# **Abnormal Psychology**

Psy 280, Section 002: Spring 2022

Virtual meetings: https://msu.zoom.us/j/98364891331?pwd=UVhFL29IQ2NrNkxmUmN6L3dpdlExQT09

Meeting # & Password: 98364891331 / Success!

*Instructor:* Prof. Buchanan

Student-Faculty Office Hours: Tuesdays 10-11AM EDT

Email: MSUPsych280@gmail.com

Put "Psy 280" in the subject line to ensure it is answered promptly.

Please see the email policy later in this syllabus.

Course Goals & Objectives: This course will provide a broad overview of various forms of abnormal behavior. The primary emphasis will be on adult psychopathology and the social, cultural, and biological influences on mental health. This course is intended to be an introduction to psychopathology. I encourage you to take advanced courses on related topics for an in-depth examination of particular disorders, populations, or treatment methods (e.g., Psy 304, 330, 480, 488, 489).

Our online course materials include extra sections on substance abuse, abnormal behavior associated with childhood and adolescence, aging and neurocognitive disorders, and abnormal psychology and the law. We will not formally cover and you will not be tested on these chapters, but I encourage you to skim through the material, watch videos, etc from these chapters.

Our Course & COVID-19: We are in a unique situation given COVID-19's impact on our country, higher education in general, and each of us individually. It is likely that some of us will become ill or be caring for someone who becomes ill with COVID-19 this semester. We will all be coping with the strain of this pandemic and its impact on our day-to-day lives. I urge you to show grace to yourself and those around you (in person and virtual) and to engage in daily self-care (see the self-care section of our class's D2L page for ideas).

This semester we will be starting with at least 3 weeks of virtual instruction, which may be longer, and at any moment we may need to isolate or quarantine, or we may find ourselves ill or taking care of a loved one that is ill. I want all of us to be safe and healthy this semester and I do not want anyone to feel pressured to attend class if they are concerned about their health or may risk spreading COVID. Moreover, attending classes online requires resources that are not always under our control (e.g., accessing stable internet with sufficient capacity to stream class content during a specific time each week).

To address these concerns, I have several class practices to limit inequities due to broadband access and to increase the chance that everyone can access our class material while being safe from COVID transmission. Here are bullets of the important changes and greater detail is provided below when needed.

### 1. While MSU mandates virtual instruction:

- a. We will operate as an asynchronous online class. You will be able to access class materials at times convenient for you, following the pace set by the class schedule.
- b. Exams will be online via D2L. You will have 24-hours to start and complete exams.
- c. Any important class announcements will be sent via email through D2L.
- d. Student-Faculty office hours will be online via zoom.

## 2. When we return to in person instruction:

- a. I will not take attendance or offer extra credit that requires you be in class to participate.
- b. Any important class announcements will be sent via email through D2L.

- c. Student-Faculty office hours will be online via zoom.
- d. Videos of all the lectures are available on D2L for you to watch at any time.
- e. Exam questions about lectures will only include information that was covered in the lecture videos to ensure that no one is penalized if they must isolate, quarantine or recover from illness.
- f. Exams will continue to be online via D2L rather than in person.
- g. Student-Faculty Office Hours will continue to be online via zoom.
- h. If a student wants to talk after class, they can come toward the front of the class, but not past the first rows of chairs. If additional privacy is needed, please attend Student-Faculty office hours.
- i. Face masks, properly covering the mouth and nose, are required for all in person class sessions and meetings.

It is my hope that these changes help each of us make healthy choices for ourselves and our class community!

## Course Materials: 1) Lecture note packet & 2) REVEL

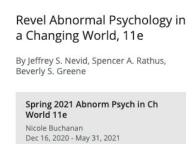
The Revel version of Nevid/Rathus/Greene, Abnormal Psychology: In a Changing World, 11e is required for this course. It includes an electronic version of the textbook, study materials, test preparation, and hundreds of class points related to assignments and quizzes available on Revel. Access to a computer or mobile electronic device (tablet or smartphone) with internet access is necessary to complete your Revel assignments.

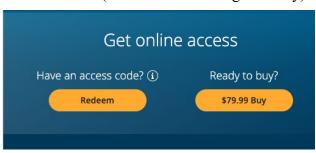
#### YOU CAN GET REVEL ONE OF TWO WAYS.

- 1) Get the lecture note package from the bookstores. This includes the powerpoint lectures for the entire semester with space for notes and an access code for Revel with the electronic copy of the textbook. This is the best way to keep up with the lectures for this class.
  - a. Buchanan, N. T. Abnormal Psychology (Lecture Notes). Boston, MA: Pearson Custom Publishing ISBN 9780137444533.
- 2) Buy Revel directly from Pearson when you register for Revel. ISBN: 9780135792049

## REGISTER FOR REVEL USING YOUR MSU EMAIL AND CREATE A PEARSON ACCOUNT:

Go to https://console.pearson.com/enrollment/w2mktb (use this 1 time to register only)





- a. If you bought the lecture note packet, use the access code (wrapped inside the packet) hit the "Redeem" button.
- b. If you are buying directly from Pearson, hit the Ready to buy button.
- c. Register with your MSU email

- d. Revel includes the electronic version of the textbook. After you register with Revel, you can add an option to print a version of the textbook for ~\$20.00
- e. If you encounter any issues with Revel, you must contact Pearson directly. The Revel platform is not part of the MSU system and the professor/TA cannot resolve any issues that you may have on their website:
  - i. Pearson Support is available 24/7, with dedicated Revel support.
  - ii. Visit https://support.pearson.com/getsupport/s/
  - iii. Search their extensive library of knowledgebase articles, contact Pearson via live chat, or phone at 1-855-875-1801.
  - iv. Review the Revel Student Getting started guide: https://www.pearsonhighered.com/revel/assets/pdf/REVEL-for-Student\_\_Getting-Started-Guide.pdf

<b>ACCESS REVEL THROUGHOUT THE SEMESTER:</b>	Log onto http://console.r	earson.com
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Make sure to bookmark and use this URL and NOT the course invite link.
Remember to always use the same username and password to logon.
Download the Revel app! https://www.pearsonhighered.com/revel/students/mobile-app/index.html

## **Online Tools for this Class:**

REVEL: See above for how register and log in to Revel and see below for what you will be required to do in Revel.

DESIRE 2 LEARN (D2L): Class emails will be sent through D2L. Be sure to set your D2L settings so D2L emails go to your main MSU email--otherwise you could miss time-sensitive information about our class.

GOOGLE DRIVE: There will be documents that you will access on Google Drive through D2L. You must access google drive with your MSU account. Requests to access documents from non-MSU accounts will be denied.

Zoom: Please create your MSU zoom account at zoom.msu.edu and install it on your devices. This will allow you to attend Student-Faculty Office Hours.

#### **Course Requirements:**

REVEL: Log into Revel daily and check the assignment calendar to ensure you are keeping up with the assignments and readings. All assignments are due by 11:59EDT on the date listed, which corresponds with each section exam, but I encourage you to do them as we work on each section every week. The goal is to work on each chapter several times throughout the week so that you are done before the deadline. Late submissions will be accepted for credit, but your maximum points will be reduced automatically by 50% once they are late. The material is available for you to study and review throughout the semester, even after the deadline has passed.

Each chapter has a variety of sections that allow you to earn points for class credit. The number of points will vary based on the number of topics in a chapter. When you log in and select a chapter, it will show you the chapter activities and the total number of points possible for that chapter.

## Ways to earn Revel Points:

Ш	<b>Module Quizzes</b> appear at the end of each major section of a chapter quizzes. Each question is worth
	1 point and you get two tries to get the right answer.
	Video Quizzes appear after some videos and are worth 2 points each.
	Chapter Quizzes appear at the end of a chapter. These questions are worth 2 points each and you
	only get one chance to answer correctly. The goal of the chapter quizzes is to see how well you have
	remembered the material for the entire chapter.
	You do not do journal prompts or shared writing prompts.

# \*Tips for Using Revel to Succeed in This Course\*

- 1. Use your MSU email when you register for Revel.
- 2. Do a little work on Revel every day.
- 3. Track your performance in Revel throughout the semester.
- 4. Highlight important sections in the chapter so you can easily refer to them later on in the semester.
- 5. Consider listening to the audio while you read.
- 6. If you forget your login information, go to the Forgot Username or Password link to retrieve your username or reset your password. Then, enter your email address and click continue. Check your email account for an email with the subject, "Pearson Username/Password Request." The message will contain all of the usernames that are found for that email address. Choose one account to use with Revel.

LECTURES/REVEL: Please note that there will be material in lectures that will not be covered in the text (and vice versa). Exams will cover material from both. In order to be successful in this course, you are strongly encouraged to attend/watch all lectures (lecture outlines are provided in the class coursepack), read the corresponding chapter in the textbook (online), and go through all the Revel material (study aids, quizzes, and videos). Although some of the Revel material is not graded, doing all of the exercises results in a substantial increase in how much you will learn and how you will do on the exams

EXAMS: There will be 5 exams. Only the best four exams will be counted for your grade. If you have taken the first 4 exams and are satisfied with your grade, you will not need to take the final exam. If you miss an exam for ANY reason, you will need to take the final exam to make up the missed exam. If you miss two exams, you will receive a zero on one and can take the final exam to make up the other. The first 4 exams will not be cumulative. The final/make-up exam will be cumulative.

You will be able to start the first 4 exams 10AM EDT on the scheduled exam day (see below). You will have 24 hours to complete the exams. You must complete the exam within 100 minutes and submit your exam by 10:00 AM EDT the following day.

The final exam will be open for 48 hours starting on the final exam day scheduled by MSU (see below). You will be able to start the final exam at any time during this 48-hour period. You must complete the exam within 100 minutes and submit your exam by 11:59PM EDT on the date listed in the schedule.

Exams are online on D2L. They will be "open book", meaning you can use any of our class materials (but not materials from other websites or resources) during the exam. Exams may include multiple choice, short answer, fill-in-the-blank, etc. Any material from lecture, Revel, videos, and related materials may be included on exams.

**Disputing items on an exam:** If you get an answer wrong on the exam and believe your answer should be re-considered, you must fill out an **Item Dispute Sheet** and turn it in within two weeks of the exam. After two weeks, no changes will be made. The item dispute sheet is available on D2L.

# **Grading procedures:**

- 1) Course material and grades will be posted to the class website on Desire2Learn (https://d2l.msu.edu). You are responsible for any and all items posted on the course website. Please check it often for new material, class announcements, changes, etc. Final points from Revel will be posted in D2L at the end of the semester, please track your Revel points at the Revel website and verify your scores match at the end of the semester to ensure there were no merging errors.
- Total points earned (+ any extra credit points earned) will be divided by the total points for the class (which will vary based on the Revel assignments). This percentage will be translated into your final grade (see chart below). As such, you are <u>not</u> being graded on a curve; it is possible for every student in the class to receive a grade of "A".
- 3) My computer program automatically rounds any percentage ending in a 4.5 or a 9.5. For example, an 84.5 would become an 85% and an 89.5 would become a 90%.
- 4) Grading example based on 778 total points in the class.

Exam 1 = 103 points Exam 3 = 111 points Final exam = 108 points Exam 2 = 105 points Exam 4 = 115 points Revel points = 504/683

Student's total points for the class = 439 + 504 = 943. If the student had done extra credit, those points would be added to the student's total points.

This number is divided by the total points for the class =1183 (total exam points possible [500] + total Revel points possible [683]). **Note:** Total points here may be different from the total points in a given semester.

943/1183 = .797 (multiply by 100 = 79.7% (which rounds to 80% automatically) = 3.0 based on the MSU grading scale provide below.

5) Note: Given the many points you can easily earn with Revel, I will not provide extra credit points and will not "give" extra points to help you earn a higher grade at the end of the semester.

MSU Grading Scale:4.0 = 90-100%2.0 = 70-74%3.5 = 85-89%1.5 = 65-69%3.0 = 80-84%1.0 = 60-64%2.5 = 75-79%0.0 = below 60%

### **Email Requirements:**

## **BEFORE EMAILING ASK YOURSELF:**

- 1. Might this information be on the syllabus, D2L or Revel?
  - a. Read the syllabus thoroughly and review it throughout the semester.
  - b. Read the syllabus again before emailing.
  - c. If information is on the syllabus, D2L or Revel and you email us, we will simply direct you to review the resources you have.
- 2. Is my question about a technical issue with D2L or Revel? Is so, call/email/chat with either the D2L or the Revel/Pearson helpdesk. After you speak with them, feel free to update us on the issue and solution if it might impact your ability to complete something on time, impacts your grade or may affect more students. Do not email the professor first (or only) because only Revel/Pearson or D2L

<sup>\*</sup>Exam 1 will be dropped because it was the lowest score, so total exam points = 439/500.

- can help with technical issues.
- 3. Does my question require a lengthy or complicated response? If so, attend office hours, do not email the question.
- 4. Are you urgently asking a question about something a few hours before it is due (e.g., an exam)? If so, you can email, but it is unlikely that we will see it in time to help.
- 5. Does the question ask us to calculate your grade for you, request extra points for a better grade, or request special treatment "just because"? If so, do not email the question.
  - a. Do email if you need us to review an item that you believe was graded incorrectly.

## **G**UIDELINES WHEN SENDING AN EMAIL TO A PROFESSOR, **TA** OR **UA**:

- 1. Use "PSY 280" in the subject line so it is clear that you are a student in the class and help us identify your email and reply quickly. This also helps to prevent e-mails from going directly to the junk folder.
- 2. After "Psy 280" add something in the subject line that helps identify your need or request (e.g., Psy 280: Question on dyssomnias; Psy 280: Attending your office hours tomorrow).
- 3. Address the e-mail properly (e.g., Dear Professor or Dr. X).
- 4. Proofread your e-mail for grammar, spelling, and clarity.
- 5. Sign your e-mail with your full name as it is listed in D2L so we know who you are and can connect your question to your work in the class.
- 6. Please be polite.
- 7. Expect 48-72 hours for a response, then send a reminder email.

### **HOW TO USE STUDENT-FACULTY OFFICE HOURS:**

Far too few students come to office hours, or only come when they are worried about their grade. Don't be afraid of office hours. Faculty have them just for the chance to talk with you! Be sure to read the items in the first week of class on how to use office hours! They can be great to talk about the class material, getting into graduate school, getting advice about careers in psychology and related fields, ideas for research projects, connections for internships, etc. Come visit, we want to talk with you!

#### OTHER IMPORTANT COMMUNICATION TIPS:

Check your D2L e-mail regularly and have D2L emails forwarded to your regular MSU email
account! During the course, we will e-mail you with announcements and reminders.
Make sure to open the class calendar and class announcements page regularly.

### LIVING THROUGH MICHIGAN WINTERS:

Eventually we will be back for face-to-face classes and we may face challenges with getting here during inclement weather. After heavy snowfall, I may not be able to get to campus. I will do my best to email the class by 8am EDT if I realize I cannot make it to class unexpectedly. Typically, my email will provide instructions on next steps (e.g., whether or not I will conduct the lecture via zoom, should you watch a posted lecture, or will we make up the material in the next class period).

Limits to Confidentiality: Please be aware that class materials are generally considered confidential pursuant to the University's student record policies. However, all University employees, including instructors, cannot maintain confidentiality when it conflicts with their responsibility to report certain issues based on external legal obligations or health and safety considerations of MSU community members and others. As the instructor, I must report the following information to other University offices if you share it with me:

Suspected child abuse/neglect, even if this maltreatment happened when you were a child,

- Allegations of sexual assault or sexual harassment when they involve MSU students, faculty, or staff, and
- Credible threats of harm to oneself or to others.

These reports may trigger contact from a campus official who will want to talk with you about the incident that you have shared. In almost all cases, it will be your decision whether you wish to speak with that individual or not. If you would like to talk about these events in a more confidential setting, you are encouraged to make an appointment with the MSU Counseling Center (http://www.counseling.msu.edu/students).

Accommodations for Students with Disabilities: Michigan State University is committed to providing equal opportunity for participation in all programs, services and activities. Requests for accommodations by persons with disabilities may be made by contacting the Resource Center for Persons with Disabilities at 517-884-RCPD or on the web at <a href="rcpd.msu.edu">rcpd.msu.edu</a>. Once your eligibility for an accommodation has been determined, you will be issued a Verified Individual Services Accommodation ("VISA") form. If you already have a VISA, please let me know what accommodations are required as soon as possible and give me a copy of your VISA. I will do my best to make the appropriate arrangements.

If you require testing accommodations you must contact me and present your VISA at least two weeks before the exam date to schedule an alternative exam or different testing conditions. If your only test accommodation is for extended time, this will be built into your online testing.

## Things to know (for any class):

- <u>FOLLOW ALL MSU & CDC COVID DIRECTIONS DURING IN-PERSON MEETINGS & CLASSES:</u> See the MSU Covid Directives page for information on mask, vaccine, and quarantine requirements. Https://msu.edu/together-we-will/directives.html
- **RECORDING LECTURES/TAKING PICTURES OF SLIDES:** Do not take pictures of slides, audio record, or video record any portion of the lecture without permission from the presenter. You may <u>not</u> share/post any class materials, recordings, slides or quotes publicly, privately, electronically, or via any other medium with permission from the author/speaker.
- <u>DISTURBING THE CLASS & CELL PHONES:</u> Rude behavior is unacceptable and disturbing class is unfair to your classmates. Please turn off cell phones, etc., before entering the classroom. If you arrive late for class, please enter quietly, do not let the door slam closed, and do not disturb your classmates.
- <u>FOOD/DRINKS:</u> Follow all posted guidelines for foods/drinks in the classroom. I do not mind students eating/drinking in class as long as you are quiet, clean up after yourself, and take any trash with you and dispose of it in the hallway trash bin. GIVEN COVID: Please refrain from eating and drinking during in-person meetings and classes. If you must, keep your mask in place between bites/sips.
- CHEATING/PLAGIARISM: Don't do it! Academic integrity is one of your greatest resources, if you cheat or are academically dishonest in any way, you will receive a failing grade for the course and I will pursue university-wide action, including expulsion. The university policies regarding academic integrity can be found at: https://www.msu.edu/unit/ombud/academic-integrity/index.html

**NOTE:** Below is a *tentative* schedule. A specific topic may change for a given week or day.

You will notice that topics on D2L and Revel follow the order below.

You can follow topic by topic here and D2L has links to all of the class materials for the entire semester topic by topic.

Abnormal Psychology:  Tentative schedule			
Wk	Meeting Dates	Topics, Readings & To Dos	
1	1/11 & 1/13	Introductions, Course Overview & Defining Abnormality	
		☐ Review the syllabus	
		☐ Register for REVEL: See above for information and link	
		☐ Review the Revel welcome information (in Revel under 'assignments')	
		□ Read:	
		☐ Ask a Professor: How to Get the Most Out of College Office Hours	
		☐ Using Office Hours Effectively	
		☐ Emailing Professors	
		☐ Lecture: Course overview-in person on zoom <del>(D2L Video)</del>	
		☐ Lectures (2): Defining Abnormal behavior (D2L Video)	
		☐ Revel: Introduction and Methods of Research (reading & assignments)	
2	1/18 & 1/20	Research & Perspectives on Abnormal Behavior and Treatment	
		☐ Revel: Introduction and Methods of Research (reading & assignments)	
		☐ Lectures (3): Multidimensional Models of abnormal behavior (D2L Video)	
		☐ Revel: Contemporary Perspectives on Abnormal Behavior and Methods of Treatment (reading & assignments)	
3	1/25 & 1/27	Classification, Assessment, & Diagnosis	
		☐ Lectures (2): Classification, Assessment, & Diagnosis (D2L Video)	
		☐ Revel: Classification and Assessment of Abnormal Behavior (reading & assignments)	
4	2/1 & 2/3 Exam 1	questions)	
		Exam 1 opens in D2L on 2/1 at 10AM EDT. Students will have 100 minutes to take the exam and must complete the exam by 10AM EDT on 2/2.	
		<b>Exam Topics:</b> Introductions, Research and Defining Abnormality, Perspectives on Abnormal Behavior and Treatment, and Classification, Assessment, & Diagnosis.	
		Stress, Adjustment, & Trauma-Related Disorders (2/3)	
		☐ Lecture (1): Stress & Trauma-Related Disorders (D2L Video)	
		☐ Revel: Stress, Adjustment & Trauma-Related Disorders (reading & assignments due)	

5	2/8 & 2/10	Stress, Adjustment, & Trauma-Related Disorders (Continued)	
		Anxiety, Obsessive-Compulsive & Related Disorders	
		☐ Lecture: Anxiety and Obsessive-Compulsive Disorders (D2L Video)	
		☐ Revel: Anxiety Disorders and Obsessive—Compulsive and Related Disorders (reading & assignments)	
6	2/15 & 2/17	Anxiety, Obsessive-Compulsive & Related Disorders (cont.)	
		☐ Lecture: Anxiety and Obsessive-Compulsive Disorders (D2L Video)	
		☐ Revel: Anxiety Disorders and Obsessive—Compulsive and Related Disorders continued (reading & assignments)	
7	2/22 & 2/24	Dissociative Disorders, Somatic Symptom and Related Disorders	
		☐ Lecture: Dissociative Disorders (D2L Video)	
		☐ Lecture: Somatoform Disorders (D2L Video)	
		☐ Revel: Dissociative Disorders, Somatic Symptom and Related Disorders (reading & assignments)	
8	3/1 & 3/3 Exam 2	We will use class on 3/1 to catch-up if needed and have a review before the exam (come with questions).	
		Exam 2 opens in D2L on 3/1 at 10AM EDT. Students will have 100 minutes to take the exam and must complete the exam by 10AM EDT on 3/2.	
		<b>Exam Topics:</b> Stress, Adjustment, & Trauma-Related Disorders, Anxiety, Obsessive-Compulsive & Related Disorders, Dissociative Disorders, Somatic Symptom and Related Disorders	
		Mood Disorders (3/3)	
		☐ Lecture: Mood Disorders (D2L Video)	
9	3/8 - 3/10	Spring Break-No Class	
10	3/15 & 3/17	Mood Disorders (cont.) & Suicide	
		☐ Lecture: Mood Disorders (D2L Video)	
		☐ Lecture: Suicide (D2L Video)	
		☐ Revel: Mood Disorders and Suicide (reading & assignments)	
11	3/22 & 2/24	Personality Disorders and Impulse-Control Disorders	
		☐ Lecture (1): Personality Disorders (D2L Video)	
		☐ Revel: Personality Disorders and Impulse-Control Disorders (reading & assignments)	
12	3/29 & 3/31	Schizophrenia Spectrum Disorders	
		☐ Lectures (3): Schizophrenia Spectrum and Other Psychotic Disorders (D2L Video)	
		☐ Revel: Schizophrenia Spectrum Disorders (reading & assignments)	

13	4/5 & 4/7  Exam 3	We will use class on 4/5 to catch-up if needed and have a review before the exam (come with questions).
		Exam 3 opens in D2L on 4/5 at 10AM EDT. Students will have 100 minutes to take the exam and must complete the exam by 10AM EDT on 4/6.
		<b>Exam Topics:</b> Mood Disorders, Suicide, Personality & Impulse Control Disorders, and Schizophrenia Spectrum Disorders
		Eating Disorders & Obesity (4/7)
		☐ Lectures (2): Eating Disorders & Obesity (D2L Video)
		☐ Revel: Eating Disorders and Sleep—Wake Disorders Part 1 (reading & assignments)
14	4/12 & 4/14	Eating Disorders & Obesity (cont.)
		Sleep-Wake Disorders
		☐ Lectures (3): Sleep-Wake Disorders (D2L Video)
		☐ Revel: Eating Disorders and Sleep—Wake Disorders Part 2 (reading & assignments)
15	4/19 & 4/21	Disorders Involving Gender & Sexuality
		☐ Lectures (3): Gender Dysphoria and Sexual Disorders (D2L Video)
		☐ Revel: Disorders Involving Gender and Sexuality (reading & assignments)
16	4/26 & 4/28	Disorders Involving Gender & Sexuality (cont.)
	Exam 4	We will use class on 4/28 to catch-up if needed and have a review before the exam (come with questions).
		Exam 4 opens in D2L on 4/28 at 10AM EDT. Students will have 100 minutes to take the exam and must complete the exam by 10AM EDT on 4/29.
		<b>Exam Topics:</b> Eating Disorders & Obesity, and Disorders, Sleep-Wake Disorders, & Disorders Involving Gender and Sexuality
	5/3-5/4 Final Exam	Optional Cumulative Final Exam opens in D2L on 5/3 at 12:01AM EDT. The exam will be available for 48 hours. Students will have 100 minutes to take the exam and must complete the exam by 11:59pm EDT on 5/4.
		Topics: Everything covered in this class this entire semester
		<b>Note:</b> taking the final cannot lower your grade, but has the potential to help your grade! The class only uses the top 4 of the 5 exams for the class. If you want a higher grade, you can take the final to try to get more points. If you like your grade, you do not need to take the final!