

Bellevue College

Abnormal Psychology: PSYC&220 OAS

Spring 2017 Syllabus

Course Basics

Instructor: Jessica Urschel, Ph.D.

Online Office Hours: Fridays 11:30am-12:20p

On-campus Office Hours: WF 11:30a-12:20pm in D200A

Email: Use Canvas Inbox for fastest response times or jessica.urschel@bellevuecollege.edu

Class Time: Through Canvas <https://bc.instructure.com/courses/1423054>

Required Text

Butcher, J. M., Hooley, J. M., & Mineka, S. (2014). *Abnormal psychology* (16th ed.). Boston, MA: Pearson.

Any format is acceptable (eBook, notebook, paperback, or loose-leaf). An access code is NOT required for this class. ISBNs: 978-0205944286, 0205944280, 978-0205965021, 0205965024

Description:

Introduces the theories, diagnosis, and treatment of maladaptive behavior and psychological disorders.

Prerequisite: PSYC& 100.

Outcomes:

After completing this class, students should be able to:

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

Grading

Course Grade

- **Your course grade will be wholly determined by the total number of points you earn on the assignments below.**
- **There will be no extra credit assignments offered at the end of the quarter. The only extra credit available are the 2 additional discussion responses (see Assignments).**
- **I will not round up final grades; for example, an 89.9% is a B+**

Assignment	Points	% of Grade
Chapter Objectives 8 at 10pts each	80	21.33%
Chapter Quizzes 8 at 5pts each	40	10.67%
Unit Discussion Questions 3 at 5pts each	15	4%
Unit Discussion Responses 6 at 10pts each	60	16%
Unit Exams Best 3 of 4 at 60pts each	180	48%
TOTAL	375	100%

Assignments

Syllabus Review

You should always consult the syllabus first when you have a question about the class. Chances are, an associated policy is outlined here, and I strictly adhere to my policies.

Chapter Quizzes (8 @ 5pts)

Students will complete a short multiple-choice quiz for each chapter we have covered for that unit. These quizzes can be found on the “**Quizzes**” page of the Canvas website. The due dates for these quizzes can be found on the class schedule and are available to retake as many times as needed to obtain a perfect score before the due date. These quizzes have no time limit. **Quizzes cannot be made up for any reason beyond the due date (except, in exceptionally rare, long-term medical or legal issues with documentation). Take these quizzes early and often *well before* the due date. There is no reason to wait until the due date for your first attempt.**

Chapter Objectives (8 @ 10pts)

On Canvas, under **Files**, you will find the course files organized by unit with Powerpoint presentations and accompanying chapter objectives for the quarter.

You will need to submit your completed objectives either through Canvas or in class for 10 points each towards your course grade. These will be graded for accuracy, not simple completion. These cannot be turned in late without medical or legal documentation.

Unit Exams (Best 3 of 4 exams @ 60pts)

Each unit will culminate in a 60 minute, 60-point exam. These exams will consist of multiple choice, short answer, and essay questions. These exams will be administered on Canvas. You will have 60 minutes for the three unit exams and 120 minutes for the final exam. The final exam on Canvas will be comprehensive and is also worth 60 points (i.e., equal to a unit exam). **Your lowest exam score will be dropped. This policy includes the comprehensive final exam. Therefore, if you are satisfied with your first three exam scores, you do not have to take the final exam, but taking the final exam cannot hurt your grade.**

Unit Canvas Discussion Board Posts (3 @ 5pts)

It is essential to engage with the material to thoroughly understand and apply the material of the course. Once during each unit (preferably *while* you are reading and taking quizzes and completing objectives), you will post a question for your classmates to respond to. In your post, you must refer a specific section in the text and do one of the following: 1) ask for clarification on or examples of a certain passage or concept, 2) ask for feedback on one of your chapter objectives or a chapter quiz question you are having

trouble with, or 3) ask for more scholarly information on a certain passage or concept. Please ask as many questions as you need to succeed in the unit on this discussion board. You will only earn credit for the first, but please ask additional questions here.

Unit Canvas Discussion Board Responses (6 @ 10pts)

You are responsible for answering or following up on 6 questions posted on the discussion board throughout the quarter (2 required responses for each unit 1-3). I truly hope that the discussion board will be a lively place where you can review as a group before exams. **To further that goal, you can earn up to 20 extra credit points in this course by completing 2 extra discussion board responses. Only 1 extra credit response may be for unit 3 and you must turn these before the corresponding unit deadline (see course schedule).**

Full credit responses will do the following:

- Address the poster and question you are responding to respectfully (2pts)
- Contribute significantly to the thread by doing at least one of the following: provide an answer to the question citing the text, provide thoughtful feedback on a chapter objective citing the text, or provide a summary of scholarly information on the passage or concept (4pts)
- Use correct grammar, punctuation, and spelling to express ideas clearly (4pts)

Late Policy

Remember, assignments cannot be made up without documentation for any reason. Documentation regarding hardship could involve you or dependents. If there is any question as to what might be acceptable documentation, email me through Canvas inbox as soon as possible.

Make Up Exams

If you miss one of the unit exams given for any reason, that exam will count as your lowest score and will be dropped. Please be advised that if you miss 2 (or more) exams, you will receive a 0 for the second exam unless there is legal or medical documentation to explain your absence.

Tips for Success

- **Complete all assignments on time.**
- Read all material. **Complete the chapter learning objectives as you read. Then take the chapter quiz.**
- PowerPoint slides will be available online. **Download them. Watch all videos; click all links.**
- Take advantage of office hours or email if you have questions about the material.
- Google SAFMEDs. Make flashcards of key terms, be able to name terms when given a description, and vice versa.
- Form a study group with other students in the class (but make sure to complete assignments independently).

Important Notes About Technology Use

I will be posting class material (e.g., syllabus, Powerpoints, announcements, quizzes, assignments, and links to articles) regularly on the Canvas course website. **This is an online course; you will be engaging with the Canvas interface regularly. Plan to have access to the Canvas site at least 5 hours per week to keep up with quizzes and assignments.** If you don't have a home computer with Internet access, there is both an upstairs and a downstairs open computer lab in the library. You will have plenty of time to complete assignments. Excuses such as "my internet wasn't working," "I couldn't make it to the computer lab this morning," or "I thought I posted on the discussion board" will not be accepted.

Classroom Learning Atmosphere

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, and students, faculty, staff members, and administrators are to treat one another with dignity and respect.

Classroom Etiquette: Basic respect for each other is expected of all students and the instructor. Disagreeing with the instructor, and engaging in passionate, intellectual discussion are not disruptive behaviors as long as they are done with basic respect. If you feel that your rights have been violated, please contact me immediately. Appropriate action will be taken. Respect is important in three class rules:

1. Students and teaching staff will not silence the views of others they do not agree within this class. However, basic respect is required. the instructor reserves the right to remove offensive or disrespectful posts from the class discussion board.
2. No one may threaten or intimidate others involved in this course with violence or threats of violence.
3. Harassment, sexual and otherwise, will not be tolerated in this class.

Email Communication: Please use standard professional guidelines for all written communication, including using a formal greeting, writing in complete sentences, and signing your name. Your email should do one of the following:

1. Ask a short, clarifying question whose answer cannot be found in the syllabus
2. Request to meet at a time other than during my scheduled and posted office hours, and include at least two days and times you are available for this meeting.
3. Request additional feedback on a graded assignment. Include: a) the question, b) your answer, c) the feedback you have already received, and d) any follow-up questions.

Great email:

Hi Jessica,
After reading the book and asking the discussion board, I still have questions about the classical conditioning examples that I would like to talk to you about, but I work during your online office hours. Would you be able to talk via Skype or Facetime after 5p Monday or Tuesday?
Thank you,
Troy

Terrible email:

Hey jess so i missed the deadline cuz i felt bad. did i miss anything important?? O ya can I turn in that homework now??? Haha! Thx!!!! ;) -t

Religious Holidays: Students who expect to miss classes, examinations, or any other assignments as a consequence of their religious observance should be provided with a reasonable alternative opportunity to complete such academic responsibilities. It is the obligation of students to provide faculty with reasonable notice of the dates of religious holidays on which they will be absent, preferably at the beginning of the term. Students who are absent on days of examinations or class assignments should be offered an opportunity to make up the work without penalty (if they have previously arranged to be absent), unless it can be demonstrated that a makeup opportunity would constitute an unreasonable burden on a member of the faculty. Should disagreement arise over what constitutes an unreasonable burden or any element of this policy, parties involved should consult the department chair, or Dean.

College Anti-Discrimination Statement (Title IX): Bellevue College does not discriminate on the basis of race or ethnicity; color; creed; national origin; sex; marital status; sexual orientation; age; religion; genetic information; the presence of any sensory, mental, or physical disability; gender identity or veteran status in educational programs and activities which it operates. For further information and contacts, please consult College Anti-Discrimination Statements.

Plagiarism and Other Conduct Policies: Plagiarism is a form of academic dishonesty that occurs when students use information or material from outside sources and do not properly cite those sources. This is grounds for disciplinary action. It is your responsibility to understand plagiarism and its consequences. Plagiarism occurs if:

1. You do not cite quotations and/or attribute borrowed ideas as references.
2. You fail to enclose borrowed language in quotation marks.
3. You do not write summaries and paraphrases in his/her own words and/or doesn't document his/her source.
4. You turn in work created by another person.
5. You submit or use your own prior work for a current or past course, or work from one current course in another course without express permission from your professors. This may also be considered academic dishonesty.

Consequences: If you have plagiarized or engaged in other forms of academic dishonesty, you will likely fail the assignment and possibly the course, despite points earned through other work. Acts of academic dishonesty are reviewed for disciplinary action. If you are new to writing then please come talk to me during office hours and/or visit the Academic Success Center (D204).

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 behavior are violations of the Student Code of Conduct. When you are in doubt about any behavior, please consult your instructor. Examples of unacceptable behavior include, but are not limited to: Plagiarizing material from the internet and posting rude or personal attacks in discussions. The instructor reserves the right to remove posted messages, and downgrade assessments as a result of these types of behaviors. Academic dishonesty i.e., entrance testing, plagiarism, cheating, etc. may warrant disciplinary action. The instructor, through the associate dean, may refer the matter to the vice president of students or their designee (the Dean) for disciplinary action. **An instructor will not give credit for work that is the product of cheating, plagiarism or other student misconduct.**

Incomplete vs. F: If a student fails to complete all the required work for a course, an instructor may assign the grade of Incomplete ("I"). It is the student's responsibility for maintaining contact and adhering to the agreed-upon actions. Canvas class sites, and material, may not be directly accessible after the end of the quarter so it is important to make arrangements before the quarter ends. The student must complete the coursework by the end of the next quarter, or receive the assigned letter grade (usually an "F"). There is a standard form that instructors have access to in their instructor's grade briefcase.

F Grade: Students who do not withdraw by the deadline and fail a course will receive a letter grade of "F."

Withdrawal from Class: You may drop classes through the 8th week of Fall, Winter and Spring Quarters. Classes may be dropped through the 6th week of Summer Quarter. You may drop a class during the first two weeks of the quarter and no record of the class will appear on your transcript. You do not need an instructor's signature to drop a class during this time. From the 3rd week through the 8th week of each quarter (6th week in Summer Quarter) you may drop a class with your instructor's signature on the Add/Drop Form. A "W" (Official Withdrawal) will appear on your transcript when you drop a class after the first two weeks of the quarter. A "W" does not affect your grade point average.

NOTE: You cannot officially drop a class by informing the instructor you are withdrawing or by not attending the class. If you do not officially drop a course, your instructor will give you a failing grade in that class.

Hardship Withdrawal (HW): Hardship Withdrawal indicates a withdrawal request made because of extenuating circumstances after the official withdrawal period is over. The student must contact the instructor to request this withdrawal option, or the faculty member may initiate the contact. No points are calculated into the grade-point average. 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 Center in B132. Students will need to establish their eligibility for accommodation. The DRC will provide accommodation letters to your instructors if you are eligible for accommodations. Students who require accommodation in a course should review the accommodation letter with each instructor during the first week of the quarter or whenever the accommodation is approved.

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

Course Schedule

The instructor reserves the right to make changes to this schedule in the case of time constraints or student progress. If any changes to this schedule are necessary, I will send a class email and revise the Canvas site accordingly.

Dates	Topics	Readings in BH&M	Assignments Due @ 11:59pm
Week 1 April 2-8	Syllabus Review	Syllabus	Obtain textbook and read syllabus carefully
Week 2 April 9-15	Definitions & Diagnoses Research Methods	BH&M Ch 1 pp.1-27	Th 4/13 Chapter 1 Objectives Friday 4/14 Chapter 1 Quiz
Week 3 April 16-22	Historical Views on Abnormal Psychology	BH&M Ch 2 pp. 29-51	Thurs 4/20 Chapter 2 Objectives Fri 4/21 Chapter 2 Quiz, Unit 1 Discussion Question
Week 4 April 23-29	Unit 1 Discussion & Exam		Mon 4/24 Unit 1 Discussion Responses (2) Weds 4/26 Unit 1 Exam due
Week 5 April 30- May 6	Causal Factors, Risk Factors, & Viewpoints Reliability, Validity, & Standardization Classifying Abnormal Behavior	BH&M Ch 3 pp. 54-97 BH&M Ch 4 p. 104, pp. 121-125	Thurs 5/4 Chapter 3 & 4 Objectives Fri 5/5 Chapter 3 & 4 Quizzes
Week 6 May 7-13	Stress & Mental Health	BH&M Ch 5 pp. 130-160	Thurs 5/11 Chapter 5 Objectives Fri 5/12 Chapter 5 Quiz, Unit 2 Discussion Question
Week 7 May 14-20	Unit 2 Discussion & Exam		Mon 5/15 Unit 2 Discussion Responses due (2) Weds 5/17 Unit 2 Exam due
Week 8 May 21-27	Panic & Anxiety	BH&M Ch 6 pp. 162-209	Thurs 5/25 Chapter 6 Objectives Fri 5/26 Chapter 6 Quiz

Week 9 May 28 - June 3	Mood Disorders	BH&M Chapter 7 pp. 211-261	Thurs 6/1 Chapter 7 Objectives Fri 6/2 Chapter 7 Quiz
Week 10 June 4-10	Eating Disorders	BH&M Chapter 9 pp. 293-326	Thurs 6/8 Chapter 9 Objectives Fri 6/9 Chapter 9 Quiz, Unit 3 Discussion Question
Week 11 June 11-16	Unit 3 Discussion & Exam Final Exam		Mon 6/12 Unit 3 Discussion Responses (2) Weds 6/14 Unit 3 Exam due Fri 6/16 Final comprehensive exam due