

a place of mind



## **PSYC 300A: Abnormal Psychology**

### **Distance Education**

### **University of British Columbia**

**Instructor:** Dr. Bethany Michel

**Email:** bmichel@psych.ubc.ca

**Office hours:** by appointment (Kenny Building, room 2402)

### **Course Description and Learning Goals**

Welcome to Psychology 300A! In this course, we will examine the nature of abnormal psychology, paying close attention to factors that contribute to the etiology (what causes it), presentation (the signs and symptoms), and treatment (how to reduce symptoms and suffering) of mental illness. In order to construct the most complete picture, we will approach this from multiple angles, including biological, psychological, and social perspectives. The primary goal of this course is to develop your ability to think critically about how we think about mental illness using theory, research findings, logic, and applied knowledge. A secondary goal is to become educated consumers of mental health information to be able to predict the factors that increase the likelihood of a given disorder developing and discriminate between treatment types based on efficacy demonstrated in the research literature.

### **Required Reading**

Hooley, J.M., Butcher, J.N., Nock, M.K., & Mineka, S. (2017). *Abnormal psychology* (17th edition). Boston, MA: Pearson Education.

This is available in the following formats, any of which are acceptable:

- Hardcover textbook (used or new)
- Loose leaf textbook (used or new)
- Revel (an eTextbook), which has features that improve accessibility (e.g., an app for smart phones, audio of all of the text, test-your-knowledge quizzes to help you learn as you go)
- Revel + loose leaf version

For more information about all things textbook-related, go to the *Assignments* page on the course Canvas site and look at posts under *Textbook readings*. If you elect to use Revel, there is a post there on the steps to access it.

## **Course Assignments & Grading**

Discussion Posts	8%
Quizzes	15%
Midterm Exam	25%
Final Exam	52%

**\*\*Please do not rely on Canvas to correctly calculate your grade in the course. There are many things that can go wrong in Canvas's calculations. Course grades are calculated independent of Canvas.\*\***

If you absolutely **MUST** figure out your current course grade (you certainly don't need to and can skip this section!), you can use the following formula (based on the final grade calculations once all of the assignments are completed):

$(\text{Your discussions points}/0.08)*0.08 + (\text{your quizzes points}/0.05)*0.15 + (\text{your midterm total}/1)*0.25 + (\text{your final exam total}/1)*0.52$

(I'm including the redundant calculations just to help you identify how many points each assignment is worth.)

To calculate your grade at an earlier point in the course, you will need to adjust the denominators -- both of the total amount of points on each assignment possible at that point in the course and the total percentage of the final course grade that has been completed at that point. If you are unsure how to do this, post a discussion thread on the *Discussions* page. It is likely that some of your fellow math-savvy students will be able to walk you through it.

## **Textbook Readings**

Textbook readings are assigned each week (typically 1 chapter/week). They are meant to help deepen your understanding of the lecture material. Read the textbook for conceptual understanding rather than memorization. For more information and a schedule of the readings, see posts in the *Textbook readings* section on the *Assignments* page.

## **Discussion Posts**

Students are required to post responses to questions/prompts that address an issue related to the lectures/reading assignments for the week. There are 7 graded discussions that will become available over the course of the term. Students are only required to respond to 4. Responses are graded 2 points for a thoughtful response, 1 point for a cursory response, and 0 points for no response. You may post as many responses as you like; however, only your first original

response to the question in each discussion will be graded. You will be assigned to a small discussion group for the term to keep these discussions engaging. For more information, see the *Graded Discussion Instructions* post on the *Assignments* page.

### Quizzes

Quizzes are assigned every couple of weeks to ensure comprehension of the material and help prepare you for the midterm and final exams. They range from 5-10 questions each and are open book. There will be 5 quizzes and they are given online (through Canvas). For more information, see the *Quiz Instructions* post on the *Assignments* page.

### Exams

The midterm and final exams will include multiple-choice, short answer, and fill-in-the-blank questions. They will cover material from lectures, discussion posts, and the assigned reading from the textbook. The midterm exam will be posted on Canvas at 9:00am (Pacific Time) on the Thursday of Week 6. You will have 2 hours to take the exam on that date. The final exam will be offered in person (on campus or at a testing site if you are abroad) or online through Proctorio (an online program that accesses your computer webcam to deter academic dishonesty – more information about this is available on Canvas) during the regular exam period. **Do not make travel plans before the final exam schedule comes out; there is no alternative exam date.** For more information, see the *Midterm Exam* and *Final Exam* posts on the *Assignments* page.

Students have the right to view their marked examinations with the instructor, if they apply to do so within a month of receiving their final grades. However, the examination itself is the property of the university.

### Questions and Email Responses

**If you have questions about the material**, check the *Discussions* page to see if someone else has asked the question. If not, post your question there (this is our preference, as other students likely have the same question) or send an email to the TA or instructor. You **MUST** include your section number in the subject line, otherwise it may take us much longer to respond. **Allow 48 hours** to receive a reply, and expect **no responses on the weekend**. Dr. Michel is in clinic on Tuesdays and Wednesdays, so is unlikely to respond on those days. Try contacting the TA or post a question on the *Course Q&A* post on the *Discussions* page.

## Course Policies

### Academic Accommodation

The University accommodates students with disabilities and/or special needs who have registered with the [Centre for Accessibility](#). The University also accommodates students whose religious obligations conflict with attendance, submitting assignments, or completing scheduled

tests and examinations. It is your responsibility to let the instructor know in advance, preferably in the first week of class, if you will require any accommodation on these grounds. If you develop a problem during the semester that may require academic accommodation, inform the instructor and visit the Centre for Accessibility or [Arts Academic Advising](#) as soon as possible.

### **Late/Missed Assignments**

Late assignments will not be accepted, unless accompanied by a physician's note documenting the student's incapacitating illness with the dates of incapacity.

The midterm will be given only on the published date. Students with a physician's note documenting the illness and dates of inability to participate in schoolwork will have their marks adjusted accordingly; only under rare circumstances will a makeup midterm exam be offered.

Students who miss the final exam must apply for academic concession from [Arts Academic Advising](#) or the [Centre for Accessibility](#). **Makeup final exams may consist entirely of essay questions.**

### **Academic Misconduct**

Cheating, plagiarism, and other forms of academic misconduct are *very* serious concerns. Please review [Academic Honesty and Standards](#) and/or [Discipline for Academic Misconduct](#) on the UBC Calendar for the university policy on cheating, plagiarism, and other forms of academic dishonesty, and the consequences of academic misconduct. Also visit the [Learning Commons Academic Integrity](#) for information on academic integrity, and tips on appropriate citation of sources.

Strong evidence of cheating or plagiarism may result in zero credit for the work in question. In cases of academic misconduct, UBC has the right to impose harsher penalties including (but not limited to) a failing grade for the course, suspension or expulsion from the University, cancellation of scholarships, and/or a notation on the student's transcript.

All graded work in this course, unless otherwise specified, is to be original work done independently. This is your education. You are investing a considerable amount of time, effort, and money into it. You won't develop the critical thinking skills provided by this education (and that you will use in your professional and personal adult life) by using someone else's work.

Students are advised to find any additional materials needed for the course using the databases available through the [UBC Library](#) website. For help, try using AskAway (under Ask Us), an online help service staffed by librarians.

## **Course Schedule (at a glance)**

Week	Date of Lecture Posting	Topic	Reading Assignment
1	2-Jan	Overview of Abnormality, Research Design, and Historical Views	Chapters 1, 2
2	7-Jan	Causes of Mental Illness	Chapter 3
3	14-Jan	Treatment for Mental Illness	Chapter 16
4	21-Jan	Stress and Anxiety	Chapter 5
5	28-Jan	Anxiety and Related Disorders	Chapter 6
6	4-Feb	**Midterm Exam**	
7	11-Feb	Mood Disorders	Chapter 7
8	18-Feb	**WINTER BREAK**	
9	25-Feb	Suicide and Eating Disorders	Chapter 9
10	4-Mar	Substance Use Disorders	Chapter 11
11	11-Mar	Psychosis and Schizophrenia	Chapter 13
12	18-Mar	Childhood Disorders	Chapter 15
13	25-Mar	Personality Disorders	Chapter 10
14	1-Apr	Legal and Ethical Issues	Chapter 17 (optional)
15	8-Apr	**Final Exam Period**	