



Psychology 3021: Abnormal Psychology
Point Loma Nazarene University, Department of Psychology
Hybrid, Fall 2021 Session, 3 units
Course Syllabus

Professor: Jessie Tibbs, Ph.D. (pronouns: she/her)

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Meeting Days, Times & Location: Online on Zoom (W 4:30pm-7:00pm)

Final Exam: Opens Wednesday 12/15 @ 4:30pm, Closes Wednesday 12/15 @ 11:59pm

Online Office Hours: Online via Zoom by appointment

Required Text:

Durand, V. M., Barlow, D. H., & Hofmann, S. G. (2018). *Essentials of Abnormal Psychology (8th edition)*. Boston, MA: Cengage Learning.

Additional required readings and course content will be posted within unit modules on Canvas by professor.

Course Description

The purpose of this course is to provide an introduction to abnormal psychology. This course is intended to engage students in examination of various diverse lenses through which societies have previously and currently view mental health, to explore the various kinds of psychopathology, theories about the causes of different mental health disorders, current and historical methods of treatment, and consider multicultural and diversity aspects as they relate to the major concepts of this course.

Student Learning Outcomes

Throughout this course you will: (1) learn the core symptoms and features of psychological disorders; (2) consider competing approaches and theories attempting to explain how disorders develop; (3) explore how aspects of diversity may affect the expression of psychopathology; (4) employ a scientific approach to understanding psychological disorders; (5) exercise critical thinking skills to evaluate information about mental health and treatment and their sources; (6) expand compassion for and dispel common myths about mental health.

Diversity Statement:

Although we strive for objectivity in science, the reality is that most research and dissemination of knowledge is subjective and has been formed by a very small group of privileged voices. I acknowledge that the textbook and many of the studies cited within were authored by white cisgender men. I am working each semester to increase the

diversity of voices from which we learn this material, and I also acknowledge that I have a long way to go in this effort. As we will discuss this semester, it is important to think critically about the biases present in any information we consume, and we will certainly engage in that practice as it applies to the content of this course. Please contact me if you have any suggestions for improving the course materials. Further, it is my intention to create a safe environment in which all students are able to learn. I believe that supporting diversity of thought, perspective, and experience is one way to do so. Another way is working to honor your identities (including race, gender, class, sexuality, denomination, ability, etc.). To help accomplish these goals:

- If you have a name and/or pronouns that differ from those that appear in your official PLNU record, please let me know (if you feel comfortable)!
- I know that all of our lives are busy and are (hopefully) made up of lots of other things aside from college classes. If your life outside of this course is conflicting with your effort to be successful in this class (e.g., parental activities, veteran/active-duty responsibilities, familial responsibilities, etc.), please let me know so we can set up a time to meet. I want to be a resource for you and will work to support your efforts to learn in this class.
- Students are expected to be respectful of and practice compassion for one another. It is important to remember that everyone has a right to form and hold their opinion on issues covered in class, and discussions must be respectful. Although you may not always agree with one another, this class is intended to provide an open forum for the fluid exchange of ideas. Remember, as a group, you represent a broad range of backgrounds, including diversity of culture, gender, race, sexuality, region/country of origin, disability, denomination, veteran status, etc. and it is my experience that fostering respect for this diversity will result in a deeper, more meaningful learning experience for us all. If you ever have feedback on ways to improve this aspect of the course, I am very grateful to be provided the opportunity to learn from such feedback.
- I am always in the process of learning and un-learning about oppression, intersectionality, minoritization, stigma, and diversity. If something was said in class (by me or anyone else) that made you feel uncomfortable (including microaggressions, etc.), please talk to me about it. If you do not feel comfortable talking to me directly, you can discuss with another trusted faculty member in the Psychology department, or to a member of the Anti-Racism Collective (<https://www.pointloma.edu/diversity-equity-inclusion>)

Wellness, Respect & Privacy

Mental health is a sensitive topic for most of us, especially the further we dive into content across the semester. If you feel significantly emotionally distressed, please seek help. PLNU students can access mental health resources for free via the student health center (<https://www.pointloma.edu/offices/wellness-center/counseling-services> ; 619-849-2574 ext. 3020 ; visit M-F 8-12:30, 1:30-4:30 in Taylor Hall).

In class discussions about psychological disorders or experiences please assume that someone in the room either deals with these issues personally or has someone close to them who does. It is certainly acceptable to ask questions and expand your

understanding, but please be aware that each topic may be personally sensitive for your classmates.

Everyone has a right to privacy. Sometimes during class, a student may feel called to share a personal story related to mental health. These stories should be held with the utmost respect and should not be shared with anyone outside of class (unless you have talked to the person and gotten their permission to share it). Even if you share the story without identifying information (e.g., names), the uniqueness of the story could unintentionally reveal that person's identity. Further, students **should not ever feel compelled or pressured to reveal personal information**. If you share information from an experience that isn't your own story, be sure to get their permission to share, or to remove all identifying information from the story that could result in their identification.

Hybrid Class Format & Expectations

This is a Hybrid Course! We will have once-weekly synchronous class sessions (online via Zoom) and complete asynchronous online class activities. We will utilize Zoom for our synchronous class sessions. Attendance at these sessions is required; essential course information will be covered during lecture and class discussion. Please attend our class meetings somewhere that has reliable internet (i.e., plugging into an Ethernet cable, using a library's computer, or using a reliable wireless connection).

We will utilize Canvas for covering additional content, including completion of all online asynchronous course assignments, discussions, and exams. The course is divided into five different units. As we progress through the course, the units and their contents will post on the modules page. All required activities and assignments will be posted in the modules. The asynchronous activities (readings, videos, some assignments) are designed to be as self-paced as possible throughout each unit. Once a module/unit is posted, you can make your way through the available module content at the pace that works best for you. **Please pay attention to posted due dates (assignments, discussions, exams).**

The structure of each unit is pretty consistent such that each unit has a set of assigned textbook chapters, weekly Zoom synchronous class sessions (with attendance points), additional online content (video/podcast/reading), one assignment/discussion, and one unit exam. To increase quality of discussion around the topics we are learning we will often utilize video/audio comments in addition to written responses (see this link for information on how to utilize this Canvas feature <https://community.canvaslms.com/docs/DOC-10627-4212710345>). All course components must be completed by the final day of class, Wednesday, December 15th by 11:59pm.

Zoom Class Session Attendance & Expectations:

As this is a hybrid class with live synchronous class sessions, you are expected to attend these sessions and will be awarded attendance points. You will be awarded 10 points for attending 12 of the 14 scheduled classes (for a total of 120 points, you can miss 2 classes without penalty). I know that life happens, so this is my way of balancing rewarding

regular attendance with flexibility! In order to earn these points, you must:

- 1) Arrive on time. Individuals who arrive more than five minutes late will not be given points (unless discussed with professor in advance);
- 2) Keep your camera on for the majority of class (I understand that life happens and at times you need to temporarily turn off your camera for a variety of reasons (e.g., bathroom, eating, children/spouse/roommates interrupting). That is okay. However, you are expected to plan to actively attend this course and arrange to attend in an environment conducive to your learning and participation. I understand that some days students will need to have their cameras off for unforeseen circumstances. Please contact me in advance so that your attendance points aren't reduced.
- 3) Attend the entire class session. The professor will be taking attendance at the start and end of class. If you leave class early (without discussing it with me in advance), attendance points will be deducted.

Exams

There are 5 exams. Exams include multiple choice, fill in the blank, matching, and short answer items requiring both recall/recognition and application of key concepts and terms. The final (fifth) exam will be non-cumulative and will include only material covered during the final unit of class. Exams will cover material from the lectures and assigned readings/content. **You are responsible for all material covered in the readings**, even if it is not covered in lecture or discussion; likewise, you are responsible for all material covered in our lectures/discussions, even if it is not in the readings. Exams will consist of a combination of material covered in covered in the lecture/discussions, textbook, and the additional posted readings/content. All exams become available on Canvas mid-day on a Friday (under "Modules") and close on that Sunday at 11:59pm (except for the final exam/exam 5). Refer to the Course Schedule for specific exam dates.

- Exams are open-book and open-note. **Even though exams are open-book and open-note, you still need to study the material in preparation for the exams.**
- The exam is **timed** and you will not have time to look up many answers. Each exam is open for 75 minutes.
- You will have the option to re-take **one** exam of your choice. In order to do this, please contact the professor to arrange your selected exam to be re-opened for you.

Please take your exams somewhere that has reliable internet (i.e., plugging into an Ethernet cable, using a library's computer, or using a reliable wireless connection). If you lose internet connection during your exam, Canvas will automatically submit your exam at that point, which presents numerous complications. Please contact the professor if this happens and the professor will respond as soon as possible.

Late Policy

Exams will be administered on Canvas during the dates specified in the course schedule. If you must miss an exam, you will need discuss with me why you cannot take the exam

on the scheduled days, obtain approval ***in advance***, and arrange to take the exam ***in advance***. If you unexpectedly miss an exam due to circumstances beyond your control, you must contact me ***as soon as possible***.

Other course material turned in past the due date (without communicating with me in advance) will be automatically docked 5 points. No late assignments will be accepted after the final day of class. This keeps you on track and ensures that you will have a better chance of completing the course successfully. If problems occur or you become ill, please contact me immediately so we can determine your best options.

Extra Credit

There are several options for extra credit in the course. A maximum of 20 points of extra credit may be obtained for the semester. All extra credit must be turned in by 12/15/21 at 11:59pm. You can receive extra credit through the following means:

- Eight points per Diversity Response Paper (paper must be at least 2 pages, double spaced, 12-point Times New Roman font, 1-inch margins). The purpose of this extra credit opportunity is to seek out research that focuses on an aspect of diversity, intersectionality, anti-racism, and/or systemic oppression within the field of psychology (these must be scientific manuscripts published in a peer-reviewed scientific journal – please contact the professor for further information on such articles/journals) and to reflect on the research as it relates to abnormal psychology. Each paper must include two “discussion” questions you had from the paper. Diversity Response Papers completed in response to a non-scientific non-peer reviewed source will not be awarded points. Submit to the professor via email by the due date specified above.
- Two points per hour for volunteering at a facility involved in the provision of mental health services. Please discuss this option with the professor to get arrangements approved in advance. You will be required to provide the professor your supervisor’s contact information so your hours can be verified. Then, you will record your hours on a piece of paper, have your supervisor sign the paper, scan in and send the signed paper to the professor by the due date specified above. A maximum of 10 extra credit points can be earned this way.
- Two points per hour volunteering in a research lab if you are not otherwise being compensated. Please discuss this option with the professor to get arrangements approved in advance. You will be required to provide the professor your supervisor’s contact information so your hours can be verified. Then, you will record your hours on a piece of paper, have your supervisor (i.e., faculty/professor or graduate student) sign the paper, scan in and send the signed paper to the professor by the due date specified above. A maximum of 10 extra credit points can be earned this way.
- Five points per Research Response Paper (paper must be at least 2 pages, double spaced, 12-point Times New Roman font, 1-inch margins). To gain the full five points per Research Response Paper, students must reflect on their thoughts in response to a published scientific article within a topic of abnormal psychology (these must be scientific manuscripts published in a peer-reviewed scientific journal – please contact the professor if you require further information on such articles/journals). Each paper must include two “discussion” questions you had

from the paper. Research Response Papers completed in response to a non-scientific non-peer reviewed source will not be awarded points. Submit to the professor via email by the due date specified above.

Grading

Final course grades will be based on points earned on class attendance, online assignments/discussions, five exams, and any extra credit submitted.

Class Points by Category

Category	Points
Class attendance	120
Syllabus Points	15
Online Assignments	165
Exams	200
Total	500

Grade Scale Based on Percentage of Points Earned

A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

Course Credit Hour Information:

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3-unit class delivered over 16 weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 112.5 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules.

Course Schedule

(subject to change by professor)

INTRODUCTION TO THE COURSE

1. Pre-Course Survey (0 points, completion required)
2. Read Syllabus (15 points are awarded the first day of class, each question asked that is clearly stated on the syllabus is a 3-point deduction)
3. Discussion – Introduction Videos (15 points; DUE FRIDAY 9/3 @ 11:59pm)

UNIT 1 – INTRO, HISTORY, ASSESSMENT, DIAGNOSIS & RESEARCH

1. Chapter 1 Reading (D,B&H ch 1 & posted additional readings/content)
2. Chapter 2 Reading (D,B&H ch 2 & posted additional readings/content)
3. Chapter 3 Reading (D,B&H ch 3 & posted additional readings/content)

4. Week 1 Zoom Class Attendance (WED 9/1 @ 4:30pm)
5. Week 2 Zoom Class Attendance (WED 9/8 @ 4:30pm)
6. Week 3 Zoom Class Attendance (WED 9/15 @ 4:30pm)
7. Unit 1 Exam – (OPENS FRI 9/17, CLOSES SUN 9/19 @ 11:59pm)
8. Unit 1 Discussion – (DUE TUESDAY 9/21 @ 11:59pm)

UNIT 2 – NEURODEVELOPMENT, ADDICTION, AND SUBSTANCE USE DISORDERS

1. Chapter 10 Reading (D,B&H ch 10 & posted additional readings/content)
2. Chapter 13 Reading (D,B&H ch 13 & posted additional readings/content)
3. Week 4 Zoom Class Attendance (WED 9/22 @ 4:30pm)
4. Week 5 Zoom Class Attendance (WED 9/29 @ 4:30pm)
5. Week 6 Zoom Class Attendance (WED 10/6 @ 4:30pm)
6. Unit 2 Exam (OPENS FRI 10/8, CLOSES SUN 10/10 at 11:59pm)
7. Unit 2 Assignment (Suggested due date Tuesday 10/12 @ 11:59pm)

UNIT 3 – SCHIZOPHRENIA SPECTRUM, MOOD, AND TRAUMA DISORDERS

1. Chapter 12 Reading (D,B&H ch 12 & posted additional readings/content)
2. Chapter 4 Reading (D,B&H ch 4 & posted additional readings/content)
3. Chapter 6 Reading (D,B&H ch 6 & posted additional readings/content)
4. Week 7 Zoom Class Attendance (WED 10/13 @ 4:30pm)
5. Week 8 Zoom Class Attendance (WED 10/20 @ 4:30pm)
6. Week 9 Zoom Class Attendance (WED 10/27 @ 4:30pm)
7. Unit 3 Exam (OPENS FRI 10/29, CLOSES SUN 10/31 at 11:59pm – *SPOOOOKY HALLOWEEN* )
8. Unit 3 Discussion (Suggested due date Tuesday 11/2 @ 11:59pm)

UNIT 4 – HEALTH AND PHYSICAL-RELATED DISORDERS

1. Chapter 7 Reading (D,B&H ch 7 & posted additional readings/content)
2. Chapter 5 Reading (D,B&H ch 5 & posted additional readings/content)
3. Chapter 8 Reading (D,B&H ch 8 & posted additional readings/content)
4. Week 10 Zoom Class Attendance (WED 11/3 @ 4:30pm)
5. Week 11 Zoom Class Attendance (WED 11/10 @ 4:30pm)
6. Week 12 Zoom Class Attendance (WED 11/17 @ 4:30pm)
7. Unit 4 Exam (OPENS FRI 11/19, CLOSES 11/21 at 11:59pm)
8. Week 13 NO CLASS – THANKSGIVING BREAK (WED 11/24 @ 4:30pm)
9. Unit 4 Discussion (DUE TUES 11/30 @ 11:59pm)

UNIT 5 – PERSONALITY DISORDERS AND ETHICAL/LEGAL ISSUES

1. Chapter 11 Reading (D,B&H ch 11 & posted additional readings/content)
2. Week 14 Zoom Class Attendance (WED 12/1 @ 4:30pm)
3. Week 15 Zoom Class Attendance (WED 12/8 @ 4:30pm)
4. Unit 5 Assignment (DUE WED 12/15 2 11:59pm)
5. Week 16 Final Exam! (OPENS WED 12/15 @ 4:30pm, CLOSES WED 12/15 @11:59)

Undergraduate Syllabus Notification Page

PLNU MISSION

To Teach ~ To Shape ~ To Send. Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on State Authorization to view which states allow online (distance education) outside of California.

ACADEMIC HONESTY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

ACADEMIC ACCOMMODATIONS

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester. PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course. Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

ATTENDANCE AND PARTICIPATION

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See Academic Policies in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted. **Asynchronous Attendance/Participation Definition.** A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

USE OF TECHNOLOGY

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams require a computer with a camera (tablets are not compatible) to complete exams online.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.