

# Draft Version ONLY!!!! STUDENT DATA

Psychology 340 TeleWeb – Spring 2009  
Sat. 11:15 AM-1:00 PM

**DIRECTIONS:** Please **PRINT** the following information and turn it in before you leave the Orientation Session.

THE STUDENT DATA SHEET IS PART OF THE REGISTRATION PROCESS FOR THIS CLASS. FAILURE TO SUBMIT THIS PAGE WILL RESULT IN YOU BEING DROPPED FROM THE CLASS.

Name \_\_\_\_\_ ID # \_\_\_\_\_  
Last Name, First, Middle Initial

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_ Your Age \_\_\_\_

E-Mail Address \_\_\_\_\_

Internet Service Provider \_\_\_\_\_

**It is your responsibility to inform the professor of any change in postal or e-mail address.**

**Prerequisite Verification:** College transcript, grade record, or counselor verification.

Completion of an Introductory Psychology course: General Principles - Psyc. 300 (formerly Psyc 1), Human Behavior - Psyc. 350 (formerly Psyc 7), or equivalent.

**Failure to provide verification by Aug. 30, 2008 will result in you being dropped from this class.**

Course Title: \_\_\_\_\_ College \_\_\_\_\_

Year Completed \_\_\_\_\_ Grade \_\_\_\_\_ Verified \_\_\_\_\_

Number of college units completed before this semester \_\_\_\_\_

Declared (or proposed) Major \_\_\_\_\_

List Previous Psychology Courses \_\_\_\_\_

List Previous Courses by Television \_\_\_\_\_

Are you attending other colleges? Yes \_\_\_ No \_\_\_ Which one(s) \_\_\_\_\_

Are you currently employed? Yes \_\_\_ No \_\_\_ Full-time \_\_\_\_\_ Part-time \_\_\_\_\_

Job Description \_\_\_\_\_

I have read and understand the **PSYCHOLOGY 340 COURSE OUTLINE & CONTRACT**, and will follow the guidelines presented therein. I also understand that the College Catalog, Student Code of Conduct, and Student Honor Code present other policies that regulate my attendance and participation at Sacramento City College.

Signature \_\_\_\_\_ Date \_\_\_\_\_



# Personal Goals – Work Sheet

(300 words min., 15 pts. max.)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Psyc. 340 *TeleWeb*

**DIRECTIONS:** If it suits your writing style, use this page as a Work Sheet where you can write a rough draft version of the essay described below. Submit the assignment to the professor by 11:55 PM Jan. 24, 2009 (Sat.). Send the completed essay by e-mail. **DO NOT SEND IT AS AN ATTACHMENT!**

To: [psy340@drdol.net](mailto:psy340@drdol.net)

In the Subject line write: **Personal Goals.**

**Points will be deducted for Late Papers.**

Answer the following multiple-part question:

- ➊ What are your goals, plans, hopes and dreams for the next five years of your life?
- ➋ How does enrollment in this class fit into that scheme?



# PSYCHOLOGY 340 COURSE OUTLINE & CONTRACT

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**Note: Corrections and changes will be announced at Blackboard.**

## **PSYCHOLOGY 340 COURSE OUTLINE & CONTRACT**

**Abnormal Behavior - TeleWeb Course – Spring 2009**

Sacramento City College

7 On-Campus Meetings: Sat. 11:15 AM -1:05 PM - Learning Resource Center 105

*See page 9 for specific dates and details.*

Television Programs Broadcast on Comcast Ch. 15 - Wed. 9:00-10:00 PM

Videotapes can be viewed in S.C.C. Learning Resource Center

*A limited number of rental tapes/DVDs are available. See \* below for details.*

Weekly use of the Internet to interact with the class web site.

Professor: Dr. Richard J. Dowdall

Mailbox in Rodda North 226 - Behavioral & Social Sciences Division Office

E-mail: [psy340@drdol.net](mailto:psy340@drdol.net)

Blackboard: <http://blackboard.losrios.edu/webapps/portal/frameset.jsp>

### **CATALOG DESCRIPTION:**

#### **Psychology 340 – Abnormal Behavior**

Formerly: PSYC 15

**PREREQUISITE: Psychology 300 (PSYC 1) or 350 (PSYC 7) with a C or better - REQUIRED!**

*Advisory: Eligibility for ENGRD 310 or ENGWR 100*

*General Education: AA/AS Area B2*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

In this course, students will explore the broad questions of normality and abnormality and investigate specific mental, emotional and behavioral difficulties. They will learn current approaches to psychological intervention including present community mental health practices. Course material considers the contribution of social, biological and psychological factors to the development and persistence of behavior disorders.

**PREREQUISITE: Psychology 300 (PSYC 1) or 350 (PSYC 7) with a C or better - REQUIRED!**

Students who have completed an Introductory Psychology course, like Psychology 300 or 350 at SCC, should have covered the basic concepts about normal/abnormal behavior presented in Ch. 1 of the Textbook, the models of abnormality in Ch. 2, and methods of treatment presented in Ch. 3. These topics are covered in Psych. 300 TeleWeb. Consequently, these chapters should be a review of previous course work in **Psychology**. The information in these chapters will be elaborated, refined and given detail in the specific disorder chapters! **Most important is your under-standing of the six major schools of psychology: psychodynamic, behavioral, cognitive, humanistic-existential, biological, and socio-cultural.**

**Verify your prerequisite with: a Grade Record, college transcript (copy will do), or Counselor Verification form. A Bachelor's degree in any subject can be offered as a prerequisite, with the understanding that you may not have the background in Psychology, even if you have the academic skills to complete a college degree. More information about verifying the Prerequisite at the Orientation Session.**

### **COURSE MATERIALS:**

Comer, Ronald J. *Fundamentals of Abnormal Psychology*. W. H. Freeman & Company, 2008 (5th Edition)

Reserve Copy of Text 2<sup>nd</sup> Floor LRC: RC 454.C6343 2008

*Diagnostic Criteria From DSM-IV*, American Psychiatric Association, 2<sup>nd</sup> Ed.

Reserve Copy of Text 2<sup>nd</sup> Floor LRC: RC 455.2.C4 D54312 2008

SCAN-TRON #884E Answer Sheet, or two SCAN-TRON #882 Answer Sheets for each exam

Video Series: *World of Abnormal Psychology* - **RC435.W67 1991** in Learning Resource Center.

**\*Rental tapes/DVDs are available for \$20 cash or check (no cards!) from the Instructional Media Desk in the Learning Resource Center (LR 144).**

**2 SCAN-TRON #884SE, or 4 SCAN-TRON #882 Answer Sheets**

## **HOW THIS TeleWeb COURSE WORKS:**

**This is a Distance Education class** combining a telecourse series broadcast on cable television with a class web site on the Internet. Only seven (7) trips to campus are required. This kind of a class is very convenient for working adults, who have limited time for traditional on campus classes. The TV Programs are broadcast on a schedule, and there are deadlines for all assignments, but the rest of the time in the class can be spent when it is convenient for you.

**This is a self-study class** and requires a self-directed learner who can take a list of assignments and complete them with minimum supervision. You need to be able to make a place for this class in your daily routine. In addition to the TV Programs and the Video Focus Questions (VFQs), you will be reading a textbook with a companion web site for enrichment, and taking quizzes at Blackboard. Two major papers are also required.

**You must be connected to Comcast cable to view** *The World of Abnormal Psychology*, a C. P. Annenberg Telecourse. It will be broadcast on Comcast Ch. 15 on Wednesday from 9:00-10:00 PM. The TV Programs are available for viewing in the SCC Learning Resource Center from the Instructional Media Desk (LR 144); rental tapes/DVDs are also available from the Instructional Media Desk. See Page 7 for details.

**You can watch the TV Programs Online.** You can view Annenberg/CPB programs of your choice online with a broadband connection. There is no charge for this service. Simply select a program and go to the individual program description listing and click on the icon. Free sign up required for first-time users. To hear the sound and view video, you should have Windows Media Player, DSL, a cable modem, or a LAN connection to a T1 line or greater, and have Javascript enabled. For more information, please visit the web site:

**<http://www.learner.org/resources/series60.html?pop=yes&void=128917&pid=776#>**

**This Class requires that you have an Internet Service provider (ISP).** You should have the latest Internet browser (Safari, Firefox, or Microsoft Explorer) with the necessary plug-ins that will allow you to access web features that use Shockwave and QuickTime as two examples. This software will allow you to access the class web site and any other destination on the World Wide Web.

**This Class Requires the Use of a Computer to access the *password-protected* class web site** at Los Rios Online/Blackboard. Computers are available for student use in the SCC Learning Resource Center and the Business Building. ARC, CRC, and FLC also have computers for enrolled student use.

**All Communication in this class is going to take place via e-mail.** You will need to have e-mail software (Outlook Express, Eudora, etc.). Browser software can be used to access some e-mail servers. There is a new student e-mail called iMail (imail.losrios.edu). **We will NOT use attachments in this class because of their many technical problems, including carrying viruses.**

**Word Processing Skills.** The written work in this class will require that you know how to operate word processing software. Microsoft Word is the Los Rios standard and is installed on all campus computers. You will be asked to compose and spell check all written work in a word processing program, copy it, and paste it into the text field of the e-mail response form. If you are a CONFIDENT WRITER and can COMPOSE on the computer screen, compose your response in the e-mail message window. A SIMPLE TEXT document could also be used to compose your response.

## **HOW TO BE A TeleWeb STUDENT:**

Taking a TeleWeb course is different in many ways from the traditional college classroom course. While you do not need to attend class, there are still responsibilities and tasks that must be completed in a timely fashion.

If you were taking the course on campus you would be expected to spend three hours a week in class and approximately six hours outside of class doing the required assignments. (3+6 = 9 hours a week).

For this TeleWeb course plan to spend about

2 hours a week preparing for, viewing, and responding to the Video Review Questions (VRQs)

3 hours a week interacting with the class web site, conducting Internet Research, taking quizzes.

4 hours reading the Text, preparing for quizzes and exams, preparing written assignments, studying.

**These hours are estimates.** Students with well-developed reading, writing, and studying skills may spend less time, some may need to spend more time.



## **ON CAMPUS CLASS SESSIONS:**

All class sessions will be held in the Learning Resource Center LR 105 from 11:15 AM -1:05 PM on the Saturdays listed below.

There are only seven (7) REQUIRED on campus meetings in this *TeleWeb* class, as compared to 32 meetings for a 3-unit twice-a-week class that meets on campus.

**RESERVE these 7 dates, and mark them on your calendar or day planner and plan to attend.**

**ORIENTATION – Jan. 17, 2009**

Review 1 – Feb. 7

Review 2 - Feb. 28

**MID-TERM EXAM – Mar. 7**

Review 3 – Apr. 4

Review 4 – May 9

**FINAL EXAM – May 16**

## **CLASSROOM POLICIES: (No Food, Drink, or Cell Phones Allowed in LR 105)**

The use of Personal Electronics, of any kind, is not permitted in LR 105 during the class session. They are to be turned off and put away. Personal Electronics include, but are not limited to: **cell phones**, pagers, iPods, iPhones, Bluetooth ear phones, BlackBerries, text messenger devices, palm pilots, **laptop computers**, tape recorders, digital cameras, and any other item that can be considered a personal electronic device.

**The sounds made by these devices are disruptive, a distraction, and will not be tolerated.**

**Zero Tolerance Policy for disrupting class sessions with personal electronic devices:** If any of these devices sound off during class, **fifty (50) points will be deducted from the student's point total, one hundred (100) points during examinations.** This is an example of negative reinforcement.

## **REVIEW SESSIONS:**

The Learning Resource Center opens at 9:00 AM on Saturday. Review Sessions begin promptly at 11:15 AM and will run until 1:00 PM.

The first item of business is an Attendance Quiz from 11:15-11:25. The questions have been selected to review important or difficult concepts. All of the questions will be answered and illustrated during the Review. The points on the quiz will be recorded as Grade Insurance.

Some time will be allocated to techniques that evoke the Relaxation Response, and how this self-regulation skill can be used to manage stress, and improve study and test-taking skills.

**EARLY START.** The Attendance Quiz will be distributed to those students who are in the classroom by 11:10.

**If you come LATE (after 11:15) and the Attendance Quiz is in progress, you will not have extra time to complete the quiz. You may even forfeit all quiz points if you come TOO LATE! ! If you arrive after the quiz has been collected and the presentation has begun, please sit in the back of the classroom.**

If you **DO NOT ATTEND** a Review Session, you will not receive Attendance points. There are no make-ups or alternative assignments. You will also not be provided with the information presented at the Review Session, unless it is also online. Grade Insurance points may compensate for lost Attendance points, if you choose to do something else on the scheduled Saturdays.

**Leaving the Review early will result in forfeiture of ALL Attendance and Grade Insurance Attendance Quiz points for that Review Session. DO NOT plan to take the quiz and then leave the Review.**

## **BLACKBOARD - DISCUSSION BOARD (DB):**

This Blackboard feature allows the class to communicate with each other and the professor. The DBs are organized into **Forums** with a variety of topics. Students can post their response as a **Thread** in the discussion. Anyone can reply to any post.

There will be two Forums open during the semester. These DBs are for your convenience and they are not required or graded:

**Class Business** (questions about assignments, where things are located, and course policies) and **Course Content** (questions about the content of the textbook and the TV programs).

There may be special focus DBs assigned that will be required and graded.

## **COURSE RESPONSIBILITIES:**

You are responsible for:

- observing the DUE DATES for all assignments and Blackboard Quizzes (See page 22).
- notifying the professor of any change in U.S. Postal Service or e-mail address.
- reading and studying the Textbook, Blackboard, Comer web site, and CD-ROM.
- viewing television programs and writing responses to the Video Review Questions (VRQs).
- completing other class assignments in a timely manner.
- responding to messages from the Professor.
- sending your assignments via e-mail, e.g., VRQs.
- maintaining your access to the Internet.

The Professor is responsible for:

- planning the course and maintaining the class web site.
- providing you with assistance in learning the course content.
- making suggestions that will allow you to improve your study skills.
- evaluating your knowledge of the course content.

## **WHEN IN DOUBT, FOLLOW THE DIRECTIONS:**

### **Suggested Weekly Study Procedure**

- Start with the Announcements page and then the weekly Assignments page.
- Prepare for the TV program by reading the Video Notes and the Video Review Questions.
- View the TV program, make any notes necessary, write your answers to the VRQs, and submit as an e-mail. NO ATTACHMENTS!
- Read the Learning Objectives for the chapter. You might want to print out that page for easy reference while you read the chapter.
- Read the Topic Overview in the textbook, and the Summing Up boxes through out the chapter.
- Read the chapter for details. Including Summing Up & Closer Look Boxes
- How to Read a College Textbook may help some students. See Blackboard - Course Information.
- Take the Quick Quiz at the end of the chapter and Critical Thoughts. Are you comprehending the content of the chapter?
- Re-read any relevant section to clarify the concepts being presented.
- Go to the Comer textbook site and take the quiz for the chapter. Survey the other features of the Comer site.
- Go to Blackboard and take the Chapter and Grade Insurance Quiz. ONLY One Attempt.

To be prepared for the television programs, it is recommended that you read both the **Video Notes** and the **Video Focus Questions** before you view the programs.

**CLASS SCHEDULE:** Consult the Blackboard Assignments page for the latest details.

## **UNIT 1 - Abnormal Psychology in Science & Clinical Practice**

### Week

- 1 Jan. 12-17 - **ORIENTATION: Jan. 17 (Sat.) 11:15 AM-1:00 PM in LR 105**  
Written Assignments:  
**Student Data Sheet** - Due at the end of the Orientation.  
**Personal Goals** - (submit written responses via e-mail) Due by 11:55 PM **Jan. 24**  
Read TEXT: Preface  
Ch. 1 Abnormal Psychology: Past & Present (include CyberStudy)  
Blackboard – Ch. 1 Quiz & GIQ1 (off the server at 11:55 PM **Jan. 31**)  
Change e-mail address at Blackboard - Due by 11:55 PM **Jan. 24**
- 2 Jan. 19-24 - **Case Study #1 sent by USPS Mail**  
**DUE: Personal Goals & Change Blackboard e-mail address by 11:55 PM Jan. 24**  
*View TV Program 1: Looking At Abnormal Behavior*  
Read Video Notes: Program 1 - Looking at Abnormal Behavior  
Read Video Review Questions: VRQ#1  
Written Assignment:  
Write answers to **VRQ#1** (submit written responses via e-mail) Due by 11:55 PM **Jan. 31**  
Read TEXT:  
Ch. 2 Models of Abnormality (include CyberStudy)  
Blackboard – Ch. 2 Quiz & GIQ2 (off the server at 11:55 PM **Jan. 31**)
- 3 Jan. 26-31  
**DUE: VRQ#1 by 11:55 PM Jan. 31**  
*View TV Program 12: Psychotherapies*  
Read Video Notes: Program 12 - Psychotherapies  
Read Video Review Questions: VRQ#12  
Written Assignment:  
Write answers to **VRQ#12** (submit written responses via e-mail) **Due by 11:55 PM Feb. 7**  
Read TEXT:  
Ch. 3 Clinical Assessment, Diagnosis and Treatment (include CyberStudy)  
Read DSM-IV: Intro., Cautionary Statement, Use of Manual, and Multiaxial Assessment  
Blackboard – Ch. 3 Quiz, GIQ3, (off the server at 11:55 PM **Feb. 7**) & **UNIT 1 REVIEW QUIZ** (off the server at 11:55 PM **Feb. 9**)
- 4 Feb. 2-7 - **Unit 1 Review On Campus**  
**DUE: VRQ#12 by 11:55 PM Feb. 7**  
*View TV Program 12: Psychotherapies (repeat)*

Review 1 Quiz will cover:

- Ch. 1 Abnormal Psychology: Past & Present
- Ch. 2 Models of Abnormality
- Ch. 3 Clinical Assessment, Diagnosis, and Treatment

**CLASS SCHEDULE continued:**

**UNIT 2 - Problems of Anxiety and Mood**

Week

5 Feb. 9-14

**DUE: Tentative Dx Case Study #1 by 11:55 PM Feb. 14**

*View TV Program 3: The Anxiety Disorders*

Read Video Notes: Program 3 - The Anxiety Disorders

Read Video Review Questions: VRQ#3

Written Assignment:

Write answers to **VRQ#3** (submit written responses via e-mail) Due by 11:55 PM **Feb. 21**

Read TEXT:

Ch. 4 Anxiety Disorders (include CyberStudy)

Blackboard – Ch. 4 Quiz & GIQ4 (off the server at 11:55 PM **Feb. 21**)

Read DSM-IV: Anxiety Disorders

6 Feb. 16-21 **DUE: VRQ#3 by 11:55 PM Feb. 21**

*View TV Program 2: The Nature of Stress*

Read Video Notes: Program 2 - The Nature of Stress

Read Video Review Questions: VRQ#2

Written Assignment:

Write answers to **VRQ#2** (submit written responses via e-mail) Due by 11:55 PM **Feb. 28**

Read TEXT:

Ch. 5 Stress Disorders (include CyberStudy)

Blackboard – Ch. 5 Quiz & GIQ5 (off the server at 11:55 PM **Feb. 21**)

Read DSM-IV: Anxiety Disorders

7 Feb. 23-28 - **Unit 2 Review On Campus**

**DUE: Case Study #1 // Case Study #2 Available for pick-up**

**DUE: VRQ#2 by 11:55 PM Feb. 28**

*View TV Program 8: Mood Disorders*

Read Video Notes: Program 8 - Mood Disorders

Read Video Review Questions: VRQ#8

Written Assignments:

Write answers to **VRQ#8** (submit written responses via e-mail) Due by 11:55 PM **Mar. 7**

Read TEXT:

Ch. 7 Mood Disorders (include CyberStudy)

Blackboard – Ch. 7 Quiz & GIQ7 (off the server at 11:55 PM **Feb. 28** and **UNIT 2 REVIEW QUIZ** (off the server at 11:55 PM **Mar. 2**))

Read DSM-IV: Mood Disorders

Review 2 Quiz will cover:

Ch. 4 Anxiety Disorders

Ch. 5 Stress Disorders

Ch. 7 Mood Disorders

8 Mar. 2-7 **MID TERM EXAM – On-Campus – Mar. 7 (Sat.) 11:15 AM-1:05 PM in LR 105**

**DUE: VRQ#8 by 11:55 PM Mar. 7**

*View TV Program 3: The Anxiety Disorders (repeat)*

Mid-Term Exam will cover:

Ch. 1 Abnormal Psychology: Past & Present

Ch. 2 Models of Abnormality

Ch. 3 Clinical Assessment, Dx, and Tx

Ch. 4 Anxiety Disorders

Ch. 5 Stress Disorders

Ch. 7 Mood Disorders

**CLASS SCHEDULE continued:**

**UNIT 3 - Problems of the Mind and Body**

Week

9 Mar. 9-14

*View TV Program 4: Psychological Factors & Physical Illness*

Read Video Notes: Program 4 - Psychological Factors and Physical Illness

Read Video Review Questions: VRQ#4

Written Assignments:

Write answers to **VRQ#4** (submit written responses via e-mail) Due by 11:55 PM **Mar. 21**

Read TEXT:

Ch. 6 Somatoform and Dissociative Disorders (include CyberStudy)

Blackboard: Ch. 6 Quiz & GIQ6 (off the server at 11:55 PM **Mar. 21**)

Read DSM-IV: Somatoform Disorders and Fictitious Disorders; & Dissociative Disorders

10 Mar. 16-21 **DUE: VRQ#4 & Tentative Dx for Case Study#2 by 11:55 PM Mar. 21**

*View TV Program 6: Substance Abuse Disorders*

Read Video Notes: Program 6 - Substance Abuse Disorders

Read Video Review Questions: VRQ#6

Written Assignments:

Write answers to **VRQ#6** (submit written responses via e-mail) Due by 11:55 PM **Mar. 28**

Read TEXT:

Ch. 10 Substance-Related Disorders (include CyberStudy)

Blackboard: Ch.10 Quiz & GIQ10 (off the server at 11:55 PM **Mar. 21**)

Read DSM-IV: Substance-Related Disorders

11 Mar. 23-28

**DUE: VRQ#6 by 11:55 PM Mar. 28**

*View TV Program 7: Sexual Disorders*

Read Video Notes: Program 7 - Sexual Disorders

Read Video Review Questions: VRQ#7

Written Assignments:

Write answers to **VRQ#7** (submit written responses via e-mail) Due by 11:55 PM **Apr. 4**

Read TEXT:

Ch. 11 Sexual Disorders & Gender Identity Disorder (include CyberStudy)

Blackboard: Ch. 11 Quiz & GIQ11 (off the server at 11:55 PM **Mar. 28**)

Read DSM-IV: Sexual and Gender Identity Disorders

**UNIT 4 - Problems of Psychosis & Cognition, and Life Span**

12 Mar. 30-Apr. 4 - **Unit 3 Review On Campus**

**DUE: VRQ#7 by 11:55 PM Apr. 4**

*View TV Program 9: The Schizophrenias*

Read Video Notes: Program 9 - The Schizophrenias

Read Video Reaction Questions: VRQ#9

Written Assignments:

Write answers to **VRQ#9** (submit written responses via e-mail) Due by **Apr. 12**

Read TEXT:

Ch. 12 Schizophrenia (include CyberStudy)

Blackboard: **UNIT 3 REVIEW QUIZ** (off the server at 11:55 PM **Apr. 6**) & Ch. 12 Quiz & GIQ12 (off the server at 11:55 PM **Apr. 18**)

Read DSM-IV: Schizophrenia and Other Psychotic Disorders

**CLASS SCHEDULE continued:**

Week

Spring Break - Apr. 6-11 – No on campus classes.

**DUE: VRQ#9 by 11:55 PM Apr. 11**

Read TEXT:

Ch. 13 Personality Disorders (include CyberStudy)

Blackboard: Ch. 13 Quiz & GIQ13 (off the server at 11:55 PM **Apr. 18**)

Read DSM-IV: Personality Disorders

13 Apr.13-18

**DUE: VRQ#5 by 11:55 PM Apr. 18**

*View TV Program 5 : Personality Disorders*

Read Video Notes: Program 5 - Personality Disorders

Read Video Reaction Questions VRQ#5

Written Assignments:

Write answers to **VRQ#5** (submit written responses via e-mail) Due by 11:55 PM **Apr. 18**

Read TEXT:

Ch. 15 Disorders of Aging and Cognition (include CyberStudy)

Blackboard: Ch. 15 Quiz, GIQ15 (off the server at 11:55 PM **Apr. 25**)

Read DSM-IV: Delirium, Dementia, and Amnesic and Other Cognitive Disorders

14 Apr. 20-25

*View TV Program 10 : Organic Mental Disorders (No VRQs)*

Read Video Notes: Program 10 - Organic Mental Disorders

No Video Review Questions

Blackboard: Ch. 15 Quiz, GIQ15 (off the server at 11:55 PM **Apr. 25**) & **UNIT 4 REVIEW QUIZ** (off the server at 11:55 PM **May 11**)

Review 4 Quiz will cover :

Ch. 12 Schizophrenia

Ch. 13 Personality Disorders

Ch. 15 Disorders of Aging and Cognition

15 Apr. 27-May 2 **Catch-Up Week – Finish Case Study #2**

*View TV Program 11 : Behavior Disorders of Childhood (FYI) (No VRQs)*

16 May 4-9 - **Unit 4 Review On Campus**

**DUE: Case Study #2 May 9**

**Complete Course Evaluation at Blackboard available from May 2-9**

17 May 11-16 - **FINAL EXAM On-Campus Saturday May 16, 2009 at 11:15 AM**

Final Exam will cover :

Ch. 6, 10, 11, 12, 13, 15

## **PROFESSOR:**

Dr. Richard Dowdall retired from full-time teaching in May 2002 after teaching Psychology in the California community colleges for 36 years. During his 33 years at Sacramento City College he has pioneered a number of new courses: Human Behavior, Abnormal Behavior, Life/Career Planning, Psychology of Aging, Understanding Cancer, Behavioral Biology, and Issues in Psychology. Since retirement Dr. Dowdall has continued to teach *TeleWeb* classes in General Principles and Abnormal Behavior.

Dr. Dowdall was a founding member of the SCC Experimental College in 1970, and has enjoyed team-teaching, and collaborative teaching environments through out his career. He pioneered live interactive television (ITV) classes from the ITV facilities at SCC during Fall 2001 and Spring 2002.

Dr. Dowdall is also a Licensed Marriage & Family Therapist and has conducted numerous workshops for professional and lay audiences on biofeedback, stress management, behavioral medicine, and the development of human potential. His current interests include Open Learning with TeleWeb courses, grandparenting, gardening, and digital photography.

Dr. Dowdall has written and produced a series of instructional videotapes presenting biofeedback training and stress management. It was his interest in educational television that attracted Dr. Dowdall to the Psychology 1 Telecourse *Psychology: The Study of Human Behavior* in the Fall of 1990, to *The World of Abnormal Psychology* in 1992, and to *Psychology: The Human Experience* in Spring 2002.

## **CONTACTING THE PROFESSOR:**

Dr. Dowdall is an Adjunct Professor Emeritus and a Distance Educator. He makes infrequent visits to campus, and does not have a campus phone, office, or office hours.

### ***Class Business Discussion Board***

If you have questions about information in the Course Outline or Blackboard, questions about class policies, assignments, due dates, where do I find things, problems with the technology, **post them at Blackboard**. This way the entire class can benefit from the question and answer. The answer can come from any one in the class, not just the professor. Help each other out.

### ***Course Content Discussion Board***

If you have questions about the content in the textbook or the TV Programs, post them at this Discussion Board. Again, any one can answer the question or respond to the comment.

## **WEB SITE:**

Blackboard / Los Rios Online:

<http://blackboard.losrios.edu/webapps/portal/frameset.jsp>

SCC Home Page:

<http://web.scc.losrios.edu/dowdalr>

***U. S. POSTAL SERVICE (USPS) MAIL:*** Written correspondence can be sent to:

Richard J. Dowdall, Psy.D.  
BSS / Psychology Department  
Sacramento City College  
3835 Freeport Boulevard  
Sacramento, California 95822-1386

**Due to infrequent visits to the campus, do not expect a quick reply.**

***E-MAIL:*** [dowdalr@scc.losrios.edu](mailto:dowdalr@scc.losrios.edu) This address is for the general public.

**PLEASE DO NOT USE FOR COURSE CORRESPONDENCE!**

## CONTACTING THE PROFESSOR cont'd.:

**E-MAIL:** [psy340@drdol.net](mailto:psy340@drdol.net) **Use this address for all course correspondence!**

**All communication in this class will take place via e-mail.**

Put the following information in the top left hand corner of the main message window of **ALL e-mail communication:**

**First and Last Name**  
**Course Name and Number**  
**Title of the Assignment (e.g., Personal Goals, VRQ#1)**  
**or**  
**ClassBiz**

**MESSAGE**

**\*\*\*Very Important!** In the Subject window (text box, or line) put the exact wording given in the directions in the Course Outline and at Blackboard.

E.g., for the first set of Video Review Questions you will be instructed to put:

**VRQ#1** (with NO SPACES)

Not vrq #1, not VRQ # 1, not Video Questions #1, nor any other variation you may create.

For other e-mail messages to the professor put the words: **ClassBiz (with no spaces)** in the subject window. Use ClassBiz to communicate about class business that you do not want to post on the Class Business Discussion Board.

In my e-mail sorting program messages are put into specific mailboxes, according to the Subject entry. If not, you are put in the junk mailbox with all the SPAM – dreaded filthy stuff.

**BE ON NOTICE:**

**IF YOU DO NOT PUT THE CORRECT INFORMATION IN THE SUBJECT WINDOW, YOU RUN THE RISK THAT YOUR MAIL WILL BE TRASHED WITH THE SPAM!**

## TV PROGRAMS :

You will view a professionally produced series of TV Programs the *World of Abnormal Psychology*. There are Video Notes available at the web site that will help you get prepared for the TV programs. You can view the programs when broadcast on Comcast Channel 16. (See Broadcast Schedule on page 20). These TV Programs are also available for viewing in the Learning Resource Center - first floor Instructional Media, and online at C P Annenberg (See page 8).

## PROBLEMS WITH THE TELEVISION BROADCASTS:

The video taped television programs originate from CSUS. Occasionally the student help play the wrong program, or they forget to turn off the public radio audio-fill between programs, etc. If there is a technical problem with the broadcasts call Jory Hadsell, Coordinator of Distance Education, (916) 558-2635 or [hadselj@scc.losrios.edu](mailto:hadselj@scc.losrios.edu)



## **PRACTICE QUIZZES – Comer's Companion Web Site:**

There are quizzes that you can take for practice at the web site for the textbook. Take these quizzes before you take the quizzes at Blackboard, if you have the time. These quizzes DO NOT COUNT for points in the class. Please DO NOT send the results to the professor.

## **CHAPTER & UNIT REVIEW QUIZZES – BLACKBOARD:**

**Chapter Quizzes** are available at Blackboard. Each quiz consists of 10 questions randomly selected from a test bank, with a 15-minute time limit. These points will be added into the course total. At the end of each instructional unit there will be a **Unit Review Quiz** at Blackboard. The Unit Review Quizzes consist of 40 questions randomly drawn from the test bank with a 45-minute time limit. They are also one attempt ONLY! Each correct answer is worth 1 point. These points will also be added into the course total.

## **GRADE INSURANCE QUIZZES – BLACKBOARD:**

At Blackboard you will also find Grade Insurance Quizzes (GIQs). Usually eight (8) questions randomly drawn from the text bank with a 10-minute time limit. Each correct answer will be worth 1/2 (.5) point. ***The points from these quizzes will be added to your personal point total, but will not be added into the total points used to construct the final grade distribution.*** Consider Grade Insurance points to be extra credit, or bonus points. Be sure to check availability dates on page 22 of this outline.

**The following applies to all quizzes:**

- See Quiz Availability Dates on page 22, also at Blackboard > Quizzes > Blackboard Quiz Availability.
- **If you exceed the time limit for any Blackboard quiz, 2 points will be deducted for each minute or fraction thereof that you go over the time limit.**
- **Requests to have a quiz re-opened after it has been taken off the server will cost you 25% of the value of the quiz. Minus points will be deducted from your course total.**
- **Grade Insurance Quizzes will not be re-opened under any circumstance.**

## **GRADEBOOK – BLACKBOARD:**

Blackboard quiz scores can be found by clicking on *Gradebook*. For all other assignments submitted, a return receipt acknowledging the completion of the assignment will be sent to the student. At the completion of each instructional unit, a Progress Report detailing all assignments in the Professor's Gradebook will be sent to each student by USPS mail.

## **EXAMINATIONS:**

There will be two (2) examinations each worth 300 points. All examinations will be given on campus in LR 105.

MID-TERM: Oct. 11, 2008 (Sat.)

FINAL: Dec. 13, 2008 (Sat)

You will need a SCAN-TRON #884E answer sheet and a writing implement. These materials can be purchased in the College Store, or at the Student Book Exchange. The instructor will hand score your answer sheet so that you will have immediate feedback on the accuracy of your answers. You may also use two SCAN-TRON #882 answer sheets.

**Memory Notes.** You can bring one 8 1/2 x 11" sheet of paper with writing on both sides as a lifeline to support your memory during each exam.

**Explain your reasoning.** You may take issue with any question by finding support for your answer in the Textbook. This must be done in writing. You will need to indicate the question number, your answer, and the quote from the Text (including page number) that supports your answer over the "keyed" correct answer. Submit this paper with your answer sheet and test booklet. You may also **re-write a question so that it is clearer**, less ambiguous, and is based upon information presented in the Text or the television programs.

## WRITTEN ASSIGNMENTS:

### POINTS WILL BE DEDUCTED FOR LATE WRITTEN ASSIGNMENTS!

Minor Assignments. You will be required to complete a number of Video Review Questions based on the telecourse programs. These assignments are found at the drdol.net Class Web site, and are to be submitted by e-mail.

You will write four (4) short-answer essays (approx. 50 words @) that answer the questions. **Be sure you number your answers, and repeat the question.** Suggestion: To ensure your spelling and grammar are correct, type your essays in a word processor, copy and paste the essays into the Text field below. Be sure to number your answers. You will be instructed how to address the e-mail at the Web Site. **Most important is the content of the Subject line.** E-mails will be automatically sorted based upon the Subject entry.

Major Assignments. Three hundred (300) points from this category will be included in the total points used to compute final grades.

**CASE STUDIES:** The instructor will assign two Case Studies. The first is due at the **Unit 2 Review – Feb. 28, 2009 (Sat.)** and the second at the **Unit 4 Review – May 9, 2009.**

You will use the following questions to organize your paper. Use the numbers when presenting your answers in a Question and Answer (Q&A) format:

1. What is the most likely diagnosis for this case? Use DSM-IV language. e.g., Major Depressive Disorder, Single Episode.

2. List the symptoms for the disorder you have diagnosed. **Use a Table.** List the symptoms using the DSM-IV diagnostic criteria, or the symptoms listed by Comer. Identify significant evidence from the case history to support your diagnosis. Use "quotation marks" to identify direct quotations from the case history. (You may have a complex case in which there may be multiple diagnoses. In such cases you may offer a secondary diagnosis also with significant evidence from the case history to support it. Try to limit your diagnosis to the major features of the case as it is presented!)

Click on the **Case Study** button at Blackboard for details. There is an example of how to organize and prepare the paper in **Course Documents** > Guidelines for the Case Study.

3. What treatment would you recommend? You can also recommend psychoactive drugs, and other medical procedures as part of the treatment plan. Don't just say psychotherapy! Be specific. What kind of therapy, using what techniques. Give details. **It may be required that you supplement the text material with library or Internet research, especially with details of therapeutic techniques.** What issues does the client/patient need to explore in psychotherapy? Click on **External Links** for treatment suggestions.

4. What is your rationale for this diagnosis and treatment? Describe the three (3) most significant of Psychological Models that would explain the disorder and the treatment. Again give details! If there are studies that support the effectiveness of particular treatments, be sure to cite the reference and include page numbers where it can be found in the text. Whenever you refer to a model, write the model name in **bold face** type, or underline it! The Models: **biological, psychodynamic, behavioral, cognitive, humanistic, existential, socio-cultural.**

FORM: At Blackboard See: **Course Documents > Guidelines for the Case Study Report**

**WRITTEN ASSIGNMENTS continued:**

The Case Study should be **typed in double-spaced format** using upper and lower case letters. The table used to answer question number 2, can be single-spaced. **DO NOT** use all capital letters! Legibly hand written papers will be accepted, write on one side of the paper and skip every other line. Please **NO** covers!! Simply staple the pages in the upper left corner with the **Case Study handout AS A COVER SHEET including the case history from Dr. Dowdall’s Library. A minimum of 900 words** should give you some idea of the length requirement. Your efforts should be to apply and discuss course material, rather than generate a specific number of words.

**Internet research** might be helpful to discuss treatment modalities Click on **External Links** for treatment suggestions. Please **DO NOT USE** Wikipedia!

**EVALUATION AND GRADING CRITERIA FOR CASE STUDY REPORT:**

• Length (900 words min.)	10%
• Mechanics (spelling, punctuation, grammar)	10%
• Format (headings, indentation, spacing, margins, stapled top left, use of references & footnotes)	10%
• Readability (organization, transition, clarity)	20%
• Content (address topic, adequate discussion, application of psychological principles, critical thinking)	<u>50%</u>
	<b>TOTAL</b> 100%

\* Points awarded will also reflect a comparison with the other papers submitted.

**POINTS WILL BE DEDUCTED FOR LATE WRITTEN ASSIGNMENTS!**

Los Rios Community Colleges  
 Sacramento Educational Cable Consortium  
**Spring 2009 Broadcast Schedule: Psychology 340**  
**Comcast Channel 15**

Week	Program No.	Titles:	Wed. 9:00-10:00 PM.
2	1	Looking at Abnormal Behavior	Jan. 21
3	12	Psychotherapies	Jan. 28
4	12	Psychotherapies (repeat)	Feb. 4
5	3	The Anxiety Disorders	Feb. 11
6	2	The Nature of Stress	Feb. 18
7	8	Mood Disorders	Feb. 25
8	3	The Anxiety Disorders (repeat)	Mar. 4
9	4	Psychological Factors & Physical Illness	Mar. 11
10	6	Substance Abuse Disorders	Mar. 18
11	7	Sexual Disorders	Mar. 25
12	9	The Schizophrenias	Apr. 1
Spr. Break			Apr. 8
13	5	Personality Disorders	Apr. 15
14	10	Organic Mental Disorders (FYI)	Apr. 22
15	11	Behavior Disorders of Childhood (FYI)	Apr. 29
16	13	An Ounce of Prevention (FYI)	May 6
17	13	An Ounce of Prevention (FYI)	May 13

## **FINAL GRADES IN A TOKEN ECONOMY:**

A token economy is a **behavior modification** technique employing the principles of operant conditioning designed to increase desirable behavior and decrease undesirable behavior with the use of tokens (POINTS). Individuals receive tokens immediately after displaying desirable behavior. The tokens are collected and later exchanged for a meaningful object or privilege (GRADE).

Final grades will be calculated by dividing the total points a student receives by the total points possible in the class. Grades will be assigned using the following percentages: **A = 90%; B = 80%; C = 60%; D = 50%; F = below 50%.** In the example below **POINT TOTALS ARE ESTIMATES ONLY:**

Use the spaces below to keep a record of your points: Pt. Est. Totals % of total

ATTENDANCE (@ 20 pts.): Orientation \_\_\_\_\_ Review 1 \_\_\_\_\_ Review 2 \_\_\_\_\_  
 Review 3 \_\_\_\_\_ Review 4 \_\_\_\_\_ (100)= \_\_\_\_\_ (6.2 %)

EXAMS: MID-TERM \_\_\_\_\_ FINAL \_\_\_\_\_ (@ 300 pts.) (600)= \_\_\_\_\_ (37.4%)

CHAPTER QUIZZES - BALACKBOARD (@10 pts.):  
 Ch. 1 \_\_\_\_\_  
 Ch. 2 \_\_\_\_\_  
 Ch. 3 \_\_\_\_\_  
 Ch. 4 \_\_\_\_\_  
 Ch. 5 \_\_\_\_\_  
 Ch. 7 \_\_\_\_\_  
 Ch. 6 \_\_\_\_\_  
 Ch. 10 \_\_\_\_\_  
 Ch. 11 \_\_\_\_\_  
 Ch. 12 \_\_\_\_\_  
 Ch. 13 \_\_\_\_\_  
 Ch. 15 \_\_\_\_\_ (120)= \_\_\_\_\_ (7.5 %)

REVIEW QUIZZES - LOS RIOS ONLINE (@ 40 pts.):  
 Unit1 \_\_\_\_\_ Unit 2 \_\_\_\_\_ Unit 3 \_\_\_\_\_ Unit 4 \_\_\_\_\_ (160) = \_\_\_\_\_ (9.9 %)

MINOR WRITTEN ASSIGNMENTS:  
 Student Data Sheet \_\_\_\_\_ (10 pts.)  
 Change E-mail Address at Blackboard \_\_\_\_\_ (10 pts.)  
 Personal Goals Essay \_\_\_\_\_ (15 pts.)  
 Video Review Questions (VRQ) (@ 15 pts.)  
 1 \_\_\_\_\_ 12 \_\_\_\_\_ 3 \_\_\_\_\_ 2 \_\_\_\_\_ 8 \_\_\_\_\_  
 4 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ 9 \_\_\_\_\_ 5 \_\_\_\_\_ (175) = \_\_\_\_\_ (10.9 %)

MAJOR WRITTEN ASSIGNMENTS: (Maximum of 300 points)  
 Tentative Dx Case Study #1 \_\_\_\_\_ (@ 25 pts.)  
 Case Study #1 \_\_\_\_\_ (@ 200 pts.)  
 Tentative Dx Case Study #2 \_\_\_\_\_ (@ 25 pts.)  
 Case Study #2 \_\_\_\_\_ (@ 200 pts.) (450) = \_\_\_\_\_ (28 %)

GRADE INSURANCE QUIZZES (@ 4 pts.) – BLACKBOARD & ON CAMPUS REVIEW QUIZ:  
 GIQ1 \_\_\_\_\_ GIQ2 \_\_\_\_\_ GIQ3 \_\_\_\_\_ Attendance Quiz 1 \_\_\_\_\_  
 GIQ4 \_\_\_\_\_ GIQ5 \_\_\_\_\_ GIQ7 \_\_\_\_\_ Attendance Quiz 2 \_\_\_\_\_  
 GIQ6 \_\_\_\_\_ GIQ10 \_\_\_\_\_ GIQ11 \_\_\_\_\_ Attendance Quiz 3 \_\_\_\_\_  
 GIQ12 \_\_\_\_\_ GIQ13 \_\_\_\_\_ GIQ15 \_\_\_\_\_ Attendance Quiz 4 \_\_\_\_\_ = \_\_\_\_\_

GRAND TOTAL (estimate) (1605) = \_\_\_\_\_

## DUE DATES FOR WRITTEN ASSIGNMENTS:

Consult the Blackboard Assignments for the latest details.

### Due by 11:55 PM

<b>Personal Goals</b>	Jan. 24, 2009
<b>Change e-mail address at Blackboard</b>	Jan. 24
<b>VRQ#1</b> - Looking at Abnormal Behavior	Jan. 31
<b>VRQ#12</b> – Psychotherapies	Feb. 7
<b>Tentative Diagnosis Case Study #1</b>	Feb. 14
<b>VRQ#3</b> - Anxiety Disorders	Feb. 21
<b>VRQ#2</b> - The Nature of Stress	Feb. 28
<b>Case Study #1 Report</b>	DUE at Unit 2 Review – Feb. 28
<b>VRQ#8</b> - Mood Disorders	Mar. 7
<b>VRQ#4</b> – Psych. Factors & Physical Illness	Mar. 21
<b>Tentative Diagnosis Case Study #2</b>	Mar. 21
<b>VRQ#6</b> - Substance Abuse Disorders	Mar. 28
<b>VRQ#7</b> - Sexual Disorders	Apr. 4
<b>VRQ#9</b> - The Schizophrenias	Apr. 11
<b>VRQ#5</b> - Personality Disorders	Apr. 18
<b>Case Study #2 Report</b>	May 9 - Unit 4 Review

## BLACKBOARD QUIZ AVAILABILITY:

Ch. 1 - Abnormal Psychology: Past & Present & GIQ Ch. 1	Jan 18-31
Ch. 2 - Models of Abnormality & GIQ Ch. 2	Jan 18-31
Ch. 3 - Clinical Assessment, Dx and Tx & GIQ Ch. 3	Jan 18-Feb. 7
<b>Unit 1 Review Quiz</b>	Jan 18-Feb. 9 (Mon.)
Ch. 4 - Anxiety Disorders & GIQ Ch. 4	Feb. 8-21
Ch. 5 - Stress Disorders & GIQ Ch. 5	Feb. 8-21
Ch. 7 - Mood Disorders & GIQ Ch. 7	Feb. 8-28
<b>Unit 2 Review Quiz</b>	Feb. 8-Mar.2 (Mon.)
<b>Mid-Term Exam - On-Campus</b>	Mar. 7 - 11:15 AM
Ch. 6 - Somatoform & Dissociative Disorders & GIQ Ch. 6	Mar. 8-21
Ch.10 - Substance-Related Disorders & GIQ Ch. 10	Mar. 8-21
Ch.11 - Sexual Disorders & Gender Identity Dis. & GIQ Ch.11	Mar. 8-28
<b>Unit 3 Review Quiz</b>	Mar. 8-Apr. 6 (Mon.)
Ch.12 - Schizophrenia & GIQ Ch. 12	Apr. 5-18
Ch.13 - Personality Disorders & GIQ Ch. 13	Apr. 5-18
Ch.15 - Disorders of Aging and Cognition & GIQ Ch. 15	Apr. 5-25
<b>Unit 4 Review Quiz</b>	Apr. 5-May 11(Mon.)
<b>Final Exam - On-Campus</b>	May 16 - 11:15 AM
<b>Complete Course Evaluation at Blackboard available from May 2-9</b>	

## **PROBLEMS WITH BLACKBOARD:**

If you experience problems accessing Los Rios Online/Blackboard, please use the following suggestions for HELP!

### **Blackboard Resources for Users**

([http://blackboard.losrios.edu/webapps/portal/frameset.jsp?tab\\_id=\\_10\\_1](http://blackboard.losrios.edu/webapps/portal/frameset.jsp?tab_id=_10_1))

This site offers tips for first time users of the Los Rios Online learning environment. Feel free to explore these pages to help you get comfortable with LRO.

### **Contact the Blackboard Help Desk**

([http://blackboard.losrios.edu/webapps/portal/frameset.jsp?tab\\_id=\\_10\\_1](http://blackboard.losrios.edu/webapps/portal/frameset.jsp?tab_id=_10_1))

If you are experiencing difficulty, check out the online help desk options here.

### **Contact SCC Distance Education Office**

You may also contact Jory Hadsell, Coordinator of Distance Education, at 558-2635 or [hadselj@scc.losrios.edu](mailto:hadselj@scc.losrios.edu).

## **PAY IT FORWARD FUND**

In the movie *Pay It Forward* "Young Trevor McKinney ([Haley Joel Osment](#)) responds to an assignment from his teacher ([Kevin Spacey](#)) with a plan to help three people...who will help three more, and so on, in an ever-widening circle." (Netflix)

Despite the materials list for the class, many students come to the Mid Term and the Final Examinations without SCAN-TRON answer sheets. There used to be a big commotion as unprepared students disturbed the students already taking the exam to ask if they can borrow an answer sheet.

In this class, no student will be without an answer sheet for the Mid Term Examination, because of the *Pay It Forward Fund*. Answer sheets in the *Fund*, have been provided by students in previous classes who borrowed answer sheets from the Fund.

**Here's the deal for the Mid Term:** You borrow one (1) SCAN-TRON #884E, you pay back the one answer sheet you borrowed, plus you *Pay Forward* one additional #884E answer sheet at the Unit 3 Review. If you borrow two (2) SCAN-TRON #882 answer sheets, you pay back two (2) #882 answer sheets, plus you *Pay Forward* another two (2) #882 answer sheets for a total of four (4) #882 answer sheets.

Because the **Final Exam** is the last event in the class, you will need to come to the exam with the appropriate answer sheet. If you have to borrow an answer sheet from the *Fund*, there will be a 50-point deduction from the Final Exam score.

If you fail to pay back the *Fund*, 50 points will be deducted from your course total for each answer sheet you owed to the *Fund* and failed to pay back, or pay *forward*.

Donations of SCAN-TRON #884E and #882 answer sheets will be gratefully accepted.