

Course Syllabus
PSYC 103– Abnormal Psychology
3 credits

Prerequisites: Introduction to Psychology (PSYC 101) or equivalent is strongly recommended. Students must also demonstrate proficiency with written English.

Instructor: Stephanie Wilsey, PhD

Facilitator: Ethan Bosch, MEd, CCDPD; Diana Rice, PhD; Debbie Schratz, M.A.

Contact Info: Faculty may be contacted through the Portage messaging system

Course web site address: www.portagelearning.com

Course meeting times: PSYC 103 is offered continuously

Course Description: This course offers a broad description of psychological disorders, including philosophical and diagnostic approaches to psychological disorders. Course structure follows the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), and covers the major diagnostic criteria for psychological disorders.

Course Outcomes: As a result of this course experience a student should be able to:

- Accurately describe a wide array of psychological disorders.
- Develop an understanding of the actual experiences of those living with psychological disorders, via the use of case studies and videos.
- Employ APA style in writing papers describing psychological disorders.
- Access media portrayals of psychological disorders and evaluate their accuracy.

Each of these PSYC 101 student learning outcomes is measured:

Directly by: (1) module application problems (with instructor feedback)
(2) exams
(3) papers

Indirectly by an end of course student-completed evaluation survey

Course Delivery: This course is asynchronously delivered online. Contact hours include 40 - 50 hours of reviewed module assignments with instructor feedback and video lectures. There are 12 additional contact hours composed of secure online exams.

Required Computer Accessories: It is recommended that students use a desktop or laptop computer, PC or Mac, when taking the course. Some tablet computers are compatible with the course, but not all features are available for all tablet computers. The latest full version of Firefox is required for the optimal operation of the Portage Learning Management System. In addition, you must have the latest full version of Adobe Flash Player installed as a plug-in in order to view any of the videos on the site. We highly recommend using a high

speed Internet connection to view the video lectures. You may experience significant difficulties viewing the videos using a dial-up connection.

Required readings, lectures and assignments: Portage courses do not use paper textbooks. Students are required to read the online lesson modules written by the course author which contain the standard information covered in a typical course. Video lectures which supplement each lesson module subject should be viewed as many times as is necessary to fully understand the material. The modules also include linked articles and video that present case examples and re-enacted therapy sessions for educational purposes. These also should be reviewed as much as necessary to develop an understanding of the various disorders.

The practice problems within the modules are not quantitatively part of your final grade, but the module work is a pass/fail component of the course and will be reviewed for completeness by the instructor. Be sure to answer all of the problems since this is an important part of adequate preparation for the exams. After you answer the practice problems, compare your answers to the solutions at the end of the module. If your answers do not match those at the end, attempt to figure out why there is a difference. If you have any questions please contact the instructor via the My Messages tab.

Grading Rubric:

8 Module exams = 30 pts. each x 10 =	240 pts.
Paper 2 (term paper on media portrayals)	100 pts
Paper 1 (abnormal psychology in the news)	50 pts
<u>Final exam = 60 pts.</u>	<u>60 pts.</u>
Total	450 pts.

The current course grade and progress is continuously displayed on the student desktop.

Grading Scale:

89.5% - 100% (403 - 450 pts)	= A
79.5% - 89.4% (358 - 402 pts)	= B
69.5% - 79.4% (313 - 357 pts)	= C
59.5% - 69.4% (268 - 312 pts)	= D
<59.4% (<267 pts)	= F

Module Topics

Module 1: An introduction to the study of abnormal psychology. This module begins with definitions of psychological, or mental, disorders and then introduces the Diagnostic and Statistical Manual (DSM). Historical perspectives on the treatment of psychological disorders are then presented,

and then contemporary perspectives are addressed. Finally, definitions and clarification is given on terms related to the study and assessment of mental disorders.

- Module 2: This module covers the first two classifications of psychological disorders in the DSM: Neurodevelopmental Disorders and Schizophrenia Spectrum and Other Psychotic Disorders. Specific Neurodevelopmental disorders discussed include Intellectual Disability, Autism Spectrum Disorder, and Attention Deficit/Hyperactivity Disorder. A detailed presentation of Schizophrenia is given, including case examples of patient experiences.
- Module 3: An overview of Bipolar and Depressive Disorders. Specific disorders discussed in this module include Bipolar I, Bipolar II, and Major Depressive Disorder. Particularly emphasis is on symptoms, risk factors, and case examples. In lieu of problem sets, this module's concluding assignment is the beginning of the Abnormal Psychology in the News paper.
- Module 4: This module covers Anxiety Disorders, Obsessive-Compulsive Disorders, and Trauma- and Stressor-Related Disorders. Specific disorders discussed are Specific Phobias, Social Anxiety Disorder, Panic Disorder, Generalized Anxiety Disorder, Obsessive-Compulsive Disorder, Body Dysmorphic Disorder, and Post-Traumatic Stress Disorder. Particular emphasis is on symptoms, prevalence, and misconceptions of these disorders.
- Module 5: An overview of Dissociative Disorders and Feeding/Eating Disorders. Specific disorders covered are Dissociative Identity Disorder, Dissociative Amnesia, Anorexia Nervosa, Bulimia Nervosa, and Binge-Eating Disorder. Emphasis is on symptoms as well as clarifying some societal misconceptions of these disorders. In lieu of problem sets, the concluding, graded assignment is the full Abnormal Psychology in the News paper.
- Module 6: This module covers Sleep-Wake Disorders and Substance-Related Disorders. Specific disorders covered are Insomnia Disorder, Narcolepsy, Substance Use Disorders (across the various classes of drugs), Substance Intoxication, Substance Withdrawal, Substance/Medication-Induced Mental disorders, and Gambling Disorder. Emphasis is on criteria for diagnosis.
- Module 7: This module covers Neurocognitive Disorders and Personality Disorders. All disorders in these two areas are discussed, with an overview of diagnostic criteria presented. For example, the cognitive domains for the various Neurocognitive Disorders are presented, and these are discussed in terms of major and mild levels of severity.

Module 8: This module focuses on social and legal issues pertaining to psychological disorders. These include Deinstitutionalization, Civil Commitment, and Patient Rights. Current readings from government and advocacy groups are included in this module.

Holidays:

During the following holidays, all administrative and instructional functions are suspended, including the grading of exams and issuance of transcripts.

New Year's Day

Easter

Memorial Day

Independence Day

Labor Day

Thanksgiving weekend

Christmas Break

The schedule of holidays for the current calendar year may be found under the Student Services menu at www.portagelearning.com

Suggested Timed Course Schedule (to complete the course within a typical college semester)

All Portage courses are offered asynchronously with no required schedule to better fit the normal routine of adult students, but the schedule below is suggested to allow a student to complete the course within a typical college semester. Despite this suggestion, the students may feel free to complete the course at their desired pace and on a schedule determined by them.

<u>Time Period</u>	<u>Assignments</u>	<u>Subject Matter</u>
Days 1-9	Module 1, Problem Set 1, Exam 1	Introduction to Abnormal Psychology
Days 10-19	Module 2, Problem Set 2, Exam 2	Neurodevelopmental Disorders Schizophrenia Spectrum
Days 20-29	Module 3, Exam 3 Part I of Paper I	Bipolar and Depressive Disorders
Days 30-39	Module 4, Problem Set 4, Exam 4	Anxiety Disorders, Obsessive-Compulsive Disorders, Trauma-and-Stressor-Related Disorders
Days 40-59	Module 5, Exam 5 Paper I	Dissociative Disorders and Feeding/Eating Disorders
Days 60-69	Module 6, Problem Set 6, Exam 6	Sleep-Wake Disorders and Substance-Related Disorders
Days 70-79	Module 7, Problem Set 7, Exam 7	Neurocognitive Disorders and Personality Disorders
Days 80-100	Module 8, Problem Set 8 Exam 8, Paper II	Deinstitutionalization, Civil Commitment, Patient Rights
Days 100-108	Final exam	Comprehensive—covers all modules

Suggested External References:

If the student desires to consult a reference for additional information, the following resources are recommended as providing complete treatment of the course subject matter.

- *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition (2013). American Psychiatric Association.
- *Essentials of Abnormal Psychology*, Durand & Barlow (2015), Wadsworth Publishing.

Learning Support Services:

Each student should be sure to take advantage of and use the following learning support services which are provided to increase student academic performance:

Video lectures which supplement the text material of each course module

Current articles and course readings are provided within each module to enhance module content

Video Case Examples are provided to illustrate symptoms and therapeutic interactions

Messaging system which provides individual instructor/student interaction

Tech support which is available by submitting a help ticket

Accommodations for Students with Learning Disabilities:

Students with documented learning disabilities may receive accommodations in the form of an extended time limit on exams, when applicable. In order to receive the accommodations, the student should furnish documentation of the learning disability prior to registration, if possible. Upon receipt of the documentation of a learning disability, Portage staff will provide the student with registration instructions for a variation of the course containing exams with extended time limits. This accommodation does not alter the content of any assignments/exams, change what the exam is intended to measure or otherwise impact the outcomes of objectives of the course.

Code of Conduct: Students are expected to conduct themselves in a way that supports learning and teaching and promotes an atmosphere of civility and respect in their interactions with others. Verbal and written aggression, abuse, or misconduct is prohibited and may be grounds for immediate dismissal from the program.

Academic Integrity is a serious matter. In the educational context any dishonesty violates freedom and trust, which are essential for effective learning. Dishonesty limits a student's ability to reach his or her potential. Portage places a high value on honest independent work. In a distance learning situation, we depend on the student's desire to succeed in the program he or she is entering. It is in a student's own best interests not to cheat on an exam, as this would compromise the student's preparation for future work. It is required of each student to take exams without consulting course materials or study aids including another person, the lesson pages, printed materials, or the Internet. To this end, your instructor will be alert to any indications that a student may be violating this principle. It will be necessary to show all your work on exams. When the nature of the course does not require numerical or symbolic determination (perhaps instead just requires recitation of learned descriptions), our experienced staff is able to detect the unauthorized consultation of study aids when answering exam questions. A violation of the academic integrity policy may result in a score of zero on the

exam and possible expulsion from the course, at the discretion of the instructor with consultation with an administrative-instructional committee.

Grievances: If for any reason a student has a complaint about the course work or the instructor, the student is advised to first consult the instructor, who will be willing to listen and consider your concern. However, if you don't feel you have received a satisfactory reply, you are encouraged to contact the Executive Director of Portage Learning for further consideration of your complaint. The formal grievances process must be initiated via written communication. If desired, please file a written grievance to info@portagelearning.com to initiate the process.

Remediation:

At Portage your instructor, at his/her discretion, may allow a "one-time" only opportunity to re-take an alternate version of **one** exam on which a student has earned a grade lower than 70%. If an exam is retaken, the original exam grade will be erased and the new exam grade will become a permanent part of the course grade. However, before scheduling and attempting this retest, the student must resolve any questions in regard to the material by reviewing both the old exam and the lesson module material. Once ready to attempt the retest of the exam the student must contact his/her instructor to request that the exam be reset for the retest.

Students needing remediation for grammar, spelling, and/or reading comprehension may be referred to a verbal skills course offered by Portage. If students need remediation in addition to a review of verbal skills, they may withdraw from the course in a manner consistent with the published refund policy in order to complete the prerequisites for PSYC 103 prior to beginning the course.