

# Abnormal Psychology

## Course Details

**Course Designator & Number: SDNY 3039**

**Number of Credits: 3**

**Language of Instruction: English**

**Contact Hours: 45**

**Instructor: On-Site Faculty**

## Course Description

This course provides a contemporary overview of the psychological, biological, and experiential factors thought to influence human mental disorders. It will address questions such as What is “abnormal”? What causes mental illness and how do we treat them? Each week students will explore a different disorder (for example, depression, anxiety, eating disorders, schizophrenia) and discuss the symptoms, causes, and empirically supported treatments. One seminar will focus on Sydney and the geographic divide in notions of fitness, the body, and beach culture.

## Course Objectives

- To provide students with a contemporary view of the psychological and biological theories and issues associated with human psychopathology.
- To provide an overview and discussion of the notion of abnormal behaviour, diagnostic practice, stigma, aetiology, prognosis, and treatment in major mental disorders.
- To explore the ever-changing relationships between bodies, oceans, and beaches in Australian society and the spatial dimensions in Sydney.

## Learning Outcomes

At the end of the course, students should be able to:

- Demonstrate knowledge of major concepts of abnormal psychology with regard to: risk factors, classification, aetiology, and treatments of common mental disorders;

- Demonstrate knowledge of the scientific method in order to understand how these principles are applied in abnormal psychology research and clinical settings.
- Apply critical thinking skills in order to intellectually engage with literature, differentiate quality empirical evidence from speculation, develop an argument, and critique those of others.
- Demonstrate effective written communication skills in psychology for the purpose of informing and debating.

## Methodology

Classes will comprise lectures and seminar-style discussion with periodic quizzes. Students will be required to prepare for class by reading ahead and completing the online quizzes.

## Field Component(s)

CAPA provides the unique opportunity to learn about the city through direct, guided experience. Participation in the field activity(s) for this course is required. Students will actively explore their Global City. Guidance on each of these components will be offered in class. Students are strongly encouraged to participate in co-curricular My Global Cities activities.

## Course Prerequisites

Students who have completed university level units will be able to engage fully with the course. The course is intended as an introduction (or primer) to Abnormal Psychology. This course is appropriate for students with and without a background in science. Some background in psychology is useful but not essential.

## Required Reading / Materials

- Text. Durand, V.M., Barlow, D.H., and Hofmann, S.G. 2018. Essentials of Abnormal Psychology. 8th edition. Cengage Learning.
- Other materials will be available through CANVAS.

# Grading

## Grading Rubric

Letter Grade	Score or Percentage	Description
A	93–100	Achievement that is outstanding relative to the level necessary to meet course requirements.
A-	90–92	Achievement that is significantly above the level necessary to meet course requirements.
B+	87–89	
B	83–86	
B-	80–82	Achievement that meets the course requirements in every respect.
C+	77–79	
C	73–76	
C-	70–72	Achievement that is worthy of credit even though it fails to fully meet the course requirements.
D+	67–69	
D	60–66	
F	0–59	Represents failure (or no credit) and signifies that the work was either (1) completed but at a level of achievement that is not worthy of credit or (2) was not completed and there was no agreement between the instructor and the student that the student would be awarded an I.

## Summary of How Grades Are Weighted

Assignments	Percentage of Grade
Participation in class	10%
Online quizzes	30%
Essay`	30%
Final Exam	30%
Overall grade	100%

### Assessment Details

#### Class Participation (10%)

Participation is a vital part of students' grades: students are expected to participate orally in seminars and in online forums and discussions (via the Online Discussion Forum) in a critical and evaluative manner; to interact with the faculty and fellow students with respect and tolerance; and to actively engage in discussion.

#### Online quizzes (30%)

Students will complete three online quizzes. These will be multiple choice and will be a review and evaluation of student engagement with course material.

#### Essay (30%)

A written assignment in essay format will be required for submission. The questions and instructions will be detailed in class. Due date: TBA.

#### Final Exam (30%)

Students will complete a final exam at the end of the course. This will be based on lectures, readings, and materials discussed in seminars in the second half of the course. The exam will comprise both short-answer and long-answer questions as well as case study questions.

# Course Content

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## Unit 1

### Introduction to Psychopathology

- Class lecture
- No online requirement for the first week
- Required reading: Chapters 1 and 3

## Unit 2

### Psychology Theories—Emotion, Fear, Anxiety

- Class lecture
- Online discussion
- **Required reading:** Chapter 2

## Unit 3

### Mood Disorders

- Class lecture
- Online revision quiz 1
- **Required reading:** Chapter 6

## Unit 4

### Anxiety Disorders

- Class lecture
- Online discussion
- **Required reading:** Chapter 4

## Unit 5

### Schizophrenia & Psychotic Disorders

- Class lecture
- Online revision quiz 2
- **Required reading:** Chapter 12

## Unit 6

### Substance Use & Abuse

- Class lecture
- Mid-semester exam
- **Required reading:** Chapter 10

### Mid-Semester Break Week

## Unit 7

### Eating & Sleeping Disorders

- Class lecture
- Online discussion
- **Required reading:** Chapter 8

## Unit 8

### The Body, Beach Culture, & Spatial Divide in Sydney

- Class lecture
- Online discussion
- **Required reading:** Readings in Module 8 on CANVAS

## Unit 9

### Field Class

- Details will be provided in Unit 1

## Unit 10

### Personality Disorders

- Class lecture
- Online revision quiz 3
- **Required reading:** Chapter 11

## Unit 11

### Cognitive Disorders

- Class lecture
- Online discussion
- **Required reading:** Chapter 13

## Unit 12

### Final Class

- Course Summary and Evaluation
- Final exam

# Policies

## Attendance Policy

Students are expected to be on time and attend all classes while abroad. Many instructors assess both attendance and participation when assigning a final course grade. Attendance alone does not guarantee a positive participation grade; the student should be prepared for class and engage in class discussion. See the on-site syllabus for specific class requirements.

## University of Minnesota Policies & Procedures

Academic integrity is essential to a positive teaching and learning environment. All students enrolled in University courses are expected to complete coursework responsibilities with fairness and honesty. Failure to do so by seeking unfair advantage over others or misrepresenting someone else's work as your own can result in disciplinary action. The University Student Conduct Code defines scholastic dishonesty as follows:

### Scholastic Dishonesty

Scholastic dishonesty means plagiarizing; cheating on assignments or examinations; engaging in unauthorized collaboration on academic work; taking, acquiring, or using test materials without faculty permission; submitting false or incomplete records of academic achievement; acting alone or in cooperation with another to falsify records or to obtain dishonestly grades, honors, awards, or professional endorsement; altering forging, or misusing a University academic record; or fabricating or falsifying data, research procedures, or data analysis.

Within this course, a student responsible for scholastic dishonesty can be assigned a penalty up to and including an "F" or "N" for the course. If you have any questions regarding the expectations for a specific assignment or exam, ask.

### Student Conduct

The University of Minnesota has specific policies concerning student conduct. This information can be found [on the Learning Abroad Center website](#).