San José State University
Department of Psychology
PSYC 110 Sect. 5
Abnormal Psychology
Fall, 2016

Instructor: Dr. Steven Del Chiaro
Office Location: Clark Hall 140, Cube 30
Email: Through Canvas (Please indicate on the subject line of the email: class date and time)
Office Hours: By appointment (request through Canvas)
Class Days/Time: Friday 1:00 pm – 3:45 p.m.
Classroom: Clark 111

Course Web Page
Class Websites:
Canvas – ALL assignments are assigned and turned into Canvas. You must be able to upload .doc or pdf documents.

Logging Into Canvas
Canvas Login URL: https://sjsu.instructure.com/. Please note that it should NOT have the "www" at the start of the URL like many other websites. All students must first set up their SJSUOne account before accessing Canvas. To do so, go to http://its.sjsu.edu/services/sjsuone/. The Username for Canvas then is your 9 digit SID and your password is the one you chose when you established your SJSUOne account. You will see the courses you are taking (assuming the instructor is using Canvas).

Further Assistance with Canvas
Students should go first to http://guides.instructure.com/m/4212 with problems and then to the University Help Desk for Canvas problems, including logging in (http://www.sjsu.edu/helpdesk/).

Course Description
From catalog: Major theories of behavioral change, with emphasis on counseling of persons with problems in occupational, social, family and individual adjustment. This course examines the major theories of behavioral change with emphasis on counseling individuals, examination of research in psychotherapy and application of theory to case material.
Learning Outcomes

Course Learning Outcomes (CLO)
Upon successful completion of this course, students will be able to:

- CLO1 - Discuss the major theories of counseling including therapeutic goals, assessment, therapeutic relationships and therapy techniques.
  
  Assessment of CLO1: Quizzes, final exam, application papers

- CLO2 - Compare and critique the major theories of counseling and psychotherapy, including Psychodynamic, Humanistic/Existential, and Behavior/Cognitive therapies, Family Systems.
  
  Assessment of CLO2: Quizzes, final exam

  
  Assessment of CLO3: Quizzes, final exam, group project

- CLO4 – Discuss an integrative approach to psychotherapy and application of theory to case material.
  
  Assessment of CLO4: final exam, application papers

- CLO5 – Examine current research in psychotherapy methods and techniques.
  
  Assessment of CLO5: Quizzes, group project, final exam

- CLO6 – Develop beginning counseling skills.
  
  Assessment of CLO6: Counseling skills papers

Program Learning Outcomes (PLO)
Upon successful completion of the psychology major requirements…

- PLO1 – Knowledge Base of Psychology – Students will be able to identify, describe, and communicate the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.

- PLO2 – Research Methods in Psychology – Students will be able to design, implement, and communicate basic research methods in psychology, including research design, data analysis, and interpretations.

- PLO3 – Critical Thinking Skills in Psychology – Students will be able to use critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes.

- PLO4 – Application of Psychology – Students will be able to apply psychological principles to individual, interpersonal, group, and societal issues.

- PLO5 – Values in Psychology – Students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member

Required Texts/Readings

I think the bookstore made us get the 10th edition. Either will do.
Syllabus Policy:
The course syllabus presented in this document will be followed as closely as possible. However, the course syllabus, schedule, policies, and procedures are subject to change at the discretion of the instructor or in the event of extenuating circumstances. This includes the tentative dates listed. The instructor will announce possible changes of the syllabus in advance. Since such announcements are typically made during class, it is the student’s responsibility to clarify any of these changes that may have been made when the student is absent.

Although you will be responsible for all of the material in the assigned readings, some of the information may not be covered in class. Therefore, if there is material that is unclear to you it is highly recommended that you discuss this material with me at an appropriate time (e.g., during office hours). It is your responsibility to read the syllabus and ask questions about it so that you have a clear understanding of the expectations. If you are unclear about any of the requirements/expectations, then please set up a time to speak with me. I will be grading as though you have a clear understanding of the course requirements and material.

Attendance:
I will not be taking attendance. You are adults and need to make your own decisions. Please realize that your decisions have consequences (If this makes no sense to you then you need to enroll in Psychology 155 Human Learning, because you will understand through operant conditioning that behaviors have consequences!). Students are responsible for everything that is said and done in class. I strive to make my classes not only educational but also enjoyable. It is important to note that it is the student’s responsibility to withdraw from a course they do not wish to take. If you simply stop coming to the class and do not withdraw from the course, then you will still receive a grade that will be based on the completed work. Additionally, I encourage students to arrive on time for the class. However, I understand that extenuating circumstances do arise that can prevent your diligent efforts toward punctuality. If you are late to class, please take a seat in the row of desks/seats closest to the door in order to prevent disruption to the class. I hope you will take advantage of this policy only when absolutely necessary. I do have a small portion of your grade based on participation, tardiness affects participation. Many important pieces of information are discussed in class, and students are responsible for knowing and complying with this information including changes in assignments. Please make appropriate adjustments to your schedule to allow for arrival to the class on time (e.g., arriving early to avoid traffic/parking problems).

Classroom courtesy and disruptions:
Class disruptions are not tolerated. Students will be asked to leave if they are being disruptive to fellow students or the professor. Disruptions include but are not limited to cell phones going off for any reason (even accidental), TEXTING (yes, I still see it if you hold the phone under your desk during class!), talking when not participating in an instructor-assigned activity, and not paying attention (e.g., reading the newspaper, sleeping). In accordance with university policies on student conduct, it is expected that you will treat other students and the instructor with
courtesy and respect. Being on the phone and texting ARE ACTIVITIES THAT ARE NOT RESPECTFUL! Additionally, this class is conducted where you have wireless Internet access, please do not “surf” the web. See Electronics Policy.

**Cell phone policy:**

ABSOLUTELY NO CELL PHONE USAGE IN CLASS! Please keep cell phones stored away in backpacks/bags throughout the class. Students will be asked to leave the classroom if seen using cellphones.

**Electronics Policy:**

Many students utilize their laptops and tablets to take notes during class. If you have your laptop open during class, it can only be for note taking during lecture. If you use your computer in any other way (i.e. web surfing), then there will be a no electronics rule for the entire class for the remainder of the semester. If you are expecting an urgent call you must notify the instructor before class, and then take your call outside of class without interruption to the classroom. If you are found using your cell phone in class you will lose participation points, if there are more than 5 incidents throughout the semester of people using their electronics inappropriately in the classroom than the entire class will start losing participation points. Notifications will go out via email to inform the class of violations of this policy.

Research shows that Websurfing/texting during class directly lowers your grade (and disrupts those around you). Go to: http://chronicle.com/blogs/wiredcampus/students-stop-surfing-after-being-shown-how-in-class-laptop-use-lowers-test-scores/4576

**Recording of Class Lectures:**

Common courtesy and professional behavior dictates that you notify someone when you are recording him/her. You must obtain the instructor’s permission to make audio or video recordings in this class. This permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.

Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor-generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.

**Dropping and Adding**

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog Policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic calendar web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The Late Drop Policy is available at http://www.sjsu.edu/aars/policies/latedrops/policy/. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at http://www.sjsu.edu/advising/.
Course Requirements and Assignments
SJSU classes are designed such that in order to be successful, it is expected that students will spend a minimum of forty-five hours for each unit of credit (normally three hours per unit per week), including preparing for class, participating in course activities, completing assignments, and so on. More details about student workload can be found in University Policy S12-3 at http://www.sjsu.edu/senate/docs/S12-3.pdf.

Exams:
Exams will be multiple-choice. The tests will have questions from the text, lectures and videos. Each exam will be given during the lecture period, and you will have the class period to complete the exam. Students will not be allowed to use the restroom during the exam period and cell phone use during a test, or test review, will result in referral to Judicial Affairs and receive a course grade of F/NC.

** Make-up exams will be given ONLY when there is a documented excuse that must be approved by the professor (medical notes, etc.). A make-up exam will not be the same multiple-choice exam that is given in class. The make-up exam will consist of 5 to 8 essay questions on topics covered in the textbook and lecture, and it will be worth the same point value as the original exam. **

Quizzes: Complete the assigned quizzes on Canvas. You have to complete a quiz for each of the selected chapters on the syllabus. There is a time-limit of 15 minutes; once you start you have 15 minutes to complete. No starts and stops and coming back hours or days later. There are NO MAKE-UPS on quizzes (NO EXCEPTIONS). You must do them during the time period they are assigned. Check Canvas for assigned times. You will take 10 quizzes throughout the semester and each quiz is worth 5 points for a total of 50 quiz points for the semester.

Writing Assignment:
The writing assignments are designed to have you interact with the material at more personal level. You will be required to write the first paper describing your own theory of psychotherapy. For the final writing assignment, you will be required to write about your own theory of therapy and to evaluate it using the criteria provided over the course. These assignments are explained in detail on Canvas.

*Online and in-person (hard copy) submissions*

You must turn in your assignments in two ways: (1) in person, printed copy of the completed paper; and (2) online upload on Canvas. This is a plagiarism detection and originality analysis system. You will receive feedback about the amount of copying you may have done in your paper before you turn in your final version. You can still correct any mistakes or plagiarism based on this feedback BEFORE you turn in your final paper by the deadline. Once the deadline has arrived, the last version uploaded will be your final paper. The following file types are compatible with the online process: MS Word, WordPerfect, PostScript, Acrobat PDF, HTML, RTF, and Plain Text. If you plagiarize your paper it will be detected here. Plagiarism will result in a failure in the course and possible dismissal from the university. I assume that you have completed the plagiarism (tutorial available here:  

http://tutorials.sjlibrary.org/tutorial/plagiarism/index.htm) by the time you have taken this class. If not, please do so as it will help you avoid making costly mistakes.

SEE RUBRIC FOR GRADING CRITERIA

Structure for Assignments
1. Your papers need be organized - you should be developing a central idea in each section and the reader should be able to follow the logic of your argument. Each paragraph should have a coherent theme and paragraphs should follow each other in an organized manner. Read over your papers to be sure that there is a logical order to them.

2. Watch for grammatical errors, particularly sentence fragments and run-on sentences. **More than five spelling or grammatical errors will result in points deducted from final grades. More than ten will result in a zero (0). I encourage you to have your paper proof read.**

3. Your papers will be typewritten, double-spaced, one-inch margins, using Times New Roman (or VERY similar) font.

4. On a sheet attached to the front of all your papers, type the Title of your paper. In addition you must include Name, Course, Course Number, Semester/Year, and Due Date.

5. Citations/references included in your paper are to be done according to APA style as described in the Publication Manual of the American Psychological Association, 4th Edition, which is available in the library, the campus bookstore, and on-line.

Assignments Totals and Grading Policy
Your grade will be determined by the total number of points you earn throughout the semester. Points will be assigned as follows:

- Chapter Quizzes (10 quizzes x 5 points each) = 50 pts
- Theoretical Orientation Paper = 90 pts
- 1st Exam: = 100 pts
- 2nd Exam = 100 pts
- Final Exam: = 100 pts
- Total possible points = 430

Course Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Minimum Percentage</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>94 – 100%</td>
</tr>
<tr>
<td>A-</td>
<td>90 – 93%</td>
</tr>
<tr>
<td>B+</td>
<td>87 – 89%</td>
</tr>
<tr>
<td>B</td>
<td>83 – 86%</td>
</tr>
<tr>
<td>B-</td>
<td>80 – 82%</td>
</tr>
<tr>
<td>C+</td>
<td>77 – 79%</td>
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<tr>
<td>C</td>
<td>73 – 76%</td>
</tr>
<tr>
<td>C-</td>
<td>70 – 72%</td>
</tr>
<tr>
<td>D+</td>
<td>67 – 69%</td>
</tr>
<tr>
<td>D</td>
<td>60 – 66%</td>
</tr>
<tr>
<td>F</td>
<td>0 – 59%</td>
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</tbody>
</table>

Late Work: No Late Work Accepted. No exceptions!
University Policies:

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University’s Academic Integrity policy, located at http://www.sjsu.edu/senate/S07-2.htm, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website is available at http://www.sjsu.edu/studentconduct/.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Policy S07-2 requires approval of instructors.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the Accessible Education Center (AEC) at http://www.sjsu.edu/aec/ to establish a record of their disability.

Student Technology Resources

Computer labs for student use are available in the Academic Success Center located on the 1st floor of Clark Hall and on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.

A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include digital and VHS camcorders, VHS and Beta video players, 16 mm, slide, overhead, DVD, CD, and audiotape players, sound systems, wireless microphones, projection screens and monitors.

Learning Assistance Resource Center

The Learning Assistance Resource Center (LARC) is located in Room 600 in the Student Services Center. It is designed to assist students in the development of their full academic potential and to inspire them to become independent learners. The Center's tutors are trained and nationally certified by the College Reading and Learning Association (CRLA). They provide content-based tutoring in many lower division courses (some upper division) as well as writing and study skills assistance. Small group, individual, and drop-in tutoring are available. Please visit the LARC website for more information at http://www.sjsu.edu/larc/.
SJSU Writing Center
The SJSU Writing Center is located in Room 126 in Clark Hall. It is staffed by professional instructors and upper-division or graduate-level writing specialists from each of the seven SJSU colleges. Our writing specialists have met a rigorous GPA requirement, and they are well trained to assist all students at all levels within all disciplines to become better writers. The Writing Center website is located at http://www.sjsu.edu/writingcenter/about/staff/.

Peer Mentor Center
The Peer Mentor Center is located on the 1st floor of Clark Hall in the Academic Success Center. The Peer Mentor Center is staffed with Peer Mentors who excel in helping students manage university life, tackling problems that range from academic challenges to interpersonal struggles. On the road to graduation, Peer Mentors are navigators, offering “roadside assistance” to peers who feel a bit lost or simply need help mapping out the locations of campus resources. Peer Mentor services are free and available on a drop-in basis, no reservation required. The Peer Mentor Center website is located at http://www.sjsu.edu/muse/peermentor/

Student Success and Wellness
Attending to your wellness is critical to your success at SJSU. I strongly encourage you to take advantage of the workshops and programs offered through various Student Affairs Departments on campus such as Counseling Services, the SJSU Student Health Center/Wellness & Health Promotion Dept., and Career Center. See http://www.sjsu.edu/wellness or http://www.sjsu.edu/counseling/Workshops/ for workshop/events schedule and links to many other services on campus that support your wellness! You may go to http://events.sjsu.edu to register for any one of the workshops.
Reading Topics, Exams and Dates: Psych110, SP 15

Note: This course will follow this syllabus to the extent possible. The timing and specific nature of topics and activities may change. You are responsible for keeping informed of any changes made to the class syllabus. Such changes will be clearly stated in class and will be posted on the class web site. You are responsible for checking the class web site before each class. Therefore, it is extremely important to check the website before each class.

Table 1 Course Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics, Readings, Assignments, Deadlines</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Aug. 26</td>
<td>Class Business/Syllabus</td>
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<tr>
<td></td>
<td></td>
<td>Introduction and Overview, Chapter 1</td>
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<td>2</td>
<td>Sept. 2</td>
<td>The Counselor: Person and Professional, Chapter 2</td>
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<td></td>
<td></td>
<td>*Sept. 6th is the last day to drop class</td>
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<td>3</td>
<td>Sept. 9</td>
<td>*Will Add students if Applicable</td>
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<td></td>
<td></td>
<td>Ethical Issues in Counseling Practice Chapter 3</td>
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<td>4</td>
<td>Sept. 16</td>
<td>Psychoanalytic Therapy, Chapter 4</td>
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<tr>
<td></td>
<td></td>
<td><strong>Quizzes Due: Chapters 2,3,4</strong></td>
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<tr>
<td>5</td>
<td>Sept. 23</td>
<td><strong>Test Review</strong></td>
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<td></td>
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<td>Adlerian Therapy, Chapter 5</td>
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<td><strong>Quiz Due: Chapter 5</strong></td>
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<tr>
<td>6</td>
<td>Sept 30</td>
<td><strong>Examination 1 Ch. 1,2,3, 4 &amp; 5</strong></td>
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<td>7</td>
<td>Oct. 7</td>
<td>Existential Therapy, Chapter 6</td>
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<td><strong>Quiz Due: Chapter 6</strong></td>
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<tr>
<td>8</td>
<td>Oct 14</td>
<td>Person-Centered Therapy, Chapter 7</td>
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<td><strong>Quiz Due Chapter 7</strong></td>
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<td>9</td>
<td>Oct 21</td>
<td>Gestalt Therapy, Chapter 8</td>
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<td><strong>Quiz Due Chapter 8</strong></td>
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<tr>
<td>10</td>
<td>Oct 28</td>
<td><strong>Test Review</strong></td>
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<tr>
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<td>Behavior Therapy, Chapter 9</td>
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<td><strong>Quiz Due Chapter 9</strong></td>
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<tr>
<td>11</td>
<td>Nov 4</td>
<td><strong>Examination 2 - Chapters 6,7,8, &amp;9</strong></td>
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<tr>
<td>12</td>
<td>Nov 11</td>
<td>Holiday</td>
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<tr>
<td>Date</td>
<td>Event</td>
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</tbody>
</table>
| Nov 18 | Cognitive Behavior Therapy, Chapter 10  
   Quiz Due Chapter 10  
   Peer Review Writing Assignment |
| Nov 25 | Holiday                        |
| Dec 2  | Writing Assignment Due  
   Choice Theory/Reality Therapy, Chapter 11 |
| Dec 9  | An Integrative Perspective, Chapter 15  
   Quiz Due, Chapter 15 |
| Monday Dec 19th | Last Exam  
   7:15 am |