

# PSY 224 ABNORMAL PSYCHOLOGY

3 Credits, CRN: 61422  
Online, Asynchronous  
16 October – 8 December 2023

**Instructor:** Lisamarie Bensman, Ph.D.

**Email:** [bensman@hawaii.edu](mailto:bensman@hawaii.edu)

**Office:** Na‘auao 114

**Office Hours:** By email and appointment via Google video chat. Email is an excellent way to get a hold of me; email anytime. I will respond within 24 hours, except on Saturdays..

**Effective Date:** Fall 2023

## WINDWARD COMMUNITY COLLEGE MISSION STATEMENT

Windward Community College offers innovative programs in the arts and sciences and opportunities to gain knowledge and understanding of Hawai‘i and its unique heritage. With a special commitment to support the access and educational needs of Native Hawaiians, we provide O‘ahu’s Ko‘olau region and beyond with liberal arts, career, and lifelong learning in a supportive and challenging environment — inspiring students to excellence.

## OUR COURSE

From time to time, we all experience psychological distress and, over the course of our lifespan, we will all do many atypical things. Each of us will carry out actions that lead others to wonder why we have behaved in a seemingly bizarre, unusual, or maladaptive way. In short, we all sometimes think or act in disordered ways. At what point do those thoughts and/or behaviors become frequently or disordered enough that they are considered indicative of a mental illness? We will explore this issue together throughout the course of our semester and, in doing so, will hopefully come to better understand what mental illnesses are, clearing up misconceptions, and hopefully reducing the stigma surrounding these disorders. As the first step in this process, we will champion a “people-first” model.



## CATALOG DESCRIPTION

Presents concepts and principles used in clinical practice: dynamics, diagnosis, and treatment of abnormal behavior. Compares and contrasts the different patterns of abnormal behavior.

Examines the differences in theoretical models for understanding maladaptive behavior. DS (3 hours lecture).

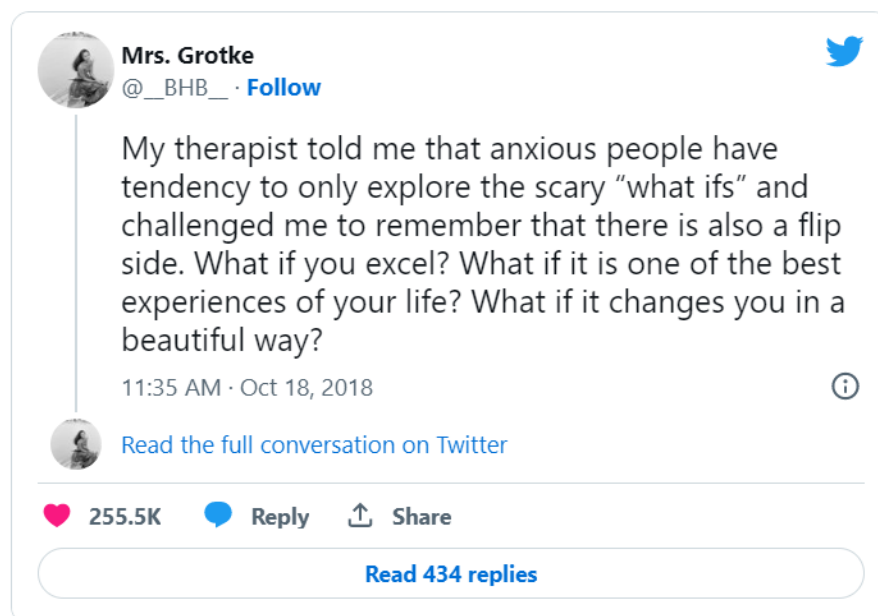
Required Preparation: A grade of 'C' or better in PSY 100.

This is a distance learning class conducted asynchronously via the internet using Laulima, the University of Hawai'i's web-based course management system. A web-based course such as this one requires that you have computer literacy skills.

## STUDENT LEARNING OUTCOMES

Upon completion of the course, you should be able to:

1. Compare and contrast historical and current theories of abnormal behavior.
2. Identify and describe different types of abnormal behavior and the "best practice" therapies associated with each type.
3. Apply the principles of psychology to their own thoughts and feelings.
4. Illustrate understanding of the role of culture, ethnicity, and socio-economic factors in defining abnormal behavior.



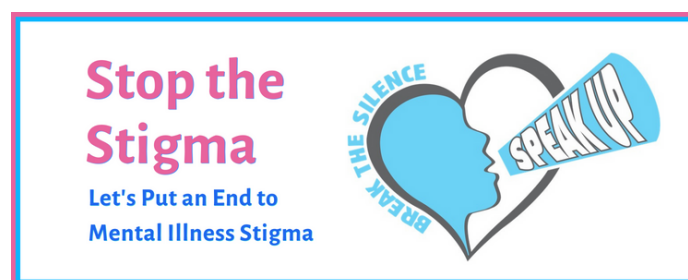
## COURSE TASKS.

Because this course is conducted via the internet, our class communication, assignments, and textbook are all online and available via Laulima (<https://laulima.hawaii.edu/portal>). Laulima is WCC's online course management system (you might already be familiar with it from previous classes). On Laulima, you will find our syllabus, class announcements, gradebook, and unit folders that include links to our assignments as well as our class lectures/PowerPoints. Access to Laulima requires your regular UH school username and password. **Throughout the semester, I recommend checking Laulima and your UH email once a day.**

You are responsible for keeping up in this class: your diligence in logging in regularly to Laulima and engaging with our content in a timely fashion is essential to your success. **Except when using a late pass, no late work is accepted in this class without written verification of extenuating medical or legal circumstances** (please see our late work policy in the 'Additional Information' section of this syllabus).

We have much to learn this semester and you'll demonstrate all the knowledge and skills you've acquired using a variety of different formats. As you will see, you will be submitting more work for this class than you likely do for most of your face-to-face courses. Since this is an asynchronous online course, I need to be able to measure how well you are keeping up with the materials; these assignments allow me to gauge how well you are keeping up with and understanding the course material. Additionally, we have only 8 weeks to complete an entire semester's worth of work. In order to ensure that you can keep up with this volume of work, we will have two small assignments due every few days.

Reading Checks:	5 x 10 points = 50 points
Quiz Questions:	5 x 20 points = 100 points
Unit Activities:	5 x 30 points = 150 points
<b>TOTAL:</b>	<b>300 points</b>



**Our assignments follow a uniform structure.** We spend roughly 8 days on each unit. Our first assignment due each unit is the Reading Check. This assignment helps “get your feet wet” regarding the chapter content. Our second assignment due each unit is the Quiz Questions assignment. This assignment deepens your understanding of core chapter concepts. Our final assignment due is the unit activity. This assignment gauges your mastery of the unit material. All assignments may be submitted early, but no assignments are accepted late (excepting cases of qualified, documented emergencies or usage of ‘late passes’—please see our late work policy in the ‘Late Work’ section of this syllabus).

**Our class works on a mastery system.** This means that it’s more important that you get concepts eventually than to get them right away (although, it’s awesome if you do get them right away). To this end, our class assignments and policies are all set up for you to succeed, provided you continue to put in the work. Success is obtainable even if you struggle initially or experience difficulties throughout the semester. Each unit is set up with assignments of increasing difficulty and credit, so that the first assignment—when you’re likely the most unsure on our content—is the least complex and worth the least amount of credit. As your knowledge grows throughout the unit, so too does the complexity of and credit for our assignments. As a final feature of our mastery system, we will cover 6 units over the semester but only your highest 5 scores in each assignment category count. This means you don’t have to worry if an assignment doesn’t go your way as you can replace that score with another score from that category. Counting only the 5 highest scores also means that when life inevitably gets in the way and makes it difficult for you to complete your work, you can simply make that an assignment that you don’t submit (in other words, you can miss one assignment in each assignment category with no penalty).

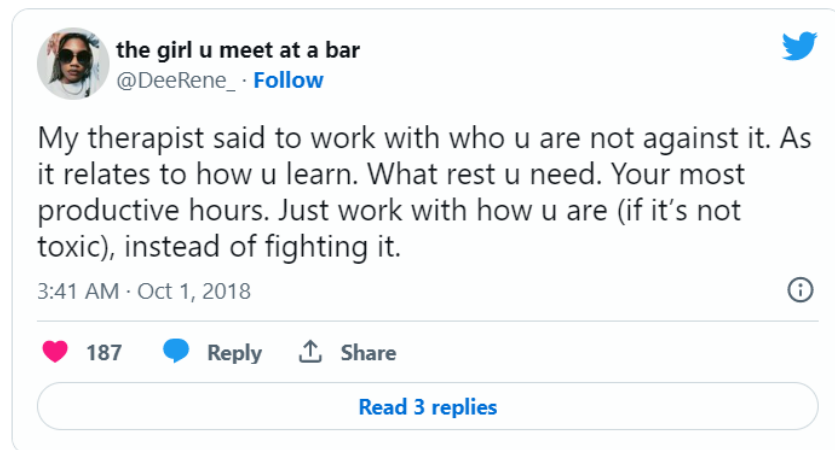


### **Reading Checks (10 points each, highest 5 scores count, 50 points total)**

For each unit, you will complete a brief reading check through Laulima wherein you answer 10 questions about the assigned textbook chapter and supplemental unit PP (a.k.a. our class lecture, which is available on Laulima in the unit folder). The reading checks are open-book, open-notes but should be entirely your own work. **These reading checks work on the mastery system, so you can take them as many times as you would like until the assignment deadline.** The computer will record your highest score, so there’s no harm in trying a reading check multiple times. Question format includes multiple choice and true/false questions.

Pro tip: Have the reading check open as you are reading the chapters and PPs and fill in your reading check answers as you move through the assigned readings.

Each reading check is worth 10 points. There are six reading checks throughout the semester and your highest five scores count, so you can skip one reading check without any negative impact on your final grade. No need to tell me which reading check you're skipping; just don't do it. Reading checks are the first assignment due for each unit. Reading checks may be submitted early, but not late. Late reading checks are not accepted (excepting cases of qualified, documented emergencies or usage of 'late passes'—please see our late work policy in the 'Late Work' section of this syllabus).



### **Quiz Questions (20 points each, highest 5 scores count, 100 points total)**

To deepen your knowledge of our class content, you'll WRITE five applied quiz questions for each unit. The questions should come from the textbook chapters and the supplemental PPs for the unit (please see the assignment on Lulima for a breakdown of questions by source).

Question format is up to you; whichever format you choose, craft questions that apply our class content. Provide the question, the answer options, the correct answer, and indicate where you found this information.

The questions that you write will go into a question bank for next semester's students to answer, so please be thoughtful and clear. Also, feel free to write in your own voice (i.e. formal writing isn't necessary, unless you'd like to use it). 'Own voice' includes the option to write in Pidgin (please note somewhere in your submission that you're writing in Pidgin). If you choose this option, you'll be allowing future semesters of students the chance to answer quiz questions in Standard English or Hawaiian Pidgin, per their choosing.

Questions are submitted to the 'Quiz Questions' tab on Lulima. Together these five questions are worth 20 points (please see the assignment on Lulima for grading rubric), with partial credit available.

As part of our mastery system of learning, following the grading of each quiz question assignment, supplemental quiz questions will be available on Lulima. These questions have been written by other PSY 224 students for the unit. Answering these supplemental quiz questions is optional, but correct answers will raise your quiz question assignment score. The

highest possible combined score from the original quiz questions and the supplemental quiz questions is 20 points (e.g. if someone earned a perfect score on the original questions, answering the supplemental quiz questions won't raise their assignment score). The number of supplemental quiz questions will vary.

There are six quiz question assignments throughout the semester and your highest five scores count, so you can skip one quiz question assignment without any negative impact on your final grade. No need to tell me which quiz question assignment you're skipping; just don't do it. Quiz questions are the second assignment due for each unit. They may be submitted early (if the unit's quiz question assignment is up, go for it), but not late. Late quiz questions are not accepted (excepting cases of qualified, documented emergencies or usage of 'late passes'—please see our late work policy in the 'Late Work' section of this syllabus).

### **Unit Activities (30 points each, highest 5 scores count, 150 points total)**

For each unit, you will complete an in-depth activity designed to showcase your understanding of the unit's key topics and our course theme (reducing mental illness stigma). Activities vary unit to unit, but all activities will draw on the textbook and supplemental PP (i.e. our class lecture) content for that unit. Details on each individual activity complete with grading rubrics are available on our Laulima in the unit folders. Regardless of the specific activity, your submission should make use of the information from the textbook, supplemental PP, and any posted materials, be thoughtful and thorough, and when responding to a discussion post, build on the responses of fellow students. There are six unit activities throughout the semester and your highest five scores count, so you can skip one activity without any negative impact on your final grade. No need to tell me which activity you're skipping; just don't do it. Activities are the final assignment due for the unit. They may be submitted early, but not late. Late activities are not accepted (excepting cases of qualified, documented emergencies or usage of 'late passes'—please see our late work policy in the 'Late Work' section of this syllabus).



**Ashley C. Ford** ✓  
@iSmashFizzle

...

My therapist asked me to consider that most people want to be kind & aren't trying to trap me. Sounds like a trap.

4:35 AM · Oct 13, 2018 · Twitter Web App

1,889 Retweets 126 Quote Tweets 14K Likes

### **Late Work/Assignment Policies**

Late assignments are not accepted, except in cases of serious documented emergencies with written verification of the extenuating medical, legal, or other qualifying circumstances. The determination of a qualified emergency is made by me; please contact me as soon as you anticipate or experience a problem.

There are two exceptions to this 'no late work' policy: Free passes and mulligans.



1. Late passes: Each student gets three late passes to turn in an assignment late. Each late pass buys an extra week (7 days) after the assignment due date to submit said assignment. To use a free pass, simply email me your work by the late pass deadline.
2. Mulligans (do-overs): Each student gets three mulligans (do-overs). A mulligan (do-over) allows a student to revise and resubmit a previously submitted assignment. For example, if you miss the mark on a unit activity, you could revise your work and resubmit. Mulligans (do-overs) can be used within one week (7 days) of the graded assignment being returned. To use a mulligan, simply email me your revised work by the Mulligan (do-over) deadline.

### **Extra Credit**

At this point, 4 extra credit assignments are anticipated for the semester. Most are available now and due in the first week of the course:

1. Syllabus quiz. Taken on Laulima. Worth up to 3 points. Due 22 October.
2. Introduce yourself to the class using Laulima's discussion board. Worth up to 2 points. Due 22 October.
3. Meet and Greet with instructor. With online classes, it can be easy to feel you're all alone in your learning process, but you're not. I'm in it with you so let's get to know one another. Sign up for a quick, 10-minute one-on-one introduction with me. Worth 7 points. Due 22 October.
4. Mid-semester check-in with instructor. Worth 15 points. Complete between 14 – 16 November.



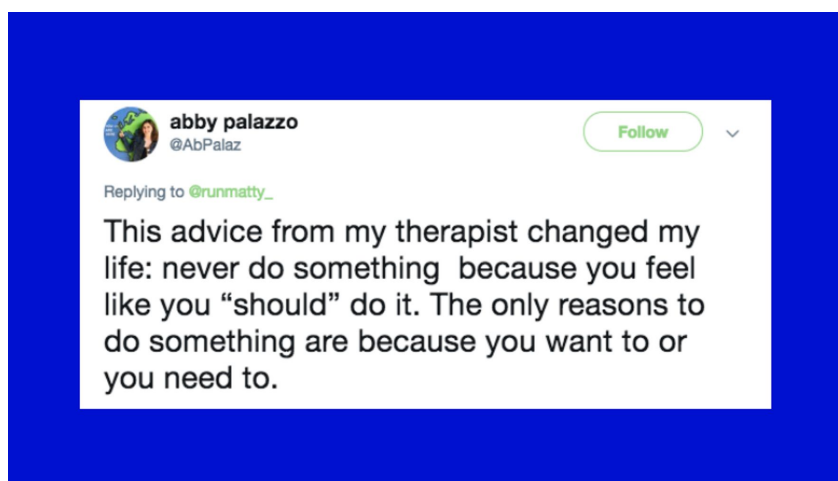
### **IMPORTANT NOTE:**

Please do NOT wait until the last day to do your work because all kinds of problems (especially technological ones) can happen. This is a reality of online courses. If you experience problems near the deadline and miss submitting the work, your grade will be recorded as a zero (if you have a late pass remaining, you could then choose to still submit the work, but if you are out of late passes, you'd be out of luck).

**COURSE CONTENT/SCHEDULE (tentative and subject to change)**

Unit	Dates	Topic	Assignment Due
	16 – 18 October	Orientation	Familiarize yourself with our course and Laulima; do extra credit
1	19 – 26 October	Introduction to Abnormal Psychology	22 October: Reading Check
			24 October: Quiz Questions
			26 October: Activity
2	27 October – 3 November	Assessment, Diagnosis, & Treatment	29 October: Reading Check
			1 November: Quiz Questions
			3 November: Activity
3	4 – 13 November	Mood & Anxiety Disorders	8 November: Reading Check
			11 November: Quiz Questions
			13 November: Activity
	14 – 16 November	Cognitive Processing Break	Check in with Lisamarie regarding semester progress
4	17 – 24 November	Eating & Substance Disorders	19 November: Reading Check
			21 November: Quiz Questions
			24 November: Activity
5	25 – 30 November	Schizophrenia	27 November: Reading Check
			28 November: Quiz Questions
			30 November: Activity
6	1 – 8 December	Lifespan Disorders	3 December: Reading Check
			5 December: Quiz Questions
			8 December: Activity

Assigned work is due by 11.59 p.m. on the date it is listed. Beyond the late passes, late work is not accepted, excepting documented, qualified emergencies (as determined by me, see course policy). All work (even with late passes and Mulligans is due by Sunday, 10 December).



## ASSESSMENT TASKS AND GRADING

You're spending your valuable time and money on this course, so let's make sure that you are on course for success. Using this grade tracker sheet, you can always be aware of your grade in our course. Simply fill in your scores as you earn them.



## Grade Tracker:

### Reading Checks

Intro to Abnormal Psychology =	____/10 points	
Assessment =	____/10 points	
Mood & Anxiety D/Os =	____/10 points	<b>Highest 5 of 6 Scores = ____/50 points</b>
Eating & Substance D/Os =	____/10 points	
Schizophrenia =	____/10 points	
Lifespan D/Os =	____/10 points	

### Quiz Questions

Intro to Abnormal Psychology =	____/20 points	
Assessment =	____/20 points	
Mood & Anxiety D/Os =	____/20 points	<b>Highest 5 of 6 Scores = ____/100 points</b>
Eating & Substance D/Os =	____/20 points	
Schizophrenia =	____/20 points	
Lifespan D/Os =	____/20 points	

### Unit Activities

Intro to Abnormal Psychology =	____/30 points	
Assessment =	____/30 points	
Mood & Anxiety D/Os =	____/30 points	<b>Highest 5 of 6 Scores = ____/150 points</b>
Eating & Substance D/Os =	____/30 points	
Schizophrenia =	____/30 points	
Lifespan D/Os =	____/30 points	

**Total Points = \_\_\_\_/300 points**

**\*Add only the scores in this right, bolded column**

**Extra credit earned: \_\_\_\_ points**

**Your total points + extra credit then determines the final course grade that you have earned for PSY 224:**

A =	300.0 – 270 points [percentage of 90 – 100%]
B =	269.9 – 240 points [percentage of 80 – 89.9%]
C =	239.9 – 210 points [percentage of 70 – 79.9%]
D =	209.9 – 180 points [percentage of 60 – 69.9%]
F =	Below 180 points [percentage of 0 – 59.9%]

To figure out your grade at any point during the semester, total up all the points you've earned up until thus far and use this formula:

$$(\text{Points earned} \div \text{Points possible thus far}) \times 100 = \text{Current grade}$$

For example, say it's partway through the semester and you've earned 179 points thus far and there have been 200 points available. You would take  $179 \div 200$ , which equals .895 and then multiply .895 by 100, which equals 89.5%. Using the above grade breakdown, we'd see that a percentage of 89.5 means that your current grade would be a 'B'.



Kimya Dawson  
@mrskimyadawson

Replying to @CarolineMoss

Anxiety causes me to put things off a lot and in group therapy we worked on "the 15 minute rule". If something feels impossibly overwhelming I set a timer to work on it for 15 minutes and that takes away that "I'm about to swan dive into a bottomless hole" feeling.

## LEARNING RESOURCES

We are using OER (Open Education Resources) for this class, which means that **there are no books to buy for this course!**

Our FREE textbook for the course is:

Bridley, A. & Daffin, Jr., L. W. (2018). *Abnormal Psychology, 2<sup>nd</sup> Edition*. Washington State University. <https://open.umn.edu/opentextbooks/textbooks/890>

A .pdf copy of the text is available using the link above, as well as on Laulima under 'Resources' (if you'd like to print it, I recommend going to TRiO). I will link the online version of individual chapters into our unit folders on Laulima or you can use the above link to access the entire textbook at any time.

Along with our OER textbook chapters, our class PowerPoints and additional course materials are available on Laulima.

### Recommended Reading Resources:

American Psychological Association. (2002). *Publication Manual of the American Psychological Association, (5th ed.)*. Washington DC: Author. (In Reference Section of WCC Library or at Reference Librarian's desk. Call number: BF76.7.P83 2001)

### Campus Resources:

At WCC, we care deeply about your success. To help you thrive, we have the following:  
TRiO: Tutoring and resource center for low-income, first-generation, and/or students with disabilities.

Additional tutoring options: Free online, on-demand [tutoring](#) is also available for all students. Sign in to [MyUH.hawaii.edu](https://myuh.hawaii.edu) for access to [Tutor.com](#).

WCC Librarians: Our [librarians](#) are amazing and can help with oh so much. Thank you for reading so far into our syllabus and so carefully. If you email me a photo of an otter, you'll earn 5 points of extra credit.

[Ka Piko](#) is WCC's academic support hub and contains even more tutor help as well as other services.



### ADDITIONAL INFORMATION

I am here to help you succeed in this course. Please don't hesitate to email me or stop by my office if you have any questions, concerns, or problems. At any point in the semester, if you have concerns about our class that you would prefer not to discuss with me, an alternative contact for any concerns is [wccaa@hawaii.edu](mailto:wccaa@hawaii.edu).

In order to keep class fair for everyone, we will adhere strongly to the following course policies:

1. **Plagiarism/Cheating:** I take both plagiarism and cheating very seriously. If I think you have plagiarized (intentionally or unintentionally) or cheated, you will earn a zero for that assignment, no exceptions. A second instance of either will result in failure of the course (i.e. two instances of plagiarism, two instances of cheating, or one instance of plagiarism and one instance of cheating).
2. **Late work policy:** Beyond the free passes, late assignments are not accepted, except in cases of serious documented emergencies with written verification of the extenuating medical, legal, or other qualifying circumstances. The determination of a qualified emergency is made by me; please contact me as soon as you anticipate or experience a problem.
3. **I strongly uphold the University of Hawai'i's non-discrimination policy in my class. Any discriminatory acts or language on the basis of race, religion, sex, gender, gender identity, age, national origin, ancestry, disability, or sexual orientation will NOT be tolerated. We will maintain our online classroom as a safe environment for all.**



## DISABILITIES ACCOMMODATION STATEMENT

If you have a physical, sensory, health, cognitive, or mental health disability that could limit your ability to fully participate in this class, you are encouraged to contact the Disability Specialist Counselor to discuss reasonable accommodations that will help you succeed in this class. Roy Inouye can be reached at 235-7487, [royinouy@hawaii.edu](mailto:royinouy@hawaii.edu), or you may stop by Hale Kako'o 106 for more information. Please note that any special accommodations for the class will begin once the instructor is contacted by the Disability Specialist and will include the assignments from that point forward, as deemed reasonable and appropriate.

## SEX DISCRIMINATION & GENDER-BASED VIOLENCE RESOURCES (TITLE IX)

Windward Community College is committed to providing a learning, working, and living environment that promotes personal integrity, civility, and mutual respect and is free of all forms of sex discrimination and gender-based violence, including sexual assault, sexual harassment, gender-based harassment, domestic violence, dating violence, and stalking.

If you or someone you know is experiencing any of these, WCC has staff and resources to support and assist you. To report an incident of sex discrimination or gender-based violence, as well as receive information and support, please contact one of the following:

Leslie Cabingabang, Confidential Advocate

Phone: (808) 348-0432

Email: [leslie.cabingabang@hawaii.edu](mailto:leslie.cabingabang@hawaii.edu)

Desrae Kahale, Mental Health Counselor & Confidential Resource

Phone: (808) 235-7393

Email: [dkahale3@hawaii.edu](mailto:dkahale3@hawaii.edu)

Office: Hale Kāko'o 101

Karen Cho, Title IX Coordinator

Phone: (808) 235-7404

Email: [kcho@hawaii.edu](mailto:kcho@hawaii.edu)

Office: Hale Alaka'i 120B

As a member of the University faculty, I am required to immediately report any incident of sex discrimination or gender-based violence to the campus Title IX Coordinator. Although the Title IX Coordinator and I cannot guarantee confidentiality, you will still have options about how your case will be handled. My goal is to make sure you are aware of the range of options available to you and have access to the resources and support you need.

For more information regarding sex discrimination and gender-based violence, the University's Title IX resources and the University's Policy, Interim EP 1.204, go to [manoa.hawaii.edu/titleix/](https://manoa.hawaii.edu/titleix/)



## ALTERNATE CONTACT INFORMATION

If you are unable to contact me or experience any issues with class that you'd prefer not to discuss with me, please contact the Academic Affairs Office:



Location: Alaka'i 121  
Phone: 808-235-7422  
Email: [wccaa@hawaii.edu](mailto:wccaa@hawaii.edu)