Course Description:
This course will introduce students to the major topic in Abnormal Psychology. Students will develop an understanding of the complexity of thoughts, feelings, and behavior through the examination of clinical dysfunction. We will examine historical theories as well as contemporary research and literature. Emphasis will be placed on the interaction of psychological, biological, cultural, and environmental factors which create symptoms and behaviors associated with specific disorders. We will also examine the societal and cultural norms which influence “abnormal” behavior. Students are encouraged to think critically about the stigma and labels associated with the mentally ill. By the end of the course, students will develop a more sensitive understanding of the issues related to psychological dysfunction. Students will also become more knowledgeable about the impact of mental illness on individuals in contemporary America.

Course Objectives:
1). To develop an understanding of the areas that comprise the field of Abnormal Psychology.

2). To understand the methods used in Abnormal Psychology Research Assessment, Diagnosis, and Treatment.

3). To become familiar with the concept of “normal” vs. “abnormal” behaviors. To acknowledge and understand the bias and stigma applied to mentally ill individuals.

4). To analyze and explore the theoretical approaches to abnormal and dysfunctional behaviors and the impact on one’s identity development.

5). To understand, examine, and apply the theories of abnormal psychology in a diverse multicultural society.

Evaluation of Student Learning:
1). Class Attendance & Participation is Critical - 30% of Final Grade - Class discussions, experiential exercises, and multi-media presentations are an essential part of the learning process during this course. Students are expected to attend class sessions as scheduled and participate in class discussions. In the unlikely event student absence, students will be expected to acquire notes from a fellow student. It is not the responsibility of the instructor to update students on class content they missed. If a student misses a multi-
media presentation (which could possibly be extra credit), they will NOT be able to make up the assignment for credit. Participation in class discussions and exercises based on assigned readings, is expected from all students. Students are expected to read the chapters assigned for each class period especially for comprehensive class discussions and debates.

2). Examination(s) of Student Learning - 40% of Final Grade - Students will be required to take 2-3 review examinations throughout the semester. Exams will be announced by the instructor. Review days will be held the Thursday prior to the exam, and students will be granted a weekend to study for the exam. Review days are mandatory. It is the responsibility of the student to acquire the review-information from a fellow student, NOT the professor. Exams will be given on the Tuesdays after the in-class review of the material. Students are required to bring their own scantrons and pencils for the exam. The quiz-examinations will consist of multiple-choice, true/false, and/or essay format.

5). Final Examination of Student Learning - 20% of Final Grade - Students will be required to take a final examination on the last day of the course. The final examination will be comprehensive and will consist of all the material discussed throughout the course. The final examination will consist of multiple choice questions, and one final essay question.

NOTE: In the event that the student will be absent from a class in which an activity was scheduled, the student will NOT receive any points for that activity. No opportunities will be given to make up these in-class activities.

Required Readings:

Using Desire2Learn:
Our course, American Identity, will be using San Jose State’s new online learning management system Desire2Learn for the upcoming semester. SJSU will no longer be using Blackboard CE 8, you will log in and participate in this course through Desire2Learn. This is a great opportunity to explore a new tool for online learning.

IMPORTANT: Enrolled students will be able to log in and see your course list links in Desire2Learn about 7 days prior to the start of the course—**but the links will not be active until midnight of the start date of the class 9/25/2010.**

Login URL: [http://sjsu.desire2learn.com](http://sjsu.desire2learn.com)
Please note that it should NOT have the “www” at the start of the URL like many other websites.

Username: about 7 days prior to the start of the course, your Desire2Learn username can be found by logging into your mySJSU account, clicking on Self Service > Campus Personal Information > Names, and locating your Desire2Learn name (look for Name Type called D2L) from the list. Usernames will generally be in the form of **firstname.lastname**, but may have an appended
number (e.g., firstname.lastname#) if there is more than one person with that name at SJSU. The mySJSU look-up will also be helpful for persons using middle names, hyphens, apostrophes, etc.

**Password:** Your initial Desire2Learn password is your 9 digit SJSU ID number.

**Courses:** Once logged in to Desire2Learn you should see your course or courses listed in the My Courses widget. Click on the course name and you will be entered into the course’s home page, but remember that link will not be active until midnight of the start date of that course.

**It is strongly recommended that you visit the eCampus website at:** [www.sjsu.edu/ecampus/students/](http://www.sjsu.edu/ecampus/students/). Desire2Learn looks and functions differently than Blackboard CE 8, so even experienced online students will benefit from spending some time familiarizing themselves with Desire2Learn to be successful in this course. This website also offers a number of Quick Start Learning Guides to help you navigate Desire2Learn tools.

For questions regarding the course or course materials, please contact me, the instructor. **For log in, password issues, and technical issues related to Desire2Learn, please contact the University Help Desk.** The Help Desk can give technical support for password reset, browser problems, and other issues encountered in D2L Courses.

- Phone: (408) 924-2377
- Submit a help ticket using the [University Help Desk Submit Ticket page](http://www.sjsu.edu/ecampus/students/)

**Meeting with the Instructor:**

Students are encouraged to meet with the instructor should they wish. While I hope that students would feel comfortable addressing many questions, concerns, and issues in class discussions, nonetheless, I know some students may wish to have the opportunity to meet with me in private. I would be pleased to meet with you at an arranged meeting space on campus by appointment or feel free to make an appointment via e-mail.

Russell A. Arias, Ph.D.
Office: DMH 232 Office Phone: 408-924-5658
Email: Rarias@sjsu.edu; Carmelbrn419@aol.com

**Department Writing Standards:**

All submitted written assignments must adhere to the Psychology Department writing standards. These standards are:

1. Conformity to the American Psychological Association (APA) standards for scholarly writing. Minimum standards include:
   a. Consistent use of complete sentences
   b. Correct use of grammatical constructions, punctuation, sequencing (paragraphing), referencing, hyphenation, spelling, headings, capitalization, pagination, abbreviations, margins.
   c. Appropriate content, clarity, conciseness, and style
   d. Neat appearance

Resources for these standards include:
2. 20% of the grade of each written assignment will be based solely on writing.

3. Each written assignment must contain no more than five novel grammatical errors and/or five novel APA errors (e.g., reference citation in text, reference list).

4. When a paper is submitted that does not meet departmental standards, it will be returned (ungraded) to the student(s) for revision. The student(s) will have 7 calendar days to revise and re-submit the paper.

5. Any paper that is submitted that is returned to student(s) for revision will have an automatic 10% deduction in the total grade of the assignment.

6. Upon resubmission, if a paper still does not meet departmental standards, the student(s) will be given a zero for the written portion of the total paper grade and will be graded only for the required content.

Academic Integrity:
Essential to the integrity of Sam Jose State University, students are expected to perform their own work (except when collaboration is granted by the course instructor) without the use of any outside resources. Your own personal commitment to learning requires you to be honest in all of your academic work. Be aware that faculty members are required to report all infractions to the Office of Judicial Affairs. It is also the discretion of the instructor to report any/all offender to the department chair and the students academic advisor.

Cheating:
Cheating is the act of obtaining or attempting to obtain credit for academic work through the use of any dishonest, deceptive, or fraudulent means. DO NOT DO IT!!! Cheating at SJSU includes but is not limited to: Copying in part or in whole from another person’s text, test, completed academic assignments or other evaluation/academic instruments applicable to the field of psychology or any other discipline; submitting work previously evaluated and graded in another course (unless this has been approved by the course instructor or department policy); altering or interfering with grading or grading instructions; sitting for an examination or turning in academic work by a person other than the enrolled student; or any other act committed by a student in the course of his/her academic work which defrauds or misrepresents the enrolled student. Students found guilty of cheating will be referred for academic discipline, and at worst, expelled from SJSU and possibly other State Universities. DO NOT CHEAT!!!!

Plagiarism:
The act of representing the work of another as one’s own, without giving appropriate
credit, regardless of how that work was obtained, and submitted is to fulfill academic
requirements is considered Plagiarism. Plagiarism includes: 1) The act of incorporating
the ideas, words, sentences, paragraphs, or parts thereof, or the specific substances of
another’s work without giving appropriate credit, and representing the product as one’s
own work; 2) Representing another’s artistic/scholarly works such as musical
compositions, essays, research, dissertations, student projects, computer programs,
photograph projects, paintings, or any other projects produced by a student that is not
currently enrolled in the course of reference. Should a student be suspected or caught
regarding the act or suspicion of Plagiarism, the student will be referred for academic
discipline.

San Jose State University
Abnormal Psychology
Spring, 2011
Russell A. Arias, Ph.D.

Weekly Class Schedule
Thursday, January 27, 2011: Introduction of the Instructor, Course Syllabus, Expectation
of the Course, and Brief introduction to the field of Abnormal Psychology.

Tuesday, February 1, 2011: Chapter 1: Introduction to Abnormal Psychology

Thursday, February 3, 2011: Chapter 1: History & Research

Tuesday, February 8, 2011: Chapter 2: Abnormality: Biological Perspective

Thursday, February 10, 2011: Chapter 2: Abnormality: Sociocultural Perspective

Tuesday, February 15, 2011: Chapter 2: Abnormality: Sociocultural Perspective - pt. 2

Thursday, February 17, 2011: Chapter 2: Abnormality: Psychological Perspective

Tuesday, February 22, 2011: Chapter 2: Abnormality: Psychological Perspective - pt. 2

Thursday, February 24, 2011: Chapter 3: Classification & Diagnosis of Mental Disorders

Tuesday, March 1, 2011: Chapter 3: Clinical Assessment of Mental Disorders

Thursday, March 3, 2011: Review for Examination #1: Chapters 1, 2, 3, & 4

Tuesday, March 8, 2011: Examination #1: Chapters 1, 2, 3, & 4

Thursday, March 10, 2011: Chapter 5: Stress, Psychological Factors, & Health

Tuesday, March 15, 2011: Chapters 6: Anxiety Disorders
Thursday, March 17, 2011: Chapter 6 & 7: Anxiety/Dissociative/Somatoform D/O’s

Tuesday, March 22, 2011: Chapter 8: Suicide & Mood Disorders

Thursday, March 24, 2011: Chapter 8: Mood Disorders

Tuesday, March 29, 2011: **SPRING BREAK - Be Safe!!!**

Thursday, March 31, 2011: **SPRING BREAK - Be Safe!!!**

Tuesday, April 5, 2011: Chapter 10: Sleep Disorders & Eating Disorders

Thursday, April 7, 2011: Review for Examination #2 - Chapters 5, 6, 7, & 8

Tuesday, April 12, 2011: Examination #2 - Chapters 5, 6, 7, & 8

Thursday, April 14, 2011: Chapter 10: Obesity and Eating Disorders

Tuesday, April 19, 2011: Chapter 9: Substance Abuse & Dependence

Thursday, April 21, 2011: Chapter 9: Substance Abuse & Dependence

Tuesday, April 26, 2011: Chapter 11: Sexual Disorders

Thursday, April 28, 2011: Chapter 11: Sexual Disorders

Tuesday, May 3, 2011: Chapter 12: Schizophrenia & Psychotic Disorders

Thursday, May 5, 2011: Chapter 13: Personality Disorders

Tuesday, May 10, 2011: Chapter 13: Personality Disorders

Thursday, May 12, 2011: Video Presentation: Diagnosis Exercise (Extra Credit)

Tuesday, May 17, 2011: Review for Final Examination - Chapters 9, 10, 11, 12, & 13