

PSY 303 Adult Psychopathology
Section 03: 1:00-2:15 PM; LHH 102
Section 06: 11:30-12:45; LHH 102
Winter 2021

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Office Hours: I am available before and after class for quick questions. Office hours will be weekly from 10:15-11:15 AM Tuesday, Wednesday 12-1 PM and by appointment. Below is the link for Virtual Office hours for both sections.

<https://us.bbcollab.com/guest/e4200fd23cd54e4ca9c237aad55a9db8>

Email is also a good way to reach me (bowerm@gvsu.edu)

If there is any student in this class who has special needs because of learning, physical or other disability, please contact me and Disability Support Services (DSS) at 616-331-2490. If you have a disability and think you will need assistance evacuating our classroom and/or building in an emergency situation, please make me aware so I can develop a plan to assist you.

Text: Durand, V.M & Barlow, D.H. (2016). **Essentials of Abnormal Psychology** (8th edition). Boston, MA: Cengage Learning.

Description: This course is intended as an overview of Abnormal Psychology for advanced undergraduate students. Introductory Psychology (PSY 101) is a prerequisite for taking this course. The course will provide a description and analysis of a wide range of adult problems for which people may seek professional treatment (via counselors, psychiatrists, or clinical psychologists). Special emphasis will be placed on understanding the complex interplay of biological, cognitive, and social/cultural factors that may lead to the development of these various types of problems. Evidence based treatments will also be discussed. Because this course focuses on problems of adulthood, if your interest is primarily in children, you may wish to consider PSY 324, Developmental Psychopathology, as an alternative to this course. However, be sure to check the requirements for your particular program.

Learning Objectives:

1. Describe the current system of classifying psychological disorders

2. Decide when you or someone you know may need evaluation by a professional by using the diagnostic criteria of specific psychological disorders
3. Identify and explain the biological, psychological, social, and cognitive factors underlying etiology and maintenance of a range of psychological disorders.
4. Explain major theoretical models and their contribution to the understanding of psychological disorders.
5. Explain how the research process and research findings influence the conceptualization and treatment of psychological disorders.
6. Explain your view and engage with competing views on some complex and/or controversial topics in the area of Psychopathology.

Students are expected to complete assigned readings that provide expanded breadth and depth on lecture topics, and to attend class regularly. Grades will be based on:

- 1) Three tests on line. (45 points each). Each exam will consist of 35 MC questions (35 points) and two short essays (10 points total) drawn from the text, lecture, and class discussion. You will have two attempts for the MC and one attempt for the essays, and the tests will be open for a period of 24 hours. We will be using the Respondus Lockdown system for all exams—more information is at the end of the syllabus on that.
- 2) Case analysis (45 points). This will be comprised of both a section completed in pairs and a group section. You will be given more information on the case analysis after the first exam. You will be able to complete all of this work by meeting virtually and sharing files, which should make it easier to work around competing schedules. BE AWARE that failure to work with your partner/group and make a quality contribution to the final group product will result in an individual reduction in your grade on this activity.
- 3) 8 Packback weekly Discussions (48 points total--each week is worth 6 points). Packback will be open for discussion for 11 weeks of the semester (not the first or last week of the semester). However, you will only need to contribute to 8 of the weeks (thus, you can pick 3 weeks to skip). Information on how to register for Packback is at the end of this syllabus. The cost is about \$25 and this is a required platform for the course.

In sum, then, the total points available will be as follows: 3 tests (45+45+45), one case study analysis (45), and 8 weeks of Packback postings (48), for a total of 228 points.

Grades will be assigned according to the following formula:

93-100%	A
90-92%	A-
87-89%	B+
83-86%	B
80-82%	B-
77-79%	C+
73-76%	C
70-72%	C-
65-69%	D+
60-64%	D
59%	F

Based on the actual distribution of final grades these criteria might be relaxed, but not stiffened. Please be aware if you are taking this course credit/no credit that GVSU considers a grade of C- to be NO CREDIT. Because of this, if you choose the credit/no credit option and you receive a C- or below in the class, you WILL NOT get credit for the class.

You are responsible for completing all Exams and Discussion Board posts as scheduled. Each person will be allowed two late DB posts for the semester (maximum one day late), and after that, deductions will be made.

Format: This class is designated as a staggered hybrid. Typically half of the class will attend live each day of the week (Group A live on Tuesday, Group B live on Thursday—see BB Groups to determine which group you are in) and the other half will attend synchronously. If at any point you cannot attend live due to illness or other difficulties, you can join either section of the class synchronously on a given day, but I much prefer that you appear in person if it is possible (as this keeps you more engaged and adds variety to your pandemic life). Over the course of the semester you will have the opportunity to learn all of the content that I would cover in a typical semester, and the structure of the class will be roughly consistent from one week to another with a few small changes.

In the event that special circumstances prevent you from attending class, lectures will be recorded and placed on BB. However, I expect regular attendance at class. While I do not explicitly take attendance, failure to attend actual class sessions easily leads students to become disengaged and fall behind.

Please note that there will be some days where we will not meet in person and materials will be posted Asynchronously instead (see tentative syllabus although there may be a few changes made).

You can also join class by going into BB and selecting JOIN CLASSES on the left side menu and then clicking into the course room. Alternatively, you can copy the link below into your browser. <https://us.bbcollab.com/guest/d9aa253dbe3e4690992bd429bd76a8f6>

If we are forced to go completely on-line at any point, any days scheduled as live will be converted to synchronous only. The syllabus topics, assignments, and grading expectations will not change. **All assignments and assessments will be completed and submitted electronically.**

Equipment needs: To attend synchronous sessions you will need a computer with camera and microphone (can be built in) and a stable, high speed WiFi connection. Additionally, we will be using Lockdown Browser for the 3 class exams. Lockdown browser will NOT run on a Chromebook. Please see the final pages of the syllabus for more information and equipment needs for the browser.

Absences: I do not take attendance, but participation in class will enhance your understanding of the material, and you are responsible for all material covered in class.

Lectures will parallel (but not simply duplicate) text, and information from classroom discussions and video clips may also appear on examinations. *Therefore, if you miss a lecture, you must consult posted class recordings to review the missed material. If you miss consistently, you are likely to fall behind and not do well in the class.*

Academic dishonesty: If I have evidence of any form of academic dishonesty (cheating on an exam, giving or receiving information about what is asked in the exam, or any other form of cheating such as plagiarism), you will receive a failing grade in that activity and other consequences as dictated by GVSU policy. Plagiarism is presenting work, ideas or words that are not your own as though they were your own—this includes work of other students or work that is in a published source (the textbook, a journal article). To avoid plagiarism be sure to do your own work, and put information in your own words or use quotes, with appropriate reference to the original source from which you got the information or ideas.

This course is subject to the GVSU policies listed at <http://www.gvsu.edu/coursepolicies/>

Tentative Lecture Syllabus

Days	Tuesday Topic and Readings	Thursday Topic and Readings	Assignment:	DUE BY: (ALWAYS 11:59 PM)
1/19 and 1/21	LIVE/Syn :Introduction to course and each other (Chapter 1)	LIVE/Syn:Introduction to the Course and each other	Introduce Self via Flip Grid (2 EC) Packback ungraded	EC : Due by 1/28 Post by 1/24
1/26 and 1/28	LIVE/Syn: Integrative Approaches (Chapter 2)	LIVE/Syn:Integrative Approaches	Packback #1 Extra Credit: Scavenger Hunt with Flip Grid (2 EC)	Post by 1/27 and 1/29 EC : Due 2/16
2/2 and 2/4	LIVE/Syn: Integrative approaches	LIVE/Syn: Research Methods and Diagnosis (Chapter 3)	Packback #2	Post by 2/3 and 2/5

Be sure you have tested Lockdown Browser by 2/8 at 11:59 PM				
2/9 and 2/11	LIVE/Syn: Health Psychology (Chapter 7)	Asynchronous PPT: Health Psychology	Packback #3	Post by 2/10 and 2/12
2/16 and 2/18	LIVE/Syn: Health Psychology	LIVE/Syn: Anxiety DO (Chapter 4)	Packback #4	Post by 2/17 and 2/19
EXAM 1 (CHAPTERS 1,2,3,7). Take exam on-line (OPEN SUN 2/21 11:59 PM-WED 2/24 11:59 PM).				
2/23 and 2/25	Asynchronous PPT : Anxiety DO	LIVE/Synchronous: Anxiety DO	Packback #5	Post by 2/24 and 2/26 TAKE EXAM 1 ON OWN
3/2 and 3/4	LIVE/Synchronous : Anxiety DO	LIVE/Synchronous: Mood DO (Chapter 6)	Packback #6 Case Study Analysis Distributed 3/2; Begin partner work	Post by 3/3 and 3/5 Partner work on case due 3/18, midnight
3/9 and 3/11	LIVE/ Synchronous : Mood DO	Asynchronous: Mood DO (Chapter 6)	No Packback	
PARTNER WORK ON CASE DUE 3/18, 11:59 PM				
3/16 and 3/18	LIVE/Synchronous : Mood DO	Asynchronous: PPT Substance Abuse— (Chapter 10 mostly reading on own)	Packback #7 Begin Final Group Case Work on 3/18 (due 4/15)	Post by 3/17 and 3/19 PARTNER CASE WORK DUE

EXAM 2 (CHAPTERS 4,6,10).				
Take exam on-line (OPEN SUN 3/21 11:59 PM-WED 3/24 11:59 PM).				
3/23 and 3/25	<u>Asynchronous:</u> PPT Eating DO (Chapter 8) - just glance over Sleep Disorders	<u>LIVE/Synchronous:</u> Eating DO	Continue work on Case Study <u>Packback #8</u>	TAKE EXAM 2 ON OWN Post by 3/24 and 3/26
3/30 and 4/1	<u>LIVE/Synchronous:</u> Schizophrenia (Ch. 12)	NO CLASS, BREATHES	Packback #9	Post by 3/31 and 4/2
4/6 and 4/8	<u>LIVE/Synchronous:</u> Schizophrenia (Ch. 12)	<u>LIVE/Synchronous:</u> Schizophrenia (Ch. 12),	<u>Packback #10</u> Continue work on Case Study	Post by 4/7 and 4/9
FINAL GROUP CASE WRITE UP DUE 4/15, 11:59 PM				
4/13 and 4/15	<u>LIVE/Synchronous</u> Schizophrenia	<u>LIVE/Synchronous:</u> DID (Ch. 5, pp. 184-195) AND Asynchronous: DID PPT (Ch. 5 pp. 184-195)	Packback #11 Finish case Study	Post by 4/14 and 4/16 CASE STUDY DUE 4/15

4/20 and 4/22	Synchronous: Forensic Issues (Ch. 14)	Synchronous: Finish Forensic Issues (Chapter 14)	No Packback	
FINAL EXAM—(CHAPTERS 8, 12, 5, 14) ON OWN ON LINE (OPEN from SUN 4/25 11:59 PM-WED 4/28 11:59 PM)				

Useful tips for Synchronous Sessions

Because we are using Blackboard Collaborate, you should ALWAYS use Google Chrome as your web browser. Whenever possible, reboot your computer prior to a session to close apps running in the background that may interfere.

Always test your microphone, video camera and speakers at the start of every virtual session. Try not to sit directly in front of or beside a bright light source. Experiment with moving lamps and your camera until you can see your brightly-lit face on the screen. Covering a bright window may help.

When possible, try to attend your class meetings in quiet, indoor locations to control ambient noise. If you're unable to attend from a quiet location, mute your microphone before joining the class meeting. You will be able to unmute when you need to speak unless the instructor has chosen to mute all students. Whenever possible sit near the Wifi Router if using a wireless connection.

Exam Procedure and Equipment Required

We will use a software called Lockdown Browser and Monitor when you take exams, and these exams will be timed. The purpose of this software is to simulate the experience of taking an exam in class with your instructor present—you just get to do so at home, on your own time. The Lockdown Browser prevents students from looking at notes and course materials, and from communicating questions and answers with each other.

To ensure that your first exam with LockDown Browser runs smoothly, please take the ungraded Practice Test that will be posted that requires the use of LockDown Browser and Monitor. Ideally, you should use the same computers/devices you'll later use with the graded exams, including the same network/Wi-Fi environment. The Practice Test will be available for the duration of the course, with unlimited attempts, so students can access it again if they use a different computer or Wi-Fi network.

I would like everyone to run through the Practice Test as soon as possible, but no later than XXX at 11:59pm so that you have time to trouble shoot any problems before the first exam.

(Although this is not graded, it is required in order to take Exam 1.) In order to complete the Practice Test, please follow the below INSTRUCTIONS.

Just a couple other notes about exams before you get started:

- I will be asking everyone to use their webcams to show their workspaces and under their workspaces during the so-called Environment Check. I won't be checking those during the Practice Test, but I will during actual Exams. You can practice that process in this Practice Test.
- This idea of having a webcam record you while you take an exam might sound a bit weird. I get it! But again, if you think about it, it's no different than being in class taking an exam. In fact, I have no plans to watch any videos unless the software flags unusual behavior.
- By the same token of not making this weird (for me!), make sure to dress appropriately. No need for tuxedos or formal wear, but wear what you'd wear to class.
- Make sure to install the software (see link below) before you try to take the Practice Test.

INSTRUCTIONS:

LockDown Browser + Webcam Requirement

This course requires the use of LockDown Browser and a webcam for online exams. The webcam can be the type that's built into your computer or one that plugs in with a USB cable.

Watch this brief video to get a basic understanding of LockDown Browser and the webcam feature.

<https://www.respondus.com/products/lockdown-browser/student-movie.shtml>

Download Instructions

Download and install LockDown Browser from this link:

<https://download.respondus.com/lockdown/download.php?id=936312756>

Once Installed

1. Close all open programs.
2. Locate the "LockDown Browser" icon from your desktop and double-click on it.
3. If prompted to close an open program, answer Yes or close the LockDown Browser and close the open program before restarting.
4. You will be presented with the Blackboard Learn Login Page.
5. Click on the "Sign in with third-party account" drop down menu, item #1 as shown in the following image.
6. A URL pops up in the second box as shown in the following image, item #2. Click on the URL. It should read: <https://mybb.gvsu.edu>
7. That will bring up a "MyBb" login page.
8. Login with your GVSU username and password.
9. Navigate to your Course and locate the Practice Test (or Exam 2 when you take that) under Repondus Lockdown Browser and Monitor Exams.
10. If the instructor requires a test password (I won't), a new window will appear asking for the Exam Password. Enter the password and begin the exam.
11. If no password is required to take the exam, Open the quiz/test to begin.
12. Save your individual answers. You can always go back to change your selection and save again.
13. There is a final Save & Submit button that you will need to use at the close of the test.

Note: You won't be able to access the class exams with a standard web browser. If this is tried, an error message will indicate that the test requires the use of LockDown Browser. Simply start LockDown Browser and navigate back to the exam to continue.

There is no password necessary if you're accessing the Practice Test or the Exams directly from Lockdown. If it's asking for a password, it usually means that you are trying to enter the practice test from your normal browser, and not from the Lockdown software. If you open up the Lockdown software once you've installed it from the correct link (included below again), it asks you to log into Blackboard. Once you're there, you will be able to find and then start the quiz without a password.

Adobe Flash

Windows users need to have [Adobe Flash Player installed](#) to Internet Explorer, even if a different browser is normally used. Mac users must have Adobe Flash Player installed to Safari. A broadband connection is also required. Installing LockDown Browser on your computer also installs Respondus Monitor. **I can also enable the exam to open on a Chromebook with some adjustment to the settings on my end, so please alert me if this is your intention and remind me to set that option.**

Test Guidelines

When taking an online test, follow these guidelines:

- Ensure you're in a location where you won't be interrupted
- Turn off all other devices (e.g. tablets, phones, second computers) and place them outside of your reach
- Before starting the test, know how much time is available for it, and also that you've allotted sufficient time to complete it
- Clear your desk or workspace of all external materials not permitted - books, papers, other devices
- Remain at your computer for the duration of the test
- If the computer, Wi-Fi, or location is different than what was used previously with the "Webcam Check" and "System & Network Check" in LockDown Browser, run the checks again prior to the exam
- To produce a good webcam video, do the following:
 - Avoid wearing baseball caps or hats with brims
 - Ensure your computer or device is on a firm surface (a desk or table). Do NOT have the computer on your lap, a bed, or other surface where the device (or you) are likely to move
 - If using a built-in webcam, avoid readjusting the tilt of the screen after the webcam setup is complete
 - Take the exam in a well-lit room, but avoid backlighting (such as sitting with your back to a window)
- Remember that LockDown Browser will prevent you from accessing other websites or applications; you will be unable to exit the test until all questions are completed and submitted

Info about Monitor

Students will use a webcam to record themselves during the exam. A "startup sequence" includes a webcam check and other requirements set by the instructor, e.g., making a short video of the exam environment. Only the instructor can review video recordings or data from the exam session.

Respondus Monitor automatically flags students for suspicious behavior, such as leaving the computer during the exam, or a different person entering the video frame. This, along with other data, provides useful information to the instructor about the exam session.

The recorded images captured during the online exam is similar to video captured throughout our daily lives at stop lights, an ATM machine, the grocery store, etc. Captured images are securely stored and are only accessible through the course by your instructor.

Getting Help

Several resources are available if you encounter problems with LockDown Browser:

- The Windows and Mac versions of LockDown Browser have a "Help Center" button located on the toolbar. Use the "System & Network Check" to troubleshoot issues. If an exam requires you to use a webcam, also run the "Webcam Check" from this area
- If you have run the "System & Network Check" and the "Webcam Check" and are still encountering problems, try to contact the GVSU IT Helpdesk at 331-2101 or at <https://www.gvsu.edu/it/helpdesk/>.
- Respondus has a Knowledge Base available from support.respondus.com. Select the "Knowledge Base" link and then select "Respondus LockDown Browser" as the product. If your problem is with a webcam, select "Respondus Monitor" as your product
- If you're still unable to resolve a technical issue with LockDown Browser, go to support.respondus.com and select "Submit a Ticket". Provide detailed information about your problem and what steps you took to resolve it

Using "Packback Questions" for Online Class Discussions

The Packback Questions platform will be used for online discussion about class topics. Packback Questions is an online community where you can be fearlessly curious and ask open-ended questions to build on top of what we are covering in class and relate topics to real-world applications.

Packback Requirements:

Your participation on Packback will count toward **21%** of your overall course grade.

There will be a Weekly Saturday at 12:00AM EST deadline for submissions. In order to receive your 6 points per week, you should submit the following per each deadline period:

- 1 open-ended Question per week with a minimum Curiosity Score of 50, each worth 2pt of each assignment grade
- 2 Responses per week with a minimum Curiosity Score of 50, each worth 2pts of each assignment grade
- Half credit will be provided for questions and responses that do not meet the minimum curiosity score.
- Any posting (questions or responses) **MUST** include a reference to get any credit
- The Question must be posted by Wed at 11:59 and the 2 responses must be posted by Friday at 11:59. Posting earlier than this is encouraged.

How to Register on Packback:

An email invitation will be sent to you from help@packback.co prompting you to finish registration. If you don't receive an email (be sure to check your spam), you may register by following the instructions below:

1. Create an account by navigating to <https://questions.packback.co> and clicking "Sign up for an Account"
Note: If you already have an account on Packback you can log in with your credentials.
2. Then enter our class community's lookup key into the "Looking to join a community you don't see here?" section in Packback at the bottom of the homepage.
Community Lookup Key: **b3e8d0df-435a-48cb-a971-b79f1eb33623**
3. Follow the instructions on your screen to finish your registration.

Packback may require a paid subscription. Refer to www.packback.co/product/pricing for more information.

How to Get Help from the Packback Team:

If you have any questions or concerns about Packback throughout the semester, please read their FAQ at help.packback.co. If you need more help, contact their customer support team directly at help@packback.co.

For a brief introduction to Packback Questions and why we are using it in class, watch this video: vimeo.com/packback/Welcome-to-Packback-Questions