Abnormal Psychology
CLP3144 ~ Fall 2019 ~ Section: 11136
Thursday, periods 10-E1 (5:10pm – 8:10pm) in room PSY 0151.

Instructor: Nick Gensmer, M.S.
Email: ngensmer@ufl.edu ~ Office: PSY005-E
Office Hours: Thursday, periods 8-9 (3:00pm – 4:55pm)

TA’s (Office PSY005-B):
Danielle Burrafato (dburrafato@ufl.edu)
Office Hours: Thursday, period 6 (12:50pm – 1:40pm)
Guriel Kim (gurielkim@ufl.edu)
Office Hours: Friday, period 4 (10:40am – 11:30am)

**The best way to reach Nick, Danielle, or Guriel is via the emails listed above.

OBJECTIVES

My objective? For you to be able to have thoughtful dialogue with yourself and others about the following question: what is mental illness?

Formal Objectives that I’m told I should have:
- Understand the basic principles of abnormal psychology;
- Identify the major classes of mental disorders;
- List the specific criteria that mental health professionals use to diagnose common psychological conditions;
- Identify psychological myths;
- Understand current research and treatment approaches;
- Understand the cultural and societal contexts of psychopathology

TL;DR: Understand what it means to be abnormal, psychologically speaking, and how it is treated.

WHAT YOU’LL NEED

1. Reliable access to UF’s Canvas System

Canvas will be our hub for the course. Here I will post announcements, lectures, and any relevant content that supplements what we discuss in class.

If you aren’t familiar with Canvas (can be nightmarish to navigate), I recommend heading over as soon as possible to http://elearning.ufl.edu to familiarize yourself. Here is a QuickStart Guide provided by UF. It is also great for those of us who suffer from insomnia… give it a try.
2. **The course textbook:**

Susan Nolen-Hoeksema’s *Abnormal Psychology* (7th edition)

The textbook for the class is required. Chapters will be assigned for readings to prepare for the topics that will be discussed in class (see course schedule below).

The course will be participating in UF All Access to provide students with a more affordable option to access the textbook. Opting-in to this option with the UF Bookstore will cost $43.75 and provide access to a digital version of the textbook.


3. **One of these books:**

Pick one of these books to read as we move through the semester. More to be said on this assignment later in this syllabus! Below you will find a full APA-style citation for each book, and a paperback ISBN.


HOW YOU’LL BE GRADED

Canvas will calculate your final letter grade based on completion of the following:

1. **Attendance (50 points)**

   This course will be split into part lecture, part group/discussion/video/activity time (instead of listening to Nick’s voice for three hours). This will happen most classes excluding any unforeseen circumstances. **Attendance will be taken weekly by TA’s, and attending class earns you 5 points.**

   Because life happens, sometimes we can’t make it to class. That’s okay, you have **two free passes.** This results in a total of 50 possible points for attendance:

   \[
   (12 \text{ lecture classes} - 2 \text{ free passes} = 10; 10 \times 5 = 50 \text{ max possible points})
   \]

   *(Also, attendance will not be taken on the first day of class (8/22) due to drop-add, so everyone will automatically receive 5 points for the first class!)*

2. **Diagnosis Paper (50 points) due in Canvas, 10/24 by 11:59pm.**

   Find a celebrity, public figure, or fictional character from a movie, book, or TV show that appears to meet criteria for one or more psychological disorders in the DSM V. Using this person, write a **minimum of two pages**, double-spaced, using times new roman size 12 font, and 1-inch page margins (excluding references) that discusses the following information:
   a. A brief biography of the person.
   b. The symptoms the character is exhibiting.
   c. A summary of the DSM-V diagnosis(es) that have specified criteria met from these symptoms.
   d. Prognosis and treatment recommendations using APA style references *(http://www.apastyle.org/).*

3. **Book Club Paper (50 points) due in Canvas, 12/4 by 11:59pm.**

   The twelve trade books listed earlier in the syllabus all cover psychopathology-related topics. Some present cutting-edge, controversial ideas. Others are critically-acclaimed personal memoirs, designed to pull readers into the *bona fide* phenomenological experience of someone living with a “mental disorder.” I ask that you **pick one (just one!)** of the twelve books listed at the beginning of the syllabus to read as we move through the semester. It’s up to you to read your trade book at your own pace during the semester. You can get started on this right away if you choose. When you are done, you will be asked to write an Amazon-esque review of the book. **This is not a book report!** It is more a
reflection of your thoughts about the book’s content and your reactions to the material. I will never test your memory on your book’s content.

I recommend cracking open your book of choice no later than a month before the due date in order to avoid intense anxiety the night before it is due. You will submit your review (roughly 300 words), double spaced, times new roman size 12 font in Canvas.

4. **Two exams (50 points each, 100 points total)**

There will be two non-cumulative, multiple-choice exams during class time. Exams will require the comprehension, application, and integration of course materials. All exams are closed book and closed notes, and you will need a #2 pencil for the Scantron. Exams will be based on lectures, in-class materials, and the textbook. Exams will consist of 50 multiple choice questions. Questions will be worth 1 point each. Please be on time for exams. Policy states that after the first person has completed and turned in their exam, you will not be able to start the exam. Please see the syllabus schedule below for exam dates.

5. **Extra Credit**

If 90% of the class fills outs the anonymous UF Faculty Evaluation, I will give every student in the class the opportunity to earn 2 extra credit points. If 100% of the class completes the evaluation, I will give the class the opportunity to earn 4 extra credit points. Be on the lookout for other extra credit opportunities! These will be mentioned during our class time!

In the end, your final course grade will reflect how many total points (out of 250) you accumulate:

<table>
<thead>
<tr>
<th>Graded Item</th>
<th>Points</th>
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<tbody>
<tr>
<td>Two exams (50 points each)</td>
<td>100</td>
</tr>
<tr>
<td>Two written assignments (50 points each)</td>
<td>100</td>
</tr>
<tr>
<td>Attendance</td>
<td>50 (max)</td>
</tr>
<tr>
<td><strong>Total points available</strong></td>
<td>250</td>
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</tbody>
</table>

HOW TO PASS?

Show up every week. Take part in class discussions. Submit the 2 written assignments. Take the 2 exams. Change your life. Cake!
A word (or two) on class environment...

Due to the content of this course you may experience curiosity or discomfort. If you encounter personal issues you would like to explore further, I highly recommend speaking with a counselor at the UF Counseling & Wellness Center (http://www.counseling.ufl.edu/cwc/, 352-392-1575), or Alachua County Crisis Center (http://www.alachuacounty.us/Depts/CSS/CrisisCenter/Pages/CrisisCenter.aspx), 352-264-6789). Crisis intervention is always available 24/7 from The Alachua County Crisis Center: (352) 264-6789.

I believe that students learn best when there is a class atmosphere of safety and respect for all. As the Instructor, I will make every effort to create a safe class atmosphere, where debate and discussion can take place and students feel free to express their reactions, viewpoints, and experiences. I will treat each and every student enrolled in the course with respect. I will never demean or belittle a student, nor chastise students for asking questions or raising concerns regarding the course material.

Likewise, I ask that students treat me, the teaching assistants, and one another with respect. You are free to disagree with each other or with the instructor or the teaching assistants—but you are required to keep your disagreement professional and respectful. As outlined in the UF Student Honor Code and Student Conduct Code, “The University requires civility, respect, and integrity in the curricular program and encourages these behaviors in other activities among all members of the student community. Students are taught to exhibit high standards of behavior and concern for others and are encouraged to live up to these standards.”

THE FINE PRINT

Make-up Exams

Make-up exams will only be administered for official University approved absences, which include documented illness, deaths in the immediate family and other documented crises, call to active military duty or jury duty, religious holidays, and official University activities, and proper documentation will be required (https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx#absences). A student health receipt is not sufficient documentation. Without documentation, missed exams will receive a score of zero. For unexcused absences, there will be no make-ups or extensions without penalty. In the event of a medical or personal emergency that forces you to miss an exam, you will be given an opportunity to make up the missed exam. If you experience an emergency, you are expected to contact me as soon as possible to schedule a make-up (and provide documentation). In all instances of tests taken before or after their scheduled administration, instructors maintain the right to substitute tests different from those administered to the rest of the class at the same level of difficulty as the missed exam. In all
cases, decisions about whether and when to allow a student to make up a test or assignment are left to the discretion of the professor. Make-up exams must take place within one week of the original exam unless there are extenuating circumstances. It is your responsibility as the student to work in conjunction with the instructor to determine a time/location of the make-up.

**Religious Observances**
Please compare your calendars to the schedule. Any student having a conflict in the exam schedule or feeling that missing a class due to religious observance will disadvantage them should contact me as soon as possible so that we can make any necessary arrangements!

**Academic Honesty**
“Cheating is defined in the UF Handbook, and it is the student’s responsibility to be familiar with its many forms (including plagiarism). If a student is caught cheating, the first offense will result in an ‘F’ for that exam or assignment and a record of the event will be placed in a temporary file with the Office of Student Affairs. The second offense will result in an “E” for the course, and the student will go before the Honor Court. As a result of completing registration at UF, every student has agreed to the following statement: “I understand that UF expects its students to be honest in all their academic work. I agree to adhere to this commitment to academic honesty and understand that my failure to comply with this commitment may result in disciplinary action up to and including expulsion from the University.”

**Disability Accommodations**
“Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, www.dso.ufl.edu/drc/) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.”

**Late Work Policy**
Behavioral incentive (they work): each late-day levels a 10% point deduction (e.g., a paper submitted two days late can at best receive a 8/10).

**Customer Satisfaction**
“Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at https://evaluations.ufl.edu. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at https://evaluations.ufl.edu/results/.”
### Tentative Schedule:
Tentative is important—the schedule is subject to change. Announcements will be posted if/when this happens!

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Title</th>
<th>Assignments Due</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>8/22</td>
<td>- Overview of syllabus/ Looking at Abnormality</td>
<td>Read Ch. 1 of Textbook</td>
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<tr>
<td></td>
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<td>Looking at Normality</td>
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<td>2</td>
<td>8/29</td>
<td>- Theories and Treatment of Abnormality</td>
<td>Read Ch. 2 of Textbook</td>
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<td></td>
<td></td>
<td>- EC opportunity announced: Book selection</td>
<td>Theories and Treatment of Abnormality</td>
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<tr>
<td>3</td>
<td>9/5</td>
<td>- Assessing and Diagnosing Abnormality/</td>
<td>Read Ch. 7 of Textbook</td>
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<td></td>
<td></td>
<td>- Mood Disorders and Suicide</td>
<td>Mood Disorders and Suicide</td>
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<td>4</td>
<td>9/12</td>
<td>- Mood Disorders and Suicide</td>
<td>Read Ch. 5 of Textbook</td>
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<td></td>
<td></td>
<td>- Anxiety Disorders (GAD &amp; OCD)</td>
<td>Trauma, Anxiety, Obsessive-Compulsive, and Related Disorders</td>
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<td>5</td>
<td>9/19</td>
<td>- Anxiety Disorders (PTSD &amp; related)</td>
<td>Read Ch. 9 of Textbook</td>
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<td>- Personality Disorders</td>
<td>Personality Disorders</td>
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<td>6</td>
<td>9/26</td>
<td>- Schizophrenia Spectrum and Other Psychotic Disorders</td>
<td>Read Ch. 8 of Textbook</td>
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<td>Schizophrenia Spectrum and Other Psychotic Disorders</td>
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<td>7</td>
<td>10/3</td>
<td><strong>Exam 1 (50 Questions)</strong></td>
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<td>Content: In-class content from weeks 1-6 and Ch.’s 1, 2, 5, 7, 8, 9 of textbook.</td>
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<tr>
<td>8</td>
<td>10/10</td>
<td>- Eating Disorders</td>
<td>Read Ch. 12 of Textbook</td>
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<td>Eating Disorders</td>
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<tr>
<td>9</td>
<td>10/17</td>
<td>- Disruptive, Impulse Control, and Conduct Disorders</td>
<td>Read Ch. 11 of Textbook</td>
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<td>Disruptive, Impulse-Control, and Conduct Disorders</td>
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<td>10</td>
<td>10/24</td>
<td>- Sexual Disorders</td>
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<td>11</td>
<td>10/31</td>
<td>- Substance Use and Gambling Disorders</td>
<td>Read Ch. 14 of Textbook</td>
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<td>- Check-in about Book Club Paper</td>
<td>Substance Use and Gambling Disorders</td>
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<tr>
<td>12</td>
<td>11/7</td>
<td>- Neurodevelopmental and Neurocognitive Disorders</td>
<td>Read Ch. 10 of Textbook</td>
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<td>Neurodevelopmental and Neurocognitive Disorders</td>
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<td>13</td>
<td>11/14</td>
<td>- Somatic Symptoms and Dissociative Disorders</td>
<td>Read Ch. 6 of Textbook</td>
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<td>- Wrap Up</td>
<td>Somatic Symptom and Dissociative Disorders</td>
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<tr>
<td>14</td>
<td>11/21</td>
<td><strong>Exam 2 (50 Questions)</strong></td>
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<td>Content: In-class content from weeks 8-13 and Ch.’s 6, 10, 11, 12, 13, 14 of textbook.</td>
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<tr>
<td>15</td>
<td>11/28</td>
<td><strong>NO CLASS (THANKSGIVING BREAK)</strong></td>
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<tr>
<td>12/4 (Wednesday)</td>
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<td><strong>Book Club Paper Due</strong></td>
<td>(submitted in Canvas by 11:59pm)</td>
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