked’. I am happy to clarify, rephrase, or provide further explanation of any topic or concept we cover – this may have to happen during office hours as the class necessarily has to move quickly.

This virtual classroom is a respectful space. The topics surrounding the use and misuse of drugs can be personal and sensitive. We will *all* act with respect for one another and for the delicacy of the sensitive or controversial discussions at all times. We will approach the understanding of drugs and their relation to human behavior as scientists, discussing the anatomy and physiology of the nervous system and how drugs interact with that system to create cognitive and behavioral effects. However, we will also approach this understanding from a less ‘clinical’ perspective, delving into the views of drug use and misuse in American society as well as the treatment of substance use disorders, among other topics.

What you can expect from me: respect for you, and the perspective you bring to this class; timely responses to questions posed in class, in office hours, or via email/Canvas messages; timely grading of assignments so you have an up-to-date understanding of where you stand in the class.

**Reading Material**

All reading materials will be distributed by Danielle through Canvas. There is no textbook for this course.

**Technology Requirements**

You must have access to a computer, tablet, or other internet enabled device that you can use to access Canvas and course documents.

**Academic Integrity**

I expect that you do the coursework as assigned on your own. There will be opportunity for collaboration with your peers on designated assignments and in-class activities, but it is expected that all individual assignments are completed entirely **by you**.

Here is the link to the Rutgers academic integrity office: <http://academicintegrity.rutgers.edu/academicintegrity-at-rutgers/>. If you have not already done so, you should explore this, and in particular the ‘Academic Integrity Policy’ link, where you can read the levels of violation and sanctions. When submitting work through an online mechanism (e.g., exams, quizzes and assignments), it is expected that you will do so without the assistance of any other person, and that you are the person submitting the work. This aspect of assessment simply requires an honor code. When submitting written assignments these will be screened for evidence of plagiarism. Go to this link http://academicintegrity.rutgers.edu/?s=plagiarism and access the information on the website given in the box titled: ‘resources for students.’

**Remote Learning**

Learning remotely presents new challenges. Although this course is held in person, these resources may still be helpful for some. For assistance with learning how to address challenges related to remote learning, please consult the resources available here: <https://rlc.rutgers.edu/remote_instruction>

**Grading**

*Late Policy*

All due dates will be posted to Canvas and communicated in class. You are expected to complete assignments by the designated due date. A penalty will be deducted from any late assignment submission.

*Course Grading Rubric*

This course follows Rutgers’ letter grading system for the overall course grade, as follows:

A 100% to 89.5%

B+ < 89.5% to 84.5%

B < 84.5% to 79.5%

C+ < 79.5% to 74.5%

C < 74.5% to 69.5%

D < 69.5% to 59.5%

F < 59.5% to 0%

**Course Assignments**

The course is structured to have many smaller assignments throughout the semester. Further detail on each assignment will be provided in class and on Canvas.

**Student-Wellness Services**

*Counseling, ADAP & Psychiatric Services (CAPS)*

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

*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.](https://webapps.rutgers.edu/student-ods/forms/registration)