

## Welcome to Abnormal Psychology!

*"The only normal people are the ones you don't know very well."*

~ Alfred Adler

### COURSE INFORMATION

Quarter/Year: Winter 2013  
Course title: PSYC& 220 Abnormal Psychology  
*Prerequisite: PSYC& 100*  
Times: 12:30 pm – 2:40 pm TTh

Course ID: 5459 A  
Credit hours: 5  
Location: A138

### INSTRUCTOR INFORMATION

Instructor: Carol Anderson  
Email: [carol.anderson@bellevuecollege.edu](mailto:carol.anderson@bellevuecollege.edu)  
Phone/Voicemail: 425-564-2327  
Social Science Division Office: 425-564-2331 (D110)  
Social Science Division website: <http://www.bellevuecollege.edu/socsci/>

Office location: D100 F  
Office Hours: M 12:30 - 3:30 pm  
W 1:30 - 3:30 pm  
And by appointment

### REQUIRED MATERIALS

Required Text: Comer, R. J. (2011). Fundamentals of Abnormal Psychology, 6th edition. NY: Worth.

### COURSE OVERVIEW, OBJECTIVES, & OUTCOMES

Catalog Course Description: Abnormal psychology is the scientific study of human behavior on a continuum from that which is considered by most societies to be normal to that which is considered to be a deviation from the norm. This course will study the etiology, symptoms, and treatments of psychological disorders. This course will explore the various paradigms, traditions, and controversies regarding psychopathology. It will cover the process of classification, case formulation, and treatment of each of the disorders in the DSM-IV TR.

#### Course Learning Objectives

Upon completion of this course, students will be able to:

1. Articulate the criteria and controversy regarding the definition of abnormal behavior.
2. Describe current practices of diagnosis, assessment, and research (including DSM) in classifying disorders and determining their need for treatment.
3. Demonstrate knowledge of historical/contemporary views of abnormality.
4. Describe the major techniques and theoretical approaches to understanding and treating abnormal behavior.
5. Identify the major diagnostic categories and distinguish among symptoms, proposed causes, and preferred treatments of each of the major mental disorders of the DSM-IV-TR.

#### General Education Outcomes

Bellevue College is committed to providing students a comprehensive learning experience that addresses critical dimensions of student personal, professional, and intellectual growth. Bellevue College's General Education program is designed to address areas and specific requirements to ensure that students' learning experiences prepare them to build fulfilling and successful lives as individuals, workers, citizens, and life-long learners. As a reflection of our values of maintaining excellence and anticipating future needs in teaching and learning, Bellevue College has identified three main overarching General Education areas: Creative & Critical Thinking; Communication; and Connections. This course satisfies the area of Creative & Critical Thinking in that Psychology students must learn to apply critical thinking methods in assessing the validity of claims about human behavior.

## GRADING POLICY

There will be a total of 600 possible points in this class. Letter grades are based on percentage of the total number of points earned. The following criteria will be used:

A	93 - 100%	555 - 600 pts		
A-	90 - 92%	537 - 554	9 MC Exams (25 pts ea)	= 225 pts (38%)
B+	87 - 89%	519 - 536	2 SA Exams	= 200 pts (33%)
B	83 - 86%	495 - 518	Research paper	= 100 pts (17%)
B-	80 - 82%	477 - 494	RP Topic	= 5 pts (01%)
C+	77 - 79%	459 - 476	RP Sources	= 10 pts (02%)
C	73 - 76%	435 - 458	RP Intro	= 10 pts (02%)
C-	70 - 72%	417 - 434	Activities/Attendance	= 50 pts (08%)
D+	67 - 69%	399 - 416	Total Possible	= 600 pts
D	60 - 66%	357 - 398		
F	59% and below			

For more info on grading policies, visit: <http://www.bellevuecollege.edu/catalog/enroll/grades.asp>

### Exams

*MC Exams* There will 10 multiple-choice exams throughout the quarter. Each exam will be worth 25 points. Your grade will be calculated on the basis of your best 9 scores. Your lowest test score will be dropped automatically. Each exam will cover information from a chapter in the text. Study guides for all will be posted on the *MyBC* class site. You will need Scantrons for these exams.

*SA Exams* There will be two short-answer exams throughout the quarter. Both will be worth 100 points. Both will cover information from class lecture, class discussions, and videos. A portion of the points may be accumulated throughout the quarter in the form of in-class activities. These points cannot be made up if you miss class; therefore, it is in your best interest to attend each class session. With each exam, you can expect to make connections between the lecture material and your life by coming up with real-life examples. Neither of these scores will be dropped.

Exams will not be given late. If you are unable to attend class on a MC exam day, the missed MC exam may be used as your lowest score. Only one MC exam score will be dropped. If you know ahead of time that you will be unable to attend class on any exam day, you may make arrangements with me to take an alternative exam early. If you come late to class on an exam day, you will not be allowed any additional time. Make-up exams will be allowed only with appropriate documentation. All exams given outside of class must be taken during office hours. See Class Calendar for exam dates.

### Research Paper

Throughout the quarter, you will work on a research paper. This assignment will consist of four parts: a brief write-up declaring your topic (worth 5 points), an APA-formatted list of your intended sources (10 points), a first-draft Introduction section of your paper (10 points), and a 6-7 page research paper (100 points). To receive *any* points for this assignment, you *must* complete all four parts. For this assignment, you will study and research one disorder of your choice. You will examine any aspect of the disorder from two theoretical perspectives, citing both *scientific* sources (e.g., peer-reviewed journal articles, books) and non-scientific sources (e.g., news magazines, newspapers). Your paper will follow APA format. Detailed guidelines and scoring criteria will be posted on the class site on *MyBC*. See the Class Calendar for the due date. Any and all late papers will lose 25% of the total possible points per day late.

### Activities

Throughout the quarter, you will participate in small-group and individual activities designed to enhance and deepen your understanding of the abnormal behaviors and disorders covered in class. While most will occur in-class, some may be take-home assignments. These points will be bundled with attendance points, worth a total of 50 points. In-class activities cannot be made up if missed.

## Extra Credit

There will be opportunities to earn extra credit for this course. These opportunities may consist of outside activities (e.g., attending a campus lecture or workshop, viewing a film, etc.) and written papers pertaining to the topics covered in this course. Such opportunities will be announced in class.

## COURSE POLICIES

### Attendance

Attendance is not optional. As adult students, you are expected to manage your own time and priorities. If you miss any class session, you are responsible for obtaining any lecture notes from fellow students, missed assignments from me, and for staying abreast of any class announcements or changes to the class schedule or policies. Emailing me of your absence is appreciated. *Note:* when emailing me, please include your full name and class section; in the email subject line, start with “STUDENT” so that it does not get lost in the melee of emails.

### Class Conduct

“Cheating, stealing and plagiarizing (using the ideas or words of another as one’s own without crediting the source) and inappropriate/disruptive classroom behavior are violations of the Student Code of Conduct at Bellevue College. Examples of unacceptable behavior include, but are not limited to: talking out of turn, arriving late or leaving early without a valid reason, allowing cell phones/pagers to ring, and inappropriate behavior toward the instructor or classmates. The instructor can refer any violation of the Student Code of Conduct to the Vice President of Student Services for possible probation or suspension from Bellevue College. Specific student rights, responsibilities and appeal procedures are listed in the Student Code of Conduct, available in the office of the Vice President of Student Services.”

Student conduct expectations will be in compliance with policies described in the BC student handbook. *Cheating and plagiarism* will not be tolerated. All work that you submit in this course must be the product of your own efforts. In either case, zero points will be allotted. In addition, *cell phone* use in class is not allowed; cell phone ringers/modes are to be turned off prior to entering the classroom. *Laptop/tablet* use will not be allowed in class. For more information and to see the Student Code, Policy 2050, in its entirety, please visit:

[http://bellevuecollege.edu/policies/2/2050\\_Student\\_Code.asp](http://bellevuecollege.edu/policies/2/2050_Student_Code.asp)

### Course Evaluations

You are encouraged to complete a course evaluation before the end of the quarter. The Bellevue College Online Evaluation web site is secure and submissions are completely anonymous. College instructors, program chairs and administrators are granted access to a class composite document on the web site *only after all grades are posted to transcripts* at the close of the current quarter. To participate in the evaluation process, use your Student ID and PIN to log in on the following site: <https://bellevuecollege.edu/ClassEval/default.aspx>

On the BC Online Evaluation site, you will find a listing for each of your classes. Access to each course evaluation is granted only once, and after you press the SUBMIT button at the bottom of the page, you will see a screen telling you which class evaluations have been completed. If you have questions or need assistance, please call the Distance Education Office at 425-564-2438 or toll free at 1-877-641-2712.

### Participation

You are encouraged to participate in discussions of the theoretical issues presented in class. Some theories may appear counter-intuitive and may provoke much reaction, sparking lively discussions. Within these discussions, it is important to remain respectful of your fellow students. Everyone has a point of view. While discussion is encouraged and will be solicited, side comments and off-topic talk will not be tolerated.

### Punctuality

Please be on time for class. Arriving late or leaving early undoubtedly breaks the flow of the class and causes a distraction. If you arrive late, please take a seat close to the door. If you need to leave early, make arrangements with me ahead of time and sit close to the door.

## COLLEGE POLICIES & RESOURCES

### **Affirmation of Inclusion**

Bellevue College is committed to maintaining an environment in which every member of the campus community feels welcome to participate in the life of the college, free from harassment and discrimination. We value our different backgrounds at Bellevue College, and students, faculty, staff members, and administrators are to treat one another with dignity and respect. As such, our classroom is a **Safe Space** where I welcome your individuality and I will defend your right to be yourself in the spirit of learning and in an environment of mutual respect. For more information, visit the following site: <http://bellevuecollege.edu/about/goals/inclusion.asp>

### **Disability Resource Center (DRC)**

The Disability Resource Center serves students with a wide array of learning challenges and disabilities. If you are a student who has a disability or learning challenge for which you have documentation or have seen someone for treatment and if you feel you may need accommodations in order to be successful in college, please contact the DRC as soon as possible. The DRC office is located in B132. Their reception desk can be contacted by calling 425-564-2498 or TTY 425-564-4110. Information is also available on their website at <http://bellevuecollege.edu/drc/>.

### **Support Services**

In addition to the DRC, BC has a variety of support services available to students, each with the aim of promoting student success. Examples include the Academic Success Center, CEO, Counseling Center, LGBTQ Resource Center, MCS, Student Programs, TRiO, and the Veterans Office. For more information, I encourage you to spend some time perusing this site: <http://www.bellevuecollege.edu/resources/services/>

### **Email**

All students registered for classes at Bellevue College are entitled to a network and e-mail account. In addition, all students are required to use this email account when contacting instructors. Your student network account can be used to access your student e-mail, log in to computers in labs and classrooms, connect to the BC wireless network, and log in to MyBC. To create your account, go to: <https://bellevuecollege.edu/sam>

### **Public Safety**

The Bellevue College Public Safety Department's well-trained and courteous non-commissioned staff provides personal safety, security, crime prevention, preliminary investigations, and other services to the campus community, 24 hours per day, 7 days per week. Their phone number is 425-564-2400. The Public Safety website is your one-stop resource for campus emergency preparedness information, campus closure announcements, and critical information in the event of an emergency. Public Safety is located in K100 and on the web at: <http://bellevuecollege.edu/publicsafety/>.

### **Official Emergency & Closure Status**

In the event of inclement weather or emergency conditions, check the BC website at <http://bellevuecollege.edu/status/> or call 425-401-6680 for a recorded message. You may also listen to local radio stations or watch local television stations (KING, KIRO, KOMO) for school closure announcements. In addition, you may sign up for Rave Alert to receive email or text messages about school emergency alerts. Visit <http://bellevuecollege.edu/> for more information.

Class Calendar Abnormal Psychology

Winter 2013

Monday	Tuesday	Wednesday	Thursday	Friday
		1/02	1/03	1/04 <b><u>Supplemental Videos</u></b>
1/07	1/08	1/09	1/10 <b>Q Ch 1 &amp; 2 _____</b> Abn. Psych: Past & Present <b>Models of Abnormality</b>	1/11 <b>Program 1</b> Looking at <b>Abnormal Behavior</b>
1/14	1/15 <b>RP Topic due _____</b>	1/16	1/17 <b>Q Ch 3 _____</b> Clinical Assessment, Diagnosis, & Treatment	1/18 <b>Program 12</b> Psychotherapies
1/21 <i>No Class</i> <i>Holiday</i>	1/22	1/23	1/24 <b>RP Sources due _____</b>	1/25 <b>Program 3</b> The Anxiety Disorders
1/28	1/29 <b>Q Ch 4 _____</b> Anxiety Disorders	1/30	1/31	2/01 <b>Program 2</b> The Nature of Stress
2/04	2/05 <b>Q Ch 5 _____</b> Stress Disorders	2/06	2/07 <b>RP Intro due _____</b>	2/08 <b>Program 4</b> Psychological Factors & Physical Illness
2/11	2/12 <b>Q Ch 6 _____</b> Somatoform & Dissociative Disorders	2/13	2/14 <b>SA Exam 1 _____</b>	2/15 <b>Program 6</b> Substance Abuse Disorders
2/18 <i>No Class</i>	2/19 <b>Q Ch 9 _____</b> Eating Disorders	2/20	2/21	2/22 <b>Program 5</b> Personality Disorders
2/25	2/26 <b>Q Ch 13 _____</b> Personality Disorders	2/27	2/28 <b>RP due _____</b>	3/01 <b>Program 9</b> The Schizophrenias
3/04	3/05 <b>Q Ch 12 _____</b> Schizophrenia	3/06	3/07	3/08 <b>Program 8</b> Mood Disorders
3/11	3/12 <b>Q Ch 7 _____</b> Mood Disorders	3/13	3/14 <b>Q Ch 16 _____</b> Law, Society, & the Mental Health Profession <i>Final Class Session</i>	3/15 <b>Program 13</b> An Ounce of Prevention
3/18 <i>Final Exam</i> <i>Week</i>	3/19 <i>Final Exam Week</i> <b>SA Exam 2 _____</b> <b>11:30 AM – 1:20 PM</b>	3/20 <i>Final Exam Week</i>		

Supplemental videos can be accessed at: <http://www.learner.org/resources/series60.html>

The schedule and procedures in this course are subject to change; students will be given advance notice of such changes.

**PROCEDURES AND GUIDELINES OF THE SOCIAL SCIENCE DIVISION**  
**Winter 2013**

Cheating, Stealing and Plagiarizing\*

Cheating, stealing and plagiarizing (using the ideas or words of another as one's own without crediting the source) and inappropriate/disruptive classroom behavior are violations of the Student Code of Conduct at Bellevue College. Examples of unacceptable behavior include, but are not limited to: talking out of turn, arriving late or leaving early without a valid reason, allowing cell phones/pagers to ring, and inappropriate behavior toward the instructor or classmates. The instructor can refer any violation of the Student Code of Conduct to the Dean of Student Services for possible probation or suspension from Bellevue College. Specific student rights, responsibilities and appeal procedures are listed in the Student Code of Conduct, available in the office of the Dean of Student Services and at [http://bellevuecollege.edu/policies/2/2050P\\_Student\\_Code\\_\(Procedures\).asp](http://bellevuecollege.edu/policies/2/2050P_Student_Code_(Procedures).asp)

Email Communication with instructors must be done through student email accounts only. Instructors cannot communicate with students about their course work or grades through student's personal email accounts.

Incomplete

If a student fails to complete all the required work for a course, an instructor may assign the grade of Incomplete ("I"). The student must complete the coursework by the end of the next quarter, or receive the assigned letter grade (usually an "F").

F Grade

Students who fail a course will receive a letter grade of "F."

Final Examination Schedule

The Social Science Division will adhere to the final examination schedule as stated in the BC Schedule. Final examinations will be held at the end of each quarter at fixed times. Instructors will not give examinations in advance of the regular schedule. A student who is absent from any examination held at any time during the quarter may forfeit the right to make up the examination. If, for illness or some other circumstance beyond the student's control, the student is unable to be present at any scheduled examination and has contacted the instructor on a timely basis, the student may be permitted to take such examination at a time designated by the instructor.

Withdrawal From Class

College policy states that students must formally withdraw from a class by the end of the seventh week of the quarter (Registration Office, B125). If a student has not withdrawn by that date, an appropriate letter grade will be assigned for the course.

Hardship Withdrawal

Instructors may assign the grade of "HW" (hardship withdrawal) at their discretion in the event that a student cannot complete the coursework due to extreme and exceptional circumstances. Students may also contact the Enrollment Services office BEFORE grades are assigned in cases of hardship.

Students Who Require Disability Accommodations:

Students with disabilities who have accommodation needs are encouraged to meet with the Disability Resource Centre (DRC) office located in B132 (telephone 425.564.2498 or TTY 425.564.4110), to establish their eligibility for accommodation. The DRC office will provide each eligible student with an accommodation letter. Students who require accommodation in class should review the DRC accommodation letter with each instructor during the first week of the quarter.

Students with mobility challenges who may need assistance in case of an emergency situation or evacuation should register with Disability Resource Centre, and review those needs with the instructor as well.

Distribution of Grades

Grades will not be posted in the Social Science Division or in faculty offices, and program assistants or coordinators will not give out grades. Students should access their grades through the BC Web site.

Return of Papers and Tests

Paper and/or Scantron score sheet returns will be arranged in the following ways ONLY: by mail, if student supplies the instructor with stamped, self-addressed envelope (with appropriate postage); or by the instructor designating a time and place whereby the student may retrieve his/her papers. Unclaimed papers and/or Scantron score sheets must be kept by the instructor for a minimum of sixty (60) instructional days following the end of the quarter.

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*\*If you are accused of cheating, stealing exams and/or plagiarism, there is a Bellevue College Student Discipline and Appeals Procedure (the right to due process) which you may pursue. Contact the office of Division Chair (D110), the Dean of Student Services (B231A) or the Associated Student Body (C212) for information regarding the appeals process.*