San José State University

College of Social Sciences/Psychology Dept.
Abnormal Psychology, Psyc 110, Section 06, Fall 2017

Course and Contact Information
Instructor: Ellyn Herb, Ph.D.
Office Location: DMH 310
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Email: ellyn.herb@sjsu.edu
Office Hours: T/Th 5:45 to 6:30 p.m.
Class Days/Time: T/Th 3:00 to 4:15 p.m.
Classroom: DMH 353
Prerequisites: Psyc 1

Course Format

Course Description (Required)
This course introduces the student to the world of mental disorders and provides students with tools necessary to think critically about abnormal behavior. There is an emphasis on the psychological, social, biological and multicultural determinants of human behavior and psychological deviance. We will briefly discuss the assessment, diagnosis and treatment of mental disorders as well as examine research in the field of psychopathology.

Course Goals
1. Accurately describe the concept of abnormality as it relates to human behavior.
2. Discuss the historical, cultural, social implications of the diagnosis and treatment of abnormal behavior.
3. Explore assessment, diagnosis and treatment of mental disorders.
4. Increase awareness of current research in abnormal psychology.
Course Learning Outcomes (CLO)

CLO1 - Explain the role of assessment in conceptualizing abnormal behavior.
CLO2 - Describe research results in the field of abnormal psychology.
CLO3 - Identify the distinctive features of the major psychological disorders in the DSM-IV.
CLO4 - Articulate the advantages and disadvantages of using a diagnostic system.
CLO5 - Increase knowledge of the psychological, social and biological factors related to various mental disorders.
CLO6 – Become knowledgeable regarding treatment options for a variety of mental disorders.
CLO7 - Discuss the ethics of diagnosis in clinical practice.

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 of society.

Required Texts/Readings

Textbook


Note: There is a new edition out of this book. You are welcome to buy this, although the second edition, is probably less expensive.

You can purchases individual chapters or buy the e-book from cengage.com.

Supplies: You will need to have access to binder paper for in class activities and something to write with.
University’s Credit Hour Requirement below.

“Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally 3 hours per unit per week with 1 of the hours used for lecture) for instruction or preparation/studying or course related activities including but not limited to internships, labs, clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.”

University Policies (Required)

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs’ Syllabus Information web page at http://www.sjsu.edu/gup/syllabusinfo/”

Classroom Protocol

This syllabus is subject to change at the discretion of the instructor. You are responsible for assigned reading and participating in classroom discussions. No make-ups for quizzes unless prior arrangement with the instructor. Attendance is not mandatory, but highly encouraged. Should you happen to miss a class, you are welcome to obtain notes from a peer in the course. Also, please ask your peers in the course if you, “missed anything important,” and do not ask the instructor. It is important to mention that those students who regularly attend class tend to do significantly better in the course.

Professional Communication

The best way to contact me is to leave a message on my private practice voice mail. The number is (408) 296-9600. You can also email me at Ellyn.herb@sjsu.edu. I don’t respond to texts from students. Since I teach multiple courses, please communicate the following information when you contact me:

Your full name, course name, section number and phone number where I can reach you. Please don’t use abbreviations (as in texting), as I might not understand what you are trying to say. You do not need to notify me if you will not be in class, however, if you know, in advance, that you will miss a class you can let me know.

NOTE: I do not accept assignments by email unless by prior authorization from the instructor.

Personal Computer (Laptop Use)

You can use your computer to take notes during class, ONLY DURING LECTURES. No
electronic devices may be used during experiential activities. Please do not surf the net, check your email or otherwise engage in interactive pursuits while in class (playing games!). If you are found to be using the computer inappropriately, particularly if you are disturbing other students, you will lose the privilege of using a computer in class for the remainder of the semester.

**Classroom Etiquette**

1. Be polite and respectful to other people in the class, particularly when engaging in classroom discussions. Disrespectful behavior will not be tolerated and will be grounds for dismissal from class.
2. Do not carry on conversations with others during lecture, group presentations, etc. If you have a question or comment, please raise your hand so you can be recognized.
3. All electronic devices must be turned off during class. If you need to make or take an emergency call, let me know, in advance, and please leave the classroom to do so.
4. Texting or surfing the net is not allowed in class at any time, unless directed by the instructor. If you are viewing images on your computer that are disturbing other students around you, you may lose the privilege of using a computer during class times.
5. If you plan to take exams/quizzes through the Accessible Education Center, please remind the instructor at least one week prior to the exam/quiz so that arrangements can be made to get the tests to the center.

**Class Participation**

In order to create an active learning environment, students are expected to attend class regularly, participate in classroom discussions and in-class exercises, come prepared to discuss assigned reading material and demonstrate active participation in the class.

How does attendance and class participation help?

1. You will hear directly from the instructor about any changes in the course schedule or course requirements.
2. You have the opportunity to network with fellow students, which may be helpful in forming study groups, learning whom to work with on group projects and whom to turn to for notes if you miss a class.
3. Listening to lectures given in class enhances your learning. Research has also shown that taking notes by hand in class enhances learning course material. Even if you read your textbook, underline and take notes while reading, taking notes by hand, in class, can solidify your knowledge and grasp of the material.
4. Your instructor may get to know you better if you participate in class discussions, ask questions and generally become a part of the course climate. This can be helpful when you need special requests. Also, asking and answering questions fosters learning for all students who are present.

SO, PLEASE COME TO CLASS PREPARED TO DISCUSS THE MATERIAL YOU HAVE READ, ASK QUESTIONS AND PARTICIPATE!
In order to facilitate the instructor in assessing your participation and giving you a grade in class participation, there are several ways for you to earn class participation points.

1. Use the index cards provided by the instructor to ask a question, make a comment, offer your opinion or give feedback. This is the BEST WAY to gain participation points. PRINT YOUR NAME AND THE DATE ON THE CARD AND SUBMIT IT THE SAME DAY AS CLASS. This is the only time you can submit participation cards!

2. Submit required written assignments in class on the due date (see course schedule).

3. Come to the instructor’s office hours for more personal discussion of course material, your specific needs in the class, an assignment or grade that your don’t understand, etc.

Class participation will account for approximately 8% of your grade.

Recording Policies

Consent for Recording of Class and Public Sharing of Instructor Material

University Policy S12-7, http://www.sjsu.edu/senate/docs/S12-7.pdf, requires students to obtain instructor’s permission to record the course.

“Common courtesy and professional behavior dictate 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. Such 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.”

PLEASE NOTE: Recordings of classroom activities (demonstrations, practicing skills, etc.) and copyrighted material (videos) are prohibited. If you wish to record lectures, please ask the instructor for permission prior to the start of the lecture.

Assignments and Grading Policies

ALL ASSIGNMENTS MUST BE SUBMITTED BY THE DUE DATE. POINTS WILL BE DEDUCTED FOR LATE SUBMISSIONS. If you have a medical excuse, please email me and let me know and I will let you know what your options are.

1. Class participation – attending class, engaging in discussions, asking and answering questions, reviewing student presentations, submitting index cards for every class, etc. are ways to earn points for class participation. Also see
description regarding class participation in beginning of the syllabus. CLO3
Total Points = 30

2. Projects – there will be two homework projects (Food Log and Addiction Simulation Exercise) that will be explained in class. Note the due dates on the class schedule. (25 points each) CLO1, CLO5
Total Points = 50

3. Quizzes – QUIZZES ARE TO BE TAKEN ONLINE. They will only be available for a certain time period. CLO1, CLO2, CLO3, CLO4, CLO5, CLO6, CLO7

There will be a total of FOUR multiple choice quizzes covering the textbook, classroom lectures, videos, discussions and outside readings. Each quiz will have 15 questions, worth 2 points each (30 points per quiz).
Total points = 120

4. Video Write-ups - FOUR full-length videos will be shown during class. After viewing the video, complete a summary review and critique and submit it by the due date listed in the syllabus. CL03, CL05, CL06 (10 points each)
Total points = 40

Video write-ups should include the title of the video and three components: a) a summary of the video (1-2 pages) and your review/critique (1 page). In your review or critique, you should address two aspects: b) how the video ties in with what we are learning in class and c) your critique (whether or not you liked the video, how did the video make you feel, and your rating (good, fair, poor and why).

4. Research Project and Presentation – students will be assigned to a work group based on the various disorders we will be studying (sign-ups will occur the second week of classes). Using library and online resources, each group will collect research articles and prepare a presentation to give to the class. CLO2, CLO3, CLO5, CLO6

Specific guidelines for each disorder will be given to each group. The presentation will be graded for content, variety and quality of studies included, and presentation skills. Powerpoint presentations are required. Complete copies of all articles must be submitted to the instructor on the day when the presentation is given as well as a copy of the Powerpoint presentation. Be sure to put your name on both articles. Articles must be from peer-reviewed journals.
and complete, including references (no abstracts). If you are not sure about an article, ask the instructor.

****Please put your Powerpoint presentation on a flash drive that can be used with the instructor’s computer. It is the easiest way to ensure the presentation will be compatible with the audiovisual equipment in the classroom.****

Each student will be graded as follows:

a. **Content** - at least 2 articles, submitted on time, relevant to the topic, from peer reviewed journals (20 points)
b. **Breadth** – articles represent two different aspects of the topic; there is good variety within the group (10 points)
c. **Presentation skills** – aspects to be graded include preparation, organization, engagement of the audience, speaking skills, A/V quality (30 points)

Total points = 60

6. **Final Exam** – the final will be given in the assigned day and time. 50 multiple choice questions that cover the entire semester (2 points each). You need the long GREEN SCANTRON (50 questions on one side). CLO1, CLO2, CLO3, CLO4, CLO5, CLO6, CLO7

Total points = 100

TOTAL POSSIBLE POINTS FOR THE SEMESTER = 400

**GRADING SCALE:**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage Range</th>
</tr>
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<tbody>
<tr>
<td>A+</td>
<td>97-100%</td>
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<tr>
<td>A</td>
<td>93-96%</td>
</tr>
<tr>
<td>A-</td>
<td>90-92%</td>
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<tr>
<td>B+</td>
<td>87-89%</td>
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<tr>
<td>B</td>
<td>83-86%</td>
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<tr>
<td>B-</td>
<td>80-82%</td>
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<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>
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<tr>
<td>D+</td>
<td>67-69%</td>
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<tr>
<td>D</td>
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<tr>
<td>D-</td>
<td>60-62%</td>
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<tr>
<td>F</td>
<td>below 60%</td>
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EXTRA CREDIT

SJSU Psyc 110
Abnormal Psychology

All students are eligible to earn extra credit, but this is particularly designed for students who have missed a quiz or video or for those students who want to earn more points to improve your grade. All papers should be typed, use at least 12-point font, stapled and include your name, the date, the option you are submitting, the course number and section number.

NOTE: There is no place on Canvas to submit extra credit. All extra credit papers must be submitted in hard copy by the due date.

YOU MAY ONLY EARN UP TO MAXIMUM OF 19 ADDITIONAL POINTS THROUGH EXTRA CREDIT.

Options are as follows:

1. Interview a licensed therapist or psychologist. Ask the following questions and record the responses. You need to do the interviewing in person. Do not just hand the paper to the person and let them write the answers. That will result in 0 points. Following your interview, write up the interview in narrative form (do not just write answers to the questions; you need to use paragraphs to tell a story). Your write-up should be presented as a professional paper.

   (7 points possible)

- Interview Questions:

   a. List the name, address and phone number of the person you interviewed.
   b. What made the person decide to become a therapist/psychologist?
   c. How long has he/she been one?
   d. What type of work does he/she do? Why that choice?
   e. Does the therapist/psychologist have a specialty? What did he/she need to do to become a specialist?
   f. In what type of setting does the psychologist work?
   g. What does the person enjoy most about their work?
   h. What is the most challenging part of the work?
   i. What advice would the person give to someone who wanted to pursue a career in psychology?
   j. Ask an additional question that you would like to know.
Using the answers you received write a narrative report of your interview and include a final paragraph about the interview: What was it like to do the interview? What did you learn? How did the information you received affect your personally? Your paper should be 2-3 pages (typed, double spaced). Be sure your paper is properly labeled with “Extra Credit Interview”, your name, course number, section number and the date.

2. Create an annotated bibliography using the following list. (Only one allowed – 7 Points)

An annotated bibliography includes research articles in peer-reviewed journals or professional books (not textbooks). For each entry, you must list the resource in APA format then write a paragraph about the reference so that someone can decide if they want to access the article or buy the book. You should give a brief synopsis of the content of the article, briefly state the results and then add your own comments.

**YOU MUST INCLUDE 10 DIFFERENT RESOURCES on one topic only.**
Choose from the following list of topics. If you have a topic that is not listed, you must obtain instructor permission to use it.

**TOPICS:**
- The use of medication in psychiatric care
- Ethical dilemmas in psychotherapy such as dual relationships, informed consent
- Child Abuse
- Suicide
- Diversity issues in diagnosis of mental disorders
- Domestic Violence
- The use of manualized treatment in psychotherapy
- Neuropsychological findings in the last 5 years (the brain research)
- Stigma in mental health

3. Your instructor may also show shorter videos during the semester and designate that particular video as one that can be written up for extra credit. This will be announced in class and be indicated on the syllabus.

**All extra credit must be submitted no later November 30, 2017, although you can submit extra credit at any time during the semester.**

Be sure to put your name on all extra credit and indicate which option you have chosen.
## Course Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics, Readings</th>
<th>Assignments, Deadlines</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>8/24/17</td>
<td>Syllabus Review</td>
<td></td>
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<tr>
<td>2</td>
<td>8/29/17</td>
<td>Abnormal Psychology and Life, Chapter 1 Risk and Prevention of Mental Disorders, Chapter 3</td>
<td></td>
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<tr>
<td>2</td>
<td>8/31/17</td>
<td>Perspectives on Abnormal Psychology, Chapter 2</td>
<td>In class Syllabus Quiz (Extra Credit points)</td>
</tr>
<tr>
<td>3</td>
<td>9/5/17</td>
<td>Diagnosis and Assessment of Mental Disorders, Chapter 4</td>
<td>SUBMIT DISORDER CHOICES TODAY</td>
</tr>
<tr>
<td>3</td>
<td>9/7/17</td>
<td><strong>SHADOW VOICES: Finding Hope in Mental Illness (VIDEO #1) 58 min.</strong></td>
<td>Write up DUE 9/14</td>
</tr>
<tr>
<td>4</td>
<td>9/12/17</td>
<td>Anxiety, Obsessive Compulsive, Trauma Related Disorders, Chapter 5</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>9/14/17</td>
<td>Chapter 5, continued OCD short video (No write up)</td>
<td>Take Quiz #1 after class (chap. 1-5)</td>
</tr>
<tr>
<td>5</td>
<td>9/19/17</td>
<td><strong>PRESENTATIONS</strong></td>
<td>Video Write-up #1 DUE</td>
</tr>
<tr>
<td>5</td>
<td>9/21/17</td>
<td>NO CLASS TODAY</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>9/26/17</td>
<td>Depressive &amp; Bipolar Disorders/Suicide, Chapter 7</td>
<td>(Food Mood Log Exercise DUE 10/5)</td>
</tr>
<tr>
<td>6</td>
<td>9/28/17</td>
<td><strong>PRESENTATIONS Suicide Video (28 min.) EXTRA CREDIT VIDEO</strong></td>
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<tr>
<td>7</td>
<td>10/3/17</td>
<td>Eating Disorders, Chapter 8</td>
<td>GET BRACELET TODAY (Addiction Simulation Exercise DUE 1017)</td>
</tr>
<tr>
<td>7</td>
<td>10/5/17</td>
<td><strong>DYING TO BE THIN (VIDEO #2) 60 min.</strong></td>
<td>Write up DUE 10/12 Food/Mood Exercise DUE</td>
</tr>
<tr>
<td>8</td>
<td>10/10/17</td>
<td>Substance Related Disorders, Chapter 9</td>
<td>Take Quiz #2 after class (chap. 7-9)</td>
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<tr>
<td>8</td>
<td>10/12/17</td>
<td><strong>WORLD’S MOST DANGEROUS DRUG (VIDEO #3) .52 min.</strong></td>
<td>Write up DUE 10/19 Video Write-up #2 DUE</td>
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<tr>
<td>9</td>
<td>10/17/17</td>
<td><strong>PRESENTATIONS</strong></td>
<td>Addiction Simulation DUE</td>
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<tr>
<td>9</td>
<td>10/19/17</td>
<td>Diagnostic Clinic</td>
<td>BRING BOOK TO CLASS Video Write-Up #3 DUE</td>
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Abnormal Psychology, Psyc 110, Section 06, Fall 2017 10
<table>
<thead>
<tr>
<th>Week</th>
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</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>10/24/17</td>
<td>Sexual Dysfunction, Paraphilic Disorders &amp; Gender Dysphoria, Chapter 11</td>
<td></td>
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<tr>
<td>10</td>
<td>10/26/17</td>
<td><strong>MIDDLE SEXES (VIDEO #4) 74 min.</strong> BE ON TIME TODAY</td>
<td>Write up DUE 11/2</td>
</tr>
<tr>
<td>11</td>
<td>10/31/17</td>
<td>Somatic Symptoms and Dissociative Disorders, Chapter 6</td>
<td></td>
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<tr>
<td>11</td>
<td>11/2/17</td>
<td>Personality Disorders, Chapter 10</td>
<td>Take Quiz #3 after class (chap. 6, 10, 11)</td>
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<tr>
<td>11</td>
<td>11/4/17</td>
<td><strong>MIDDLE SEXES VIDEO #4</strong> DUE</td>
<td>Video Write-up #4 DUE</td>
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<tr>
<td>12</td>
<td>11/7/17</td>
<td>Diagnostic Clinic</td>
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<tr>
<td>12</td>
<td>11/9/17</td>
<td>Schizophrenia &amp; Other Psychotic Disorders, Chapter 12 (Short VIDEO-no write up)</td>
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<tr>
<td>13</td>
<td>11/14/17</td>
<td><strong>PRESENTATIONS</strong></td>
<td></td>
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<tr>
<td>13</td>
<td>11/16/17</td>
<td>Developmental &amp; Disruptive Behavior Disorders, Chapter 13</td>
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<tr>
<td>13</td>
<td>11/21/17</td>
<td><strong>PRESENTATIONS</strong></td>
<td></td>
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<tr>
<td>14</td>
<td>11/23/17</td>
<td><strong>THANKSGIVING – NO CLASS</strong></td>
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<tr>
<td>15</td>
<td>11/28/17</td>
<td>Neurocognitive Disorders, Chapter 14</td>
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<tr>
<td>15</td>
<td>11/30/17</td>
<td><strong>PRESENTATIONS</strong></td>
<td>EXTRA CREDIT DUE</td>
</tr>
<tr>
<td>16</td>
<td>12/5/17</td>
<td>Consumer Guide to Abnormal Psychology, Chapter 15</td>
<td>Take Quiz #4 after class (chap. 12-15)</td>
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<tr>
<td>16</td>
<td>12/7/17</td>
<td>Review for Final Exam</td>
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<tr>
<td>Final Exam</td>
<td>12/14/17</td>
<td>2:45 TO 5:00 P.M.</td>
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