Abnormal Psychology
PSYC-4320
Fall 2019  Section 01  3 Credits  08/26/2019 to 12/10/2019  Modified 08/27/2019

Meeting Times

Lecture
Tuesday, Thursday, 11:10 AM to 12:30 PM, SBS 105

Contact Information

• Email: earonson@lamar.edu
• Office: SBS 200-G
• Phone: 409-880-8476

Office Hours
• Tuesday, Thursday 10-11 AM

Catalog Description

A study of abnormal behavior. Special emphasis on the symptomatology, etiology and therapeutic approaches. Prerequisite: PSYC 2301 with a minimum grade of "C". Offered: Fall, Spring

Objectives

This course is designed to acquaint students with the diagnostic system and processes as used in the American mental health system. Topics covered include defining abnormal psychological functioning, assessment and diagnosis, and the major categories of psychopathology as presented in DSM-5.

Outcomes

1. describe the symptoms of several important categories mental disorders;
2. classify mental disorders according to the DSM-5;
3. explain the major theories of causality of the important mental disorders;
4. describe the main methods of assessing and treating the mental disorders; and
5. discuss the evidence we have of particular causes for and the effectiveness of particular treatments for mental disorders.

Course Materials

Abnormal Psychology (Connect)
Author: Susan Nolen-Hoeksema
Publisher: McGraw Hill
Edition: 8th
Course Policies

Suggestions for Success

If you print out the Powerpoint slides, you can take notes on them, if you want, but they may change a bit over the course of the semester, so print them close to class time for the most up-to-date version. I STRONGLY RECOMMEND WRITING NOTES BY HAND. Recent research indicates that students who take notes on computers do not process the information very deeply as they take notes, and therefore do more poorly than those who take notes by hand. Also don’t copy everything on the slides, listen and take notes on what I am saying. You can always print/read the typed slides. You need to be thinking and organizing the ideas on your own, rather than blindly copying.

My exams require that you know the material well enough to recall facts and discuss them, not simply recognize them. You cannot study for this kind of exam in a passive way or at the last minute. Put in time each day outside of class to actively process what we are doing in class. You should try to make study tools for yourself such as topic cards (I will show an example) and get people to talk to you about the information to be sure you know it. Quiz yourself, get others to quiz you from these things. Bring me the things you are studying from if you want me to check for errors or important gaps. Don’t stop studying just because you got a concept correctly once. PRACTICE is the only way this stuff will lodge in your brain for the long-haul—and that is what it will take to do well on the exams.

Respect for Others

This course deals with sensitive material which may create a range of emotions in students. Keep in mind that the diagnoses we study very likely affect class members, their families, and friends. While some symptoms and characteristics of the disorders may cause amusement or anxiety, and a certain amount of laughter may be a natural reaction to either of these responses, please be aware of the feelings of others in the class and be respectful as we consider the range of mental health conditions.

Academic Integrity

You are expected not to cheat (copy others’ work on exams, refer to materials while taking exams, having others present their work as yours on any assignments) or plagiarize (use the words and ideas of others without giving appropriate credit). Violations of these expectations will make you subject to department and university policies regarding academic integrity, which may involve failing the course or being dismissed from the university.

Attendance

You are adults and responsible for your own learning. Regular class attendance is expected of all students, since this gives you the best probability of mastering the material. Each student is accountable for all work missed because of absence. If you miss a class meeting you should get notes from peers and review the powerpoints online. You do not need to let me know when you are missing class (unless it involves an exam), and please do not email me to ask what you missed in class or “if we did anything important.” Please note that we are required report excessive absences to the Financial Aid Department in accordance with state and federal laws.

Late/Missed Work and Exam Rescheduling

Work on Connect and character profiles for the final exam will be subject to a 10% penalty per day late. If you know that you need to be absent on an exam day, you may take the exam early without penalty by scheduling a time with me. If an emergency occurs on test day that prevents you from attending the test, you MUST DOCUMENT the event to my satisfaction to take the exam without penalty. Exams taken late for any other reason will receive 75% of the earned points on the exam (e.g. an exam scoring 100 would only earn 75 points).

Evaluation

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<thead>
<tr>
<th>Type</th>
<th>Weight</th>
<th>Topic</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>LearnSmart</td>
<td>12 @</td>
<td>Textbook Reading and</td>
<td>You are responsible for reading the chapters in the LearnSmart Smart Book and answering comprehension questions during the week that we are covering the chapters. You may work ahead.</td>
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<tr>
<td>Readings</td>
<td>50 pts</td>
<td>Comprehension Questions</td>
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<td>ea. = 600</td>
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<tr>
<td><strong>Quizzes</strong></td>
<td>12 @ 50 points ea. = 600 points</td>
<td>Textbook coverage of weekly topics</td>
<td>You will have 15 minutes to take a 20-question multiple choice quiz on each chapter. These are due the week we are covering the chapter in class. You may work ahead on these.</td>
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<tr>
<td><strong>Unit Exams</strong></td>
<td>3 @ 200 points = 600</td>
<td>Chapters in the relevant unit</td>
<td>You will have short answer/essay exams on the chapters in each unit. Dates are listed in the course schedule below. These exams will be taken in class.</td>
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<tr>
<td><strong>Character Summary</strong></td>
<td>200 points</td>
<td>Novel you read in preparation for final exam</td>
<td>You must choose a novel (fiction) by the date listed below to read for this assignment and get it approved by me. I will provide you with a worksheet for this assignment which you will submit on Blackboard. In this assignment you will provide a summary of a character from the novel. You will describe the person's background and present life situation, detail any symptoms or behavioral issues that are relevant to diagnosing the person, and review any treatment the character has received for the disorder. All details for the assignment must be accompanied by page numbers from your book (or positions/time in the book if you use a kindle or other e-book or audio version). You will also be asked what additional information you would need to get in order diagnose the person accurately if you could get information that is not available in the novel. Essentially you will be assessing the character as if you were a practicing mental health provider engaged to provide treatment.</td>
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<tr>
<td><strong>Final Exam Essays</strong></td>
<td>200 points</td>
<td>Novel and Character Summary</td>
<td>The final exam will consist of a series of essay questions related to the character from your novel. You will need to be able to diagnose the character and describe the reasons for the diagnosis that you select. You will also need to answer other questions related to the character's disorder; for example, you might be asked what the possible causes for the disorder would be, what treatment would be best to provide the character, or whether the presentation of the disorder in the book was relatively accurate based on what you have learned in the class. I will provided you with a clean copy of your summary to use during the exam for reference.</td>
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Types of evaluations and related weights

**Breakdown**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
<th>Notes</th>
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<tbody>
<tr>
<td>A</td>
<td>90-100</td>
<td></td>
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<tr>
<td>B</td>
<td>80-89</td>
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<td>C</td>
<td>70-79</td>
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<tr>
<td>D</td>
<td>60-69</td>
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<tr>
<td>F</td>
<td>&lt; 60</td>
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**Institutional Policies**

**Academic Honesty Policy**

Lamar University expects all students to engage in academic pursuits in a manner that is above reproach. Students are expected to maintain complete honesty and integrity in their academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action.
The University and its official representatives may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including, but not limited to, cheating on an examination or other academic work which is to be submitted, plagiarism, collusion, and the abuse of resource materials.

All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include failure of the assignment and/or course up to suspension or expulsion from the university. The penalty may vary by instructor.

Additional information is available on the Academic Policy website (https://students.lamar.edu/academic-support/academic-policies.html).

Course Drop Policy

Students may drop a course and receive a grade of "Q" during the penalty-free period of the semester or session. For drops after this penalty-free period, grades are recorded as "Q" or "F," indicating the student was passing or failing at the time of the drop. A grade of "Q" may not be assigned unless an official drop has been processed through the Records Office. Students may drop a course online up to the census day by logging into Self-Service Banner. After the census day, courses must be dropped through the Records Office. For additional help, contact the academic advisor or the Records Office at registration@lamar.edu. Students may not drop a course during the last 20 percent of the term. Students should check the academic calendar at https://www.lamar.edu/academic-calendar for specific dates.

Students with Disability Policy

Lamar University is committed to providing equitable access to learning opportunities for all students. The Disability Resource Center (DRC) is located in the Communication building, room 105. Office staff collaborate with students who have disabilities to provide and/or arrange reasonable accommodations.

If you have, or think you may have, a disability (e.g. mental health, attentional, learning, chronic health, sensory, or physical), please contact the DRC at 409-880-8347 or drc@lamar.edu to arrange a confidential appointment with the Director of the DRC to explore possible options regarding equitable access and reasonable accommodations.

If you are registered with the DRC and have a current letter requesting reasonable accommodations, we encourage you to contact your instructor early in the semester to review how the accommodations will be applied in the course.

Additional information is available at the DRC website (http://www.lamar.edu/disability-resource-center/).

Academic Support

Academic Support can be located at http://students.lamar.edu/academic-support/index.html.

There are many areas (i.e. Advising, Writing Center, etc.) of academic support. Each area provides their own specific contact information and days and hours of operation.

Student Services

Lamar University recognizes that students may experience challenges that hinder success in their academics and/or college experience. We believe in giving all students access to resources that allow them to overcome these challenges. If you are struggling with stress, procrastination, anger management, depression, anxiety, substance abuse and/or eating disorders, please reach out to our counseling professionals at the Student Health Center at 880-8466 to call for an appointment or visit our website https://www.lamar.edu/students/student-engagement/student-health-center/index.html for more information about our services.

Students who faces challenges securing food or housing, tuition and/or books and believes this may affect their performance in the course is urged to contact the LU Strong program. The program is located in the Setzer Student Center, Room 230 at 409-880-8458 or at lustrong@lamar.edu. Furthermore, please notify your professor if you are comfortable in doing so. This will enable them to provide any additional resources they may possess.
Your information and situation will be treated with the utmost privacy and is protected by Texas law. These services are available to all currently enrolled students at Lamar University and Lamar Institute of Technology.

Information on Student Services can be located at http://students.lamar.edu/index.html. There are many resources (i.e., Course schedules, important phone numbers, etc.) available. Each area provides their own specific contact information and days and hours of operation.

Academic Continuity Policy

In the event of an announced campus closure in excess of four days due to hurricane or other disaster, students are expected to check Lamar University's website and login to LU Connect for instructions about continuing courses remotely.

Emergency Procedures

Many types of emergencies can occur on campus; instructions for severe weather or violence/active shooter, fire, or chemical release can be found at the Office of Environmental Health/Safety and Risk Management (https://www.lamar.edu/about-lu/administration/risk-management/index.html) webpage.

Severe Weather

Follow the directions of the instructor or emergency personnel.

Seek shelter in an interior room or hallway on the lowest floor, putting as many walls as possible between you and the outside.

If you are in a multi-story building and you cannot get to the ground floor, pick a hallway in the center of the building.

Stay in the center of the room, away from exterior walls, windows, and doors.

Violence/Active Shooter

CALL - 7777 from a campus phone (Text 409-241-8002 from a cell phone). Note: Calling 911 from either a campus or cell phone will contact the City of Beaumont dispatch rather than the LU police.

AVOID - If possible, self-evacuate to a safe area outside the building. Follow directions of police officers.

DENY - Barricade the door with desks, chairs, bookcases or any other items. Move to a place inside the room where you are not visible. Turn off the lights and remain quiet. Remain there until told by police it is safe.

DEFEND - Use chairs, desks, cell phones or whatever is immediately available to distract and/or defend yourself and others from attack.

Copyright Policy Statement

Copyright is defined as the ownership and control of the intellectual property in original works of authorship which are subject to copyright law. As an institution of higher learning that values intellectual integrity, Lamar University prohibits the distribution of published materials (print or electronic) in violation of copyright law.

LU Connect Portal

Students are asked to obtain a Lamar Electronic Account username and password so they can log onto the LU CONNECT website. Students may get information on how to get into the LU CONNECT website from the University’s homepage (http://www.lamar.edu) by clicking on the LU CONNECT link on the left top corner of the screen. Follow the steps to secure your LU CONNECT username and password.

LU Learn/Blackboard Learning Management System (LMS)

Students will utilize the Lamar University’s Learning Management System (LMS), Blackboard, for online courses.

For Blackboard technical support go to https://blackboardsupport.lamar.edu.
Network Use

ACCEPTABLE USE

Students must respect the integrity and security of Lamar University computer systems and network, and the privacy and preferences of other users. Responsibility for learning about and complying with Lamar University Acceptable Use Policy ultimately rests with the individual. The network may be used to download, copy, or store any software, shareware, digital media files or freeware, as long as the use complies with copyright law licensing agreements, and campus policies, such as storage space limitations and network bandwidth restrictions. The network may not be used for any activity, or to transmit any material, that violates United States or local laws.

UNACCEPTABLE USE

The network may not be used for commercial purposes. Advertising and sponsorships on Lamar University websites is restricted. In addition, students may not permit other persons to use their usernames, passwords, accounts or disk space, or disclose their usernames, passwords or account information to any third party. Students may not log on to someone else’s account, internet address, or other network codes, or attempt to access another user’s files. Students may not create false or dummy accounts to impersonate someone else. Students may not try to gain unauthorized access (“hacking”) to the files or computer systems of any other person or organization. Students may not impersonate unauthorized access (“hacking”) to the files or computer systems of any other person or organization. Students may not impersonate another person by forging e-mail, web pages or other electronic media. Students who maliciously access, alter, delete, damage or destroy any computer system, computer network, computer program, or data will be subject to disciplinary action by Lamar University, and criminal prosecution as well. Students may not disrupt or attempt to disrupt network traffic, and they may not attempt to monitor or capture network traffic in any way. Finally, students may not intentionally create, store, display, print or transmit information that violates the university’s Sexual Harassment Policy.

Netiquette (Online Etiquette) Statement

Please adhere to the same standards of behavior and professional respect online that you would follow in face-to-face communication with others, but most particularly when writing email and when taking part in collaborative and discussion board activities. Lamar provides access to network resources, including the Internet, in order to support learning and to prepare students for the 21st century world. Students, however, are expected to adhere to the Lamar University Acceptable Use Policies when Using Networks. More comprehensive student code of conduct can be found at https://students.lamar.edu/academic-support/code-of-conduct.html.

GENERAL GUIDELINES TO RESPECT ALL PARTICIPANTS

- Respect the right of each person to disagree with others.
- Treat people the same as you would face-to-face.
- Respect the time of others.

GUIDELINES WHEN COMMUNICATING WITH OTHERS (EMAIL, DISCUSSIONS, BLOGGING, AND ETC.)

- Always sign your name to any contribution you choose to make.
- Be constructive in your responses to others in the class.
- Do not use all caps (Doing so may be interpreted as shouting).
- Re-read your postings before sending them.
- Always think before you write.
- Respond respectfully.
- Use appropriate grammar and structure.
- Spell-check your postings.
- Use short paragraphs focused on one idea.
- Use appropriate business language at all times.

Technical Support

Technical Support can be located at http://students.lamar.edu/it-services-and-support/index.html.
Attendance Verification

Students must complete an Attendance Verification Quiz for ALL COURSES - both on-campus and online - in which they are enrolled each term by the third class day to comply with U.S. Department of Education attendance requirements. Failure to complete this quiz by the deadline may result in loss of course enrollment and/or financial aid. The quiz is located in EVERY COURSE through LULearn (Blackboard) even if the course meets on campus.

Course Subject Outline

<table>
<thead>
<tr>
<th>Topic</th>
<th>Readings</th>
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<tbody>
<tr>
<td>8/27-8/29 Intro to Course/Looking at Abnormality</td>
<td>Chapter 1</td>
</tr>
<tr>
<td>9/3-9/5 Theories and Treatment of Abnormality</td>
<td>Chapter 2</td>
</tr>
<tr>
<td>9/10-9/12 Assessing and Diagnosing Abnormality</td>
<td>Chapter 3</td>
</tr>
<tr>
<td>9/17 First Unit Exam</td>
<td>Ch. 1-3</td>
</tr>
<tr>
<td>9/19-9/24 Trauma, Anxiety, Obsessive-Compulsive and Related Disorders</td>
<td>Chapter 5</td>
</tr>
<tr>
<td>9/24 LAST DAY TO DROP WITHOUT PENALTY</td>
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<tr>
<td>9/26--10/1 Somatic Symptom and Dissociative Disorders</td>
<td>Chapter 6</td>
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<tr>
<td>10/3-10/10 Mood Disorders and Suicide</td>
<td>Chapter 7</td>
</tr>
<tr>
<td>10/15-10/17 Schizophrenia Spectrum and Other Psychotic Disorders</td>
<td>Chapter 8</td>
</tr>
<tr>
<td>10/22 Second Unit Exam -- Deadline for choice of novel</td>
<td>Ch. 5-8</td>
</tr>
<tr>
<td>10/24-10-29 Personality Disorders</td>
<td>Chapter 9</td>
</tr>
<tr>
<td>10/31-11/5 Disruptive, Impulse Control &amp; Conduct Disorders (also ADHD &amp; Autism from chapter 10)</td>
<td>Chapter 11, Tiny bit of 10</td>
</tr>
<tr>
<td>11/7-11/12 Eating Disorders</td>
<td>Chapter 12</td>
</tr>
<tr>
<td>11/8 LAST DAY TO DROP WITH PENALTY</td>
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<tr>
<td>11/14-11/19 Substance Use and Gambling Disorders</td>
<td>Chapter 14</td>
</tr>
<tr>
<td>11/21 Third Unit Exam</td>
<td>Ch. 9-12, &amp; 14</td>
</tr>
<tr>
<td>11/26 Character Summary Due--Prep for Final</td>
<td></td>
</tr>
<tr>
<td>12/5 11:00-1:30 PM Final Exam</td>
<td>Novel</td>
</tr>
</tbody>
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