Course Description

Welcome! The purpose of this course is to provide students with a broad overview of issues relevant to the study of psychopathology. Students will become familiar with the symptoms of a wide variety of psychological disorders and will gain a working familiarity with DSM-5 diagnostic criteria. In addition, the etiology, prevalence, course, and treatment of various disorders will be explored. This course will use an interactionist perspective, with emphasis on conceptualizing disorders from a multidimensional, multicultural, biopsychosocial perspective. First person accounts of psychological disorders will also be integrated into the course to enhance understanding and compassion for individuals living with these disorders. This is a 4-hour credit course.

Course Objectives

- To acquire an empathic understanding and appreciation of the experiences associated with the varieties of psychological suffering
- A clear understanding of some major theoretical approaches to the understanding, diagnosis, and treatment of mental and emotional disorders
- Familiarity with basic approaches to psychological assessment, and the application of DSM-5
**Required Materials** (yes, you will need both)

**Abnormal Psychology** - An Integrative Approach - 8th edition by David Barlow
- ISBN-10: 9781305950443

**Casebook in Abnormal Psychology** - 5th edition by David Barlow & Timothy Brown
- ISBN-10: 9781305971714

**Class Structure**
In general, the class will follow lecture and discussion format. There will be tests, online casework via Course Den, and a self-care assignment. We may have guest speakers. As the semester progresses, more reliance will be placed on students’ ability to critically consider applications of theories and ideas. Active participation will help develop a richer understanding of how various psychopathologies manifest in real life cases.

**Academic Integrity**
Choose NOW to be honest and honorable in all your affairs- whether on campus or off. Cheating, plagiarism, and all other forms of academic dishonesty will NOT be tolerated. All incidents of academic dishonesty will be dealt with in accordance to university regulations (please see page 4 of your student handbook). Students caught engaged in any form of academic dishonesty will minimally be given a failing grade on the assignment or exam in question.

**Accommodations**
Students with special accommodation’s as determined by the Counseling Center must submit a letter (SAR) to the instructor within the first two weeks of class (or as soon as the needs have been determined) specifying the accommodations they require.

**Support**
If you need technical assistance, please see ITS. [https://www.westga.edu/its/sits/index.php](https://www.westga.edu/its/sits/index.php)

If you need extra writing help, visit either Carrollton or Newnan’s writing center [https://www.westga.edu/academics/coah/writing/index.php](https://www.westga.edu/academics/coah/writing/index.php)

If you are having personal difficulties, please seek assistance through UWG Cares [https://www.westga.edu/uwgcares/](https://www.westga.edu/uwgcares/)
Prejudice/Discrimination:

I expect everyone in this class to practice tolerance, respect, and acceptance. This includes fostering a “safe” classroom space for the open expression of ideas. It also means striving to avoid all forms of discriminatory language and attitudes. I really want everyone to feel accepted and valued.

Helpful Resources:

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<tr>
<th><strong>CourseDen D2L Home Page</strong></th>
<th><strong>Student Services</strong></th>
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<tr>
<th><strong>D2L UWG Online Help (8 AM – 5 PM)</strong></th>
<th><strong>Center for Academic Success</strong></th>
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<tr>
<td><a href="http://uwgonline.westga.edu/students.php">http://uwgonline.westga.edu/students.php</a></td>
<td><a href="http://www.westga.edu/cas/">http://www.westga.edu/cas/</a></td>
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Call: 678-839-6248 or 1-855-933-8946 or email: online@westga.edu

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<tr>
<th><strong>24/7/365 D2L Help Center</strong></th>
<th><strong>Distance Learning Library Services</strong></th>
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<td>Call 1-855-772-0423 or search: <a href="https://d2lhelp.view.usg.edu/">https://d2lhelp.view.usg.edu/</a></td>
<td><a href="http://libguides.westga.edu/content.php?pid=194430">http://libguides.westga.edu/content.php?pid=194430</a></td>
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<tr>
<th><strong>University Bookstore</strong></th>
<th><strong>Ingram Library Services</strong></th>
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Please carefully review the information at Common Language for Course Syllabi. It contains important information related to your rights and responsibilities in this class. Because these statements are updated as federal, state, university, and accreditation standards change, you should review the information each semester. In addition to the above information the following policies apply to this course.
Grading and Evaluation

**Attendance/ Notecards** (25 points)

Each class period you will bring a 3x5 note card to class. Upon leaving each day, you will hand your note card to your instructor. On it you will have written: Name, Date, and either a question, comment, or something you learned. You may not turn in late note cards or hand one in for a friend or classmate. At the end of the semester, your instructor will total your cards for attendance points.

**Case study discussion:** (300 points)

A vital and another avenue for learning is through our Course Den discussion board. Questions and topics will be posted weekly from our casebook to continue the process of critical thinking as the semester progresses. You will answer 3-5 questions per case study/week. You can locate this assignment in Course Den. Login to our class, click on the “assessments” tab at the top, scroll down to “discussions.” You will find the week we are on and post in your own thread. Please post directly to Course Den. If you need to do a word count, feel free to use Word and then copy and paste your document straight into your thread. Please choose to do your own work and not copy off another student. Plagiarism will not be tolerated.

800 words min. (Yes, it takes effort and yes, this IS an upper level course.)

Rubric: “Integration of Thoughts and Ideas”

✓ Sentence structure
✓ Analytical thought
✓ Theoretical grounding
✓ Effort and application
✓ Response to classmates (Choose at least 2 others to respond to -must be 7-10+ sentences of feedback/week for full credit)
**Tests:** (250 points)

You will take 5 non-cumulative tests will be scheduled during normal class periods, online. They will be posted to Course Den. You may access the test by logging into our class, clicking on the “assessments” tab at the top, and scrolling down to “quizzes.” Click on the appropriate quiz and begin.

Note: Once a test/quiz has begun the clock will continue. They are timed and there is no pause button. You may use your book and class notes. Group work is considered cheating as is using other forms of obtaining the answers. Choose to be honorable and do your own work. Cheating may give you short term results if you don’t get caught but it will cost you in more important ways than academically. Decide now not to indulge in it. Should you be found cheating in any manner dictated by the school policy, disciplinary action will be taken.

The tests will cover lecture material, class discussion, guest lecture material, and course readings. You are responsible for all material covered in the text and other class readings regardless of whether the material is discussed during class. Tests will consist primarily of multiple-choice questions, but may include matching, true/false, and/or short answer/essay items. Makeup tests will not be given unless you notify the instructor of your inability to attend the class by the day of the test. Even then, make-up tests will be given only in cases of extreme emergencies or documented illness at the instructor’s discretion.

**Self-care routine** (75 points)

With the seemingly increased number of cases of mental “abnormalities” facing us today, how can we better prepare ourselves to deal with our own personal “mental issues”? One key component to this class is to promote better mental health. Living a balanced, healthy lifestyle gives us the advantage of reducing the risk of a mental breakdown. The self-care routine is designed to help you reduce stress and end the semester better than you started.

**Students are encouraged to choose one (or more) of the following to engage in weekly:**

a) 30 minutes in a workout regime/sport/exercise of movement- get your heart rate up!

b) Eat one nutritionally balanced meal and drink water or something healthy

c) 15 minutes of personal or alone time without a screen (give your eyeballs a rest!)

d) Hang out with family/friends or go out in your community and serve or both- 30 min

e) Say “no” to something or someone or say “yes” to something or someone-practice finding out your boundaries and how to relate in healthier ways
f) Create or do something new- new recipe, try a new skill or hobby, etc.

g) Get at least 7 hours of sleep (so helpful for your ability to function)

Each week, you will have the chance to take a picture of yourself or the item/person/idea that has been discussed in letters a through g. You will post in Course Den weekly under “self-care routine” (SCR) and include the picture and a small paragraph about what you chose to do for each given week. Should you want to do something not listed, feel free to ask me about it. Please switch these up so that you do at least one of each throughout the semester. This routine is created to help you learn that it is the simple and small things that can make all the difference. The idea is to create a true habit and routine that helps you destress and can be done with the busiest of schedules. After all, if you don’t take time for yourself- who will?

**Course Grades**

<table>
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<tr>
<th>Component</th>
<th>Points</th>
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<tbody>
<tr>
<td>Tests</td>
<td>250</td>
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<tr>
<td>Case Studies</td>
<td>300</td>
</tr>
<tr>
<td>Self- Care Routine</td>
<td>75</td>
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<tr>
<td>Attendance/Notecards</td>
<td>25</td>
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**Total Points:**

<table>
<thead>
<tr>
<th>Points Range</th>
<th>Grade</th>
<th>Comment</th>
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<tbody>
<tr>
<td>650-585</td>
<td>A</td>
<td>(Excellent job! Top Notch!)</td>
</tr>
<tr>
<td>584-520</td>
<td>B</td>
<td>(Wonderful job! Great effort)</td>
</tr>
<tr>
<td>519-455</td>
<td>C</td>
<td>(Could have tried harder- “C” for continue)</td>
</tr>
<tr>
<td>454-390</td>
<td>D</td>
<td>(Yikes, aim higher please!)</td>
</tr>
<tr>
<td>389 &amp; below</td>
<td>F</td>
<td>(GPA Killer!! Avoid at all costs)</td>
</tr>
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Schedule:

**Week 1**
Aug 15: Syllabus and Classroom Management

**Week 2**
Aug 20: Historical Context (Chapter 1)
Aug 22: Psychopathology (Chapter 2)

*Online Case Study (CS) 7 Due: On or before Sunday, Aug 25, 2019, by 11:59 pm- Submit to Course Den Discussion Board*

*Self-care routine (SCR) Due: On or before Sunday, August 25, 2019, by 11:59 pm- Submit to Course Den Discussion Board*

**Week 3**
Aug 27: Psychopathology (Chapter 2)
Aug 29: Clinical Assessment and Diagnosis (Chapter 3)

*Online Case Study (CS) 2 Due*

*Self-care routine (SCR) Due*

**Week 4**
Sept 3: Mental Health Day! - No class
Sept 5: Stress, Trauma, Anxiety, OCD (Chapter 5)

*Online Case Study (CS) 4 Due*

*Self-care routine (SCR) Due*
Week 5
Sept 10: Stress, Trauma, Anxiety, OCD (Chapter 5)

Sept 12: Test 1 [Course Den-Opens 12:00 am and Closes at 11:59 pm] — Not taken in class
Online Case Study (CS) 5 Due
Self-care routine (SCR) Due

Week 6
Sept 17: Somatic and Dissociative Disorders (Chapter 6)
Sept 19: Mood Disorders and Suicide (Chapter 7)
Online Case Study (CS) 8 Due
Self-care routine (SCR) Due

Week 7
Sept 24: Mood Disorders and Suicide (Chapter 7)
Sept 26: Test 2 [Course Den-Opens 12:00 am and Closes at 11:59 pm] — Not taken in class
Online Case Study (CS) 10 Due
Self-care routine (SCR) Due

Week 8
Oct 1: Eating and Sleep Wake Disorders (Chapter 8)
Oct 3: Fall Break - No Class
Online Case Study (CS) 6 Due
Self-care routine (SCR) Due
Week 9
Oct 8: Eating and Sleep Wake Disorders (Chapter 8)
Oct 10: Physical and Health Disorders (Chapter 9)

Online Case Study (CS) 12 Due
Self-care routine (SCR) Due

* Note: Oct 9 is the last day to drop with a “W”- Otherwise it’s an F.

Week 10
Oct 15: Sexual Dysfunction and Gender (Chapter 10)
Oct 17: Test 3 [Course Den-Opens 12:00 am and Closes at 11:59 pm] —Not taken in class

Online Case Study (CS) 13 Due
Self-care routine (SCR) Due

Week 11
Oct 22: Substance Addictions and Impulse Control (Chapter 11)
Oct 24: Substance Addictions and Impulse Control (Chapter 11)

Online Case Study (CS) 14 Due
Self-care routine (SCR) Due

Week 12
Oct 29: Personality Disorders (Chapter 12)
Oct 31: Personality Disorders (Chapter 12)

Online Case Study (CS) 15 Due
Self-care routine (SCR) Due
Week 13

Nov 5: Schizophrenia Spectrum (Chapter 13)

Nov 7: Test 4 (Course Den-Opens 12:00 am and Closes at 11:59 pm) — Not taken in class

Online Case Study (CS) 16 Due

Self-care routine (SCR) Due

Week 14

Nov 12: Neurodevelopmental Disorders (Chapter 14)

Nov 14: Neurocognitive Disorders (Chapter 15)

Online Case Study (CS) 17 Due

Self-care routine (SCR) Due

Week 15

Nov 19: Neurocognitive Disorders (Chapter 15)

Nov 21: Mental Health Day! No class

Online Case Study (CS) 9 Due

Self-care routine (SCR) Due

Week 16

Nov 26 & 28: Thanksgiving Break—Eat some yummy food and enjoy your family and friends!

(No class) 😊
Week 17

Dec 3: Mental Health Services & Legal and Ethical Issues (Chapter 16)

Dec 5: “Study Day”—No Class (just for ours…you still probably have other classes meeting this day)

Online Case Study (CS) 1 Due

Self-care routine (SCR) Due

Finals Week: Dec 7 -13

“FINAL EXAM” (Test 5): Test opens in Course Den, Friday, Dec 6, 2019 at 12:00 am and closes Tuesday, Dec 10, 2019, at 11:59 pm. —Not taken in class. **You have 5 days to take this test. Plan Accordingly.

No makeup final.

If you miss your final exam, and prior arrangements have not been made, you may receive a grade of F on that exam or paper and this may affect your final grade in the class. If you miss your exam due to an emergency, please contact the Psychology office at (678) 839-6510 or go to Melson Room 123 as soon as possible to complete the application: “Missed Final Exam: Verification of Emergency”. This form will need to be approved by the chair for an incomplete grade which may allow you the time to make up your exam or complete your final assignments. This application will require documentation and authorization from you to verify your emergency.

FYI: Grades are due Dec 16, 2019 by 12:00 pm. Check Banweb under “Partial Term grade before the 16th”—once final grades have been submitted, whatever grade appeared under the partial term grade becomes finalized.
**Extra Credit:**

Extra credit may be available through extra effort in writing, turning in certain assignments before the due date, or on bonus essay questions given on tests. These opportunities will be communicated to you later should they be utilized this semester.

**Stress and Well-Being**

Taking a college course “should” be difficult, in the sense that it ought to challenge you to expand your way of thinking. However, stress can overwhelm students and reach an unhealthy level. For that reason, it is important to note that students’ ‘well-being’ has priority. This is not a convenient excuse for laziness or a lack of commitment to the difficult work involved in the course. Nevertheless, if you begin to feel overwhelmed, I ask that you please come see me as soon as possible. I can help connect you to resources that will aid you in establishing a healthy balance.

**Note:** This syllabus is an evolutionary document. Therefore, the dates of lectures, exams, projects, etc. may be revised as the term progresses. Thus, the dates contained in this syllabus are NOT binding. All modifications to the syllabus will be announced in class and via Course Den.

Syllabus subject to change at professor’s discretion.