

November, 2023

Prerequisites: Introduction to Psychology (PSYC 101) or equivalent. Students must also demonstrate proficiency with written English.

Faculty: Diana Rice, PhD, Dept. Chair
Ethan Bosch, MEd, CCDPD
Debbie Schratz, PhD, LPC, NCC
Terri Williams, PhD
Sharon Bovalina, BSN, PhD, LPC, NCC
Sarah A. DiOrio, PsyD.

Contact Information: Faculty may be contacted through the Canvas messaging system

Additional Information: www.portagelearning.edu^{1*}

Course meeting times: PSYC 210 is offered continuously

Course Description: This course offers a broad description of psychological disorders, including philosophical and diagnostic approaches to psychological disorders. Course structure follows the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), and covers the major diagnostic criteria for psychological disorders.

Course Outcomes: As a result of this course experience a student should be able to:

- Accurately describe a wide array of psychological disorders.
- Develop an understanding of the actual experiences of those living with psychological disorders, via the use of case studies and videos.
- Employ APA style in writing papers describing psychological disorders.
- Access media portrayals of psychological disorders and evaluate their accuracy.

**Please see the [Module Topics](#) section below for expanded course outcomes.*

Each of these PSYC 210 student learning outcomes is measured:

Directly by: (1) Module application problems (with instructor feedback)
(2) Exams

^{1*} Portage Learning college courses are offered by Geneva College, which is accredited by the Middle States Commission on Higher Education. Portage Learning is included in the College's Department of Professional and Online Graduate Studies; courses are delivered through the Portagelearning.edu platform.

(3) Papers

Indirectly by an end of course student-completed evaluation survey

Course Delivery: This course is asynchronously delivered online. Contact hours include 40 - 50 hours of reviewed module assignments with instructor feedback and video lectures. There are 12 additional contact hours composed of secure online exams.

Course Progression: It is the policy for all Portage Learning courses that only one (module/final) exam is to be completed within a 48-hour period. Research on the best practices in learning indicates that time is needed to process material for optimal learning. This means that once an exam has been completed, the next exam may not be opened or taken until 48 hours after the submission of the previous module exam. This allows for instructor feedback/class expectations as the student moves through the material. Instructors, like the College, are not available during the weekend; grading, therefore, is M-F and may take up to 72 hours during these days. Also, it is the policy of Portage Learning to support a minimum of 28 days to complete a course; this is not a negotiable time period. Please plan your time accordingly.

Note: Professors reserve the right to reset any exam taken in violation of these guidelines.

Required readings, lectures and assignments: Portage courses do not use paper textbooks. Students are required to read the online lesson modules written by the course author which contain the standard information covered in a typical course. Please note exams are based upon the readings. Video lectures which support each lesson module subject should be viewed as many times as is necessary to fully understand the material.

We do not support the use of outside resources to study, except for the ones listed in the syllabus under "Suggested External References". If you have questions about the material or would like further explanation of the concepts, please contact your instructor.

Module Problem Sets: The practice problems within the modules are a part of your final grade, and the module work will be reviewed for completeness (not correctness) by the instructor. **Be sure to answer all of the problems, being careful to answer the questions in your own words at all times since this is an important part of adequate preparation for the exams.** After you answer the practice problems, compare your answers to the solutions provided at the end of the module. If your answers do not match those at the end, attempt to figure out why there is a difference. If you have any questions, please contact the instructor via the Canvas messaging system (see Inbox icon).

NOTE: Module problem sets are not an option or a choice; they are required. This means that you must complete all the review questions within the modules. Not only are problem sets class participation, they are the best way to prepare for the exams.

Academic Integrity is a serious matter. In the educational context, any dishonesty violates freedom and trust, which are essential for effective learning. Dishonesty limits a student's ability to reach his or her potential. Portage places a high value on honest independent work. We depend on the student's desire to succeed in the program he or she is entering. It is in a student's own best interests not to cheat on an exam or put their work into question, as this would compromise the student's preparation for future work. It is the student's responsibility to review the **Student Handbook** and all policies related to academic integrity. If clarification is necessary, the student should reach out to their instructor for further explanation **before** initiating module one.

Required Computer Accessories: It is recommended that students use a desktop or laptop computer, PC or Mac, when taking the course. Some tablet computers are potentially compatible with the course, but not all features are available for all tablet computers. The latest full version of Google Chrome, Firefox, Edge, or Safari browser is required for the optimal operation of the Canvas Learning Management System. In addition, this course will use the Respondus Lockdown Browser for exams; a strong internet connection is needed. You are also **required to use LockDown Browser with a webcam**, which will record you during an online, nonproctored exam. (The webcam feature is sometimes referred to as "Respondus Monitor.") **Your computer must have a functioning webcam and microphone. Additionally, students will need a photo ID that includes your picture and full name is required. Please note, Chromebooks and tablets (other than iPad) are not compatible on exams using the Lockdown Browser.** Instructions on downloading and installing this browser will be given at the start of the course. We highly recommend using a high-speed Internet connection to view the video lectures and labs. You may experience significant difficulties viewing the videos using a dial-up connection.

For more information on basic system and browser requirements, please reference the following:

Canvas browser and system requirements: <https://community.canvaslms.com/t5/Canvas-Basics-Guide/What-are-the-browser-and-computer-requirements-for-Canvas/ta-p/66>

Respondus Requirements: <https://web.respondus.com/he/lockdownbrowser/resources/>

Respondus Monitor Requirements: <https://web.respondus.com/he/monitor/resources/>

Module Topics

Module 1: An introduction to the study of abnormal psychology. This module begins with definitions of psychological, or mental, disorders and then introduces the Diagnostic and Statistical Manual (DSM). Historical perspectives on the treatment of psychological disorders are then presented, and then contemporary perspectives are addressed. Finally, definitions and clarification is given on terms related to the study and assessment of mental disorders.

- Module 2: This module covers the first two classifications of psychological disorders in the DSM: Neurodevelopmental Disorders and Schizophrenia Spectrum and Other Psychotic Disorders. Specific Neurodevelopmental disorders discussed include Intellectual Disability, Autism Spectrum Disorder, and Attention Deficit/Hyperactivity Disorder. A detailed presentation of Schizophrenia is given, including case examples of patient experiences.
- Module 3: An overview of Bipolar and Depressive Disorders. Specific disorders discussed in this module include Bipolar I, Bipolar II, and Major Depressive Disorder. Particularly emphasis is on symptoms, risk factors, and case examples. In lieu of problem sets, this module's concluding assignment is the beginning of the Abnormal Psychology in the News paper.
- Module 4: This module covers Anxiety Disorders, Obsessive-Compulsive Disorders, and Trauma- and Stressor-Related Disorders. Specific disorders discussed are Specific Phobias, Social Anxiety Disorder, Panic Disorder, Generalized Anxiety Disorder, Obsessive-Compulsive Disorder, Body Dysmorphic Disorder, and Post-Traumatic Stress Disorder. Particular emphasis is on symptoms, prevalence, and misconceptions of these disorders.
- Module 5: An overview of Dissociative Disorders and Feeding/Eating Disorders. Specific disorders covered are Dissociative Identity Disorder, Dissociative Amnesia, Anorexia Nervosa, Bulimia Nervosa, and Binge-Eating Disorder. Emphasis is on symptoms as well as clarifying some societal misconceptions of these disorders. In lieu of problem sets, the concluding, graded assignment is the full Abnormal Psychology in the Newspaper.
- Module 6: This module covers Sleep-Wake Disorders and Substance-Related Disorders. Specific disorders covered are Insomnia Disorder, Narcolepsy, Substance Use Disorders (across the various classes of drugs), Substance Intoxication, Substance Withdrawal, Substance/Medication-Induced Mental disorders, and Gambling Disorder. Emphasis is on criteria for diagnosis.
- Module 7: This module covers Neurocognitive Disorders and Personality Disorders. All disorders in these two areas are discussed, with an overview of diagnostic criteria presented. For example, the cognitive domains for the various Neurocognitive Disorders are presented, and these are discussed in terms of major and mild levels of severity.
- Module 8: This module focuses on social and legal issues pertaining to psychological disorders. These include Deinstitutionalization, Civil Commitment, and Patient Rights. Current readings from government and advocacy groups are included in this module.

Suggested Timed Course Schedule (to complete the course within a typical college semester)

All Portage courses are offered asynchronously with no required schedule to better fit the normal routine of adult students, but the schedule below is suggested to allow a student to complete the course within a typical college semester. Students may feel free to complete the course on a schedule determined by them within the parameters outlined under “Course Progression.”

<u>Time Period</u>	<u>Assignments</u>	<u>Subject Matter</u>
Days 1-9	Module 1, Problem Set 1, Exam 1	Introduction to Abnormal Psychology
Days 10-19	Module 2, Problem Set 2, Exam 2	Neurodevelopmental Disorders Schizophrenia Spectrum
Days 20-29	Module 3, Exam 3 Part I of Paper I	Bipolar and Depressive Disorders
Days 30-39	Module 4, Problem Set 4, Exam 4	Anxiety Disorders, Obsessive-Compulsive Disorders, Trauma-and-Stressor-Related Disorders
Days 40-59	Module 5, Exam 5 Paper I	Dissociative Disorders and Feeding/Eating Disorders
Days 60-69	Module 6, Problem Set 6, Exam 6	Sleep-Wake Disorders and Substance-Related Disorders
Days 70-79	Module 7, Problem Set 7, Exam 7	Neurocognitive Disorders and Personality Disorders
Days 80-100	Module 8, Problem Set 8 Exam 8, Paper II	Deinstitutionalization, Civil Commitment, Patient Rights
Days 100-108	Final exam	Comprehensive—covers all modules

Grading Rubric:

Check for Understanding =	1 pt.
8 Module Review & Reflect = 5 pts. each x 8 =	40 pts.
8 Module Exams = 30 pts. each x 8 =	240 pts.
Paper 2 (term paper on media portrayals)	100 pts.
Paper 1 (abnormal psychology in the news)	55 pts.
<u>Final Exam = 100 pts.</u>	<u>100 pts.</u>
Total	536 pts.

The current course grade and progress is continuously displayed on the student desktop.

Grading Scale:

96.5% - 100% = A+
92.5% - 96.4% = A
89.5% - 92.4% = A-
86.5% - 89.4% = B+
82.5% - 86.4% = B
79.5% - 82.4% = B-
76.5% - 79.4% = C+
72.5% - 76.4% = C
69.5% - 72.4% = C-
66.5% - 69.4% = D+
62.5% - 66.4% = D
59.5% - 62.4% = D-
0% - 59.4% = F

Suggested External References:

If the student desires to consult a reference for additional information, the following resources are recommended as providing complete treatment of the course subject matter.

- *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition (2013). American Psychiatric Association.
- *Essentials of Abnormal Psychology*, Durand & Barlow (2015), Wadsworth Publishing.

NOTE: We do not support the use of outside resources to study, except the ones listed above.

Learning Support Services:

Each student should be sure to take advantage of and use the following learning support services provided to increase student academic performance:

Video lectures: Supports diverse learning styles in conjunction with the text material of each module

Messaging system: Provides individual instructor/student interaction

Tech support: Available by submitting a help ticket through the student dashboard

Accommodations for Students with Learning Disabilities:

Students with documented learning disabilities may receive accommodations in the form of an extended time limit on exams, when applicable. To receive the accommodations, the student should furnish documentation of the learning disability at the time of registration, if possible. Scan and e-mail the documentation to studentservices@portagelearning.edu. Upon receipt of the learning disability documentation, Portage staff will provide the student with instructions for a variation of the course containing exams with extended time limits. This accommodation does not alter the content of any assignments/exams, change what the exam is intended to measure or otherwise impact the outcomes of objectives of the course.

One-on-one Instruction:

Each student is assigned to his/her own instructor. Personalized questions are addressed via the student dashboard messaging system.

Online learning presents an opportunity for flexibility; however, a discipline to maintain connection to the course is required; therefore, communication is essential to successful learning. **Check your messages daily.** Instructors are checking messages daily Monday-Friday to be sure to answer any questions that may arise from you. It is important that you do the same so you do not miss any pertinent information from us.

Holidays:

During the following holidays, all administrative and instructional functions are suspended, including the grading of exams and issuance of transcripts.

New Year's Day	MLK Day
Easter	Memorial Day
Juneteenth	Independence Day
Labor Day	Thanksgiving weekend
Christmas Break	

The schedule of holidays for the current calendar year may be found under the Student Services menu at www.portagelearning.edu

Code of Conduct: Students are expected to conduct themselves in a way that supports learning and teaching and promotes an atmosphere of civility and respect in their interactions with others. Verbal and written aggression, abuse, or misconduct is prohibited and may be grounds for immediate dismissal from the program.

This is a classroom; therefore, instructors have the academic freedom to set forth policy for their respective class. Instructors send a welcome e-mail detailing the policy of their class, which students are required to read prior to beginning the course.

Grievances: If a student has a complaint about the coursework or the instructor, the student is advised to first consult the instructor, who will be willing to listen and consider your concern. To file a formal grievance for consideration by the Academic Review Committee, the process must be initiated via written communication to academics@portagelearning.edu.

Remediation: At Portage Learning we allow a "one-time" only opportunity to re-take an alternate version of **one** module exam on which a student has earned a grade lower than 70%. This option must be exercised before the final exam is started. If an exam is retaken, the original exam grade will be erased and the new exam grade will become a permanent part of the course grade. However, before scheduling and attempting this retest, the student must resolve the questions they have regarding the material by reviewing both the old exam and the lesson module material. Once ready to attempt the retest of the exam they must contact their instructor to request that the exam be reset for the retest. Remember, any module retest must be requested and completed **before** the final exam is opened.

Note: Exams on which a student has been penalized for a violation of the academic integrity policy may not be re-taken.

Students needing remediation for grammar, spelling, and/or reading comprehension may be referred to a verbal skills course offered by Portage. If students need remediation in addition to a review of verbal skills, they may withdraw from the course in a manner consistent with the published refund policy in order to complete the prerequisites for PSYC 210 prior to beginning the course.

Syllabi are subject to change as part of ongoing educational review practices. Students are responsible for accessing and using the most recent version of the course syllabus.