

# Abnormal Psychology

Mr. Ljungberg

## Course Description

What is Abnormal Psychology? It is the study of psychological disorders, also known as mental illness. Just as there are many types of physical ailments, there are also many types of psychological disorders. Some of them, like depression, are quite common. Others, such as multiple personality disorder, are very rare. Some disorders, such as schizophrenia, involve unusual symptoms like strange hallucinations. However, many psychological disorders involve common symptoms, like anxiety, that you may at times have experienced yourself. *Don't fall victim to the common mistake among psychology students of diagnosing yourself or everyone you know with every disorder that you learn about!* While it is likely that you, or someone you know, will share a symptom or two of many of the disorders we discuss, it is *unlikely* that most of them have a diagnosable condition. At the completion of this course students should have a better understanding of what mental illness is and is not. Hopefully you will be able to use this knowledge to fight some of the negative stereotypes about psychological disorders.

This one-semester class does not use a standard textbook. Instead we use packets that have been compiled from a variety of different sources. You will be expected to have the packet for the current topic we are working on in class with you every day. Packets will need to be turned in at the end of each unit.

## Homework Expectations

Most nights you will be expected to read from your packet and answer questions that accompany the reading. On a typical night, you should expect to read several pages from your packet and answer several questions in your homework notebook. You will have occasional quizzes and a test at the end of each unit.

Other assignments may include class presentations, projects, and papers. These assignments will vary with the unit being covered.

## Resources Needed

- Your packet
- Homework notebook
- 3 Ring binder (for daily information sheets that you will fill out)
- Note-taking supplies - paper, pen, pencil, highlighter, etc.
- Additional supplies as needed for special projects

## Course Requirements

- Be in class on a regular basis
- Demonstrate mature and responsible behavior
- Complete daily/nightly assignments on time
- Come to class prepared, both with required materials and with an enthusiastic, curious and focused mindset
- **Cell phones are to be put away at all times!** (more about this below)
- Complete daily in-class assignments/notes
- Make up missed assignments and tests (utilize class website)
- Read the packets and study your notes/powerpoints independently

## Methods

The variety of methods used in psychology are designed to involve students actively in the learning process and to promote both their intellectual and psychological development. These include lectures, class discussions, working in groups, case study analyses, and audiovisual presentations. We may view one or two films this semester that carry an R rating for mature content. Please contact me if you have any concerns about this.

## Attendance

It is *essential* that you attend class regularly. Those who miss class frequently will find that they will quickly fall behind and will struggle to catch back up. If you miss a class you are expected to take the initiative to find out what the assignment was either by checking with me, a classmate, or by accessing the class website. **All of the classroom powerpoints, as well as many other resources, are available online on my website at [www.mrlj.weebly.com](http://www.mrlj.weebly.com)** If you miss a class/presentation you are expected to access that information on the website. If you miss a quiz or test you are expected to make it up as soon as possible upon returning to school.

## Participation and Self-Disclosure

Going hand in hand with attendance is class participation. You are expected to take notes on the classroom presentations as well as participate in class discussions. Because of the sensitive nature of many topics covered in this class it is very important to respect your classmates. You don't know whether or not a student in class has struggled with one of the issues that we are discussing, so don't be judgmental when speaking. Also, if you choose to share something with the class please keep in mind that the classroom is not a therapy group and that it may be inappropriate to share details of personal stories with the class. *Any comment made in private is confidential, however, if you share something either verbally or in writing that indicates you may be a danger to yourself or someone else, then I am required by law to report this.* Please be aware of this if you choose to share something about your personal life.

*This course deals with many serious issues including eating disorders, depression, self-injury, drug abuse and suicide. I realize that these may be sensitive topics for students who may have dealt with some of these issues in their own lives. If you feel that it may be too difficult to learn about these topics then you may want to reconsider taking this course. However, in general, I believe that it is actually beneficial for students to educate themselves about issues that may be affecting their lives. If there is a particular topic that you do not wish to be present for (and you notify me in advance), then I encourage you to tell me so that I can give you an alternate assignment during this time. If you find that the discussion of any of these topics triggers negative feelings for you please see me after class so that I can direct you to someone that you can talk to.*

## Cell Phones

I don't want to see any phones at any time...Period. Your device should be put away on silent. Devices are distracting to me when I teach, to your classmates, and obviously to the person who is using it instead of paying attention. If you keep your device away and on silent, I will usually let you use it for the last 2-3 minutes of class as a reward. If I see you trying to use and/or hide your device, you will be given the option to quietly choose to give me your phone for the rest of the period and get it back before you leave. If you don't want to hand your phone over quietly, you can choose to go to the office and receive consequences from the assistant principal instead. If this becomes a regular problem, a phone call will be placed home. I will authorize students to use devices as needed.

## Academic Responsibility

Misrepresenting others' work as your own is intellectual dishonesty. Because research and learning are often best done in groups, collaboration with classmates is expected and at times, even encouraged. *However, all projects and homework assignments must be individually written in your own words. If it is discovered that you have copied someone else's homework then both you and the person who allowed you to copy will receive a 0.* Additionally, you must properly cite resources and people used in your research. Failure to do so is plagiarism. You will receive a zero on any work that is plagiarized. See me if you are uncertain about how to properly cite your sources.

## Grading Policy

I want every student to have the opportunity to shine in this class. I value hard work and persistent efforts. If you do poorly on a test or quiz, you will have the opportunity to retake it. I will average the two grades and you can score up to a maximum of a 70 on a retake. Seek out extra help as soon as you feel you are starting to fall behind. Don't wait until it's too late! *Speaking of late...I take off 10 points for each day that a paper or project is late so get them in on time!*

Tests, Quizzes, and Projects - 50%

Classwork/Homework/Notes/Binder - 50%

*Homework and Class Assignments are graded on the following scale:*

√ + = 100 - goes above and beyond

√ = 85 - completed everything

√ - = 75 - missing a little information or minimal effort shown

√ - - = 65 - missing a lot of information or late work

0 = 0 - not completed

### Late Work

As mentioned above, 10 points will be taken off of projects/papers for each day that they are late. Late homework/classwork will be accepted up until the test on the late material.

Late work will receive a grade of a  $\sqrt{\quad}$  - -

### Extra Credit

Extra credit will only be an option for students who have already completed all of the previously assigned work. Failing to complete most of the work during the quarter and then counting on being given a "magic" extra credit assignment at the end of the marking period in hopes of passing is not an option so keep up with your work!

### Extra Help

You should make arrangements for extra help as soon as you feel the slightest concern about any topic or issue. Never wait until you are completely stressed out or falling way behind. See me to find out when I am available during the day. I am also after school at least twice a week. Take advantage of extra help!

Lastly, while this course is designed to teach you something about mental illness, it may also teach you something about yourself or someone you know. Almost everyone has someone in their life who is dealing with one of the issues that we will learn about this semester. Be it depression, alcoholism, OCD, or an eating disorder, these are issues that affect us all. I ask that you work hard in this class and take these issues seriously, but I also want you to enjoy this class and the things that we will be learning about.

# **Abnormal Psychology**

## **Syllabus**

\*We may not get to all of these topics this semester and the order in which topics are covered may vary from this schedule.

- I. Introduction to Abnormal Psychology
- II. History of Treatment of Mental Illness
- III. Mood Disorders
  - Major Depressive Disorder
  - Persistent Depressive Disorder
  - Seasonal Affective Disorder
  - Postpartum Depression
  - Bipolar Disorder
  - Cyclothymia
- IV. Anxiety Disorders
  - Generalized Anxiety Disorder
  - Panic Disorder/Panic Attacks
  - Agoraphobia
  - Social Anxiety Disorder
  - Selective Mutism
  - Specific Phobia
  - Separation Anxiety Disorder
- V. Obsessive-Compulsive and Related Disorders
  - Obsessive Compulsive Disorder (OCD)
  - Hoarding Disorder
  - Body Dysmorphic Disorder
  - Trichotillomania (Hair-pulling Disorder)
  - Excoriation (Skin-picking Disorder)

- VI. Trauma and Stressor-related Disorders
  - Adjustment Disorder
  - Posttraumatic Stress Disorder (PTSD)
  - Reactive Attachment Disorder (RAD)
  
- VII. Feeding and Eating Disorders
  - Anorexia Nervosa
  - Bulimia Nervosa
  - EDNOS
  - Binge Eating Disorder
  - Pica
  - Avoidant Restrictive Food Intake Disorder
  - Rumination Disorder
  
- VIII. Disruptive, Impulse Control and Conduct Disorders
  - Oppositional Defiant Disorder
  - Conduct Disorder
  - Antisocial Personality Disorder
  - Intermittent Explosive Disorder
  - Self-Injury (not a diagnosable condition)
  - Kleptomania
  - Pyromania
  
- IX. Substance and Alcohol Related Disorders
  - Substance use Disorder
  - Alcohol use Disorder/ Alcoholism
  - Gambling Disorder
  
- X. Schizophrenia Spectrum and Other Psychotic Disorders
  - Schizophrenia
  - Delusional Disorder
  - Schizoaffective Disorder
  - Catatonia
  
- XI. Dissociative Disorders
  - Dissociative Amnesia
  - Dissociative Fugue (not a diagnosis)
  - Dissociative Identity Disorder/Multiple Personality Disorder
  - Depersonalization Disorder/Derealization Disorder

- XII. Somatic Symptom and Related Disorders
  - Somatic Symptom Disorder
  - Conversion Disorder
  - Factitious Disorder/Munchausen Syndrome (and by proxy)
  
- XIII. Personality Disorders
  - Paranoid Personality Disorder
  - Schizoid PD
  - Schizotypal PD
  - Antisocial PD
  - Histrionic PD
  - Borderline PD
  - Narcissistic PD
  - Avoidant PD
  - Dependent PD
  - Obsessive-Compulsive PD
  
- XIV. Neurodevelopmental Disorders
  - Intellectual Disability Disorder (formerly called Mental Retardation)
  - Autism Spectrum Disorder
  - Attention-Deficit Hyperactivity Disorder (ADD/ADHD)
  - Motor Disorders/Tourette's Disorder
  
- XV. Neurocognitive Disorders
  - Alzheimer's Disease
  
- XVI. Sleep-Wake Disorders
  - Insomnia
  - Narcolepsy
  - Sleep Apnea
  - Sleepwalking Disorder
  - Sleep Terror Disorder



# Abnormal Psychology Class Expectations

In an attempt to conserve paper, I am asking students and parents to **go online to my website ([www.MrLj.weebly.com](http://www.MrLj.weebly.com)) to access my class expectations and syllabus**. Click on the Abnormal Psych tab at the top of my home page and you will find the expectations file near the top of the Abnormal Psychology page.

After reading my class expectations, please sign below indicating that you have read, understand, and agree to the course policies and expectations for *Abnormal Psychology*. Also, please be aware that *this course covers a variety of mental health issues, some of which may be potentially sensitive topics to your child*. This is an elective (non-required) course and if you feel that it is not suitable for your child then please speak to the guidance office about other alternatives.

Please call (436-5991X2043) or email me ([eljungberg@quaboagrsd.org](mailto:eljungberg@quaboagrsd.org)) with any questions or concerns that you might have. If anyone is unable to get online to access my expectations, or would prefer to have a printed copy of them, I will gladly print one out for you.

***Please return this signed form by no later than this Friday, September 8<sup>th</sup>.***

Thank you,

Mr. Ljungberg

I have read, understand, and agree to the course policies and expectations for Mr. Ljungberg's *Abnormal Psychology* class.

---

Student signature

---

Parent signature

