

**UNIVERSITY OF VICTORIA  
DEPARTMENT OF PSYCHOLOGY**

**PSYCHOLOGY 260  
Introduction to Mental Health and Well-Being  
Summer 2016 – A01**

**Instructor:** Dr. Jody L. Bain  
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**Office Hours:** By appointment

**Class time:** July 27 to August 19, 2016  
Monday to Friday: 12:30 to 14:20  
**NO CLASS AUGUST 1, 2016**  
Cornett B 143

**Suggested Test:** Abnormal Psychology, 17<sup>th</sup> Edition  
JM Hooley, JN Butcher, MK Nock, SM Mineka

**PURPOSE:** The course examines theory and research related to an understanding of mental health and well-being in adulthood. Topics address various aspects of psychological distress (such as mood and anxiety disorders, personality disorders, substance use, and schizophrenia) and psychological well-being. Biological, learning, developmental, humanistic, and cross-cultural perspectives are used to understand the definitions and etiology of mental disorders and psychological well-being. Clinical vignettes will be used to help this understanding.

Prerequisites for this course are PSYCH 100A and PSYCH 100B. Students who remain in this course who do not have these prerequisites do so at their own peril and are not exempt from having to complete the prerequisite courses if required for the degree program. Students are responsible for checking their registration status before the end of the add period. Students will not be added after this deadline.

*The University of Victoria is committed to promoting, providing, and protecting a positive and supportive and safe learning and working environment for all its members.*

**COURSE OUTLINE:**

<b>July 27</b>	Introduction to course Abnormal Psychology	<b>Chapter 1</b>
<b>July 28 – Aug 4</b>	Assessment/Classification Causal Factors and Viewpoints Stress and Physical and Mental Health Personality Disorders	<b>Chapter 3, 4, 5, 10</b>
<b>August 5</b>	<b>EXAM #1 (25%)</b>	
<b>August 8 - 11</b>	Panic, Anxiety, Obsessions Mood Disorders Suicide Somatic and Dissociative Disorders	<b>Chapter 6, 7, 8</b>
<b>August 12</b>	<b>EXAM #2 (20%)</b>	
<b>August 15 - 18</b>	Addiction/Substance Use Psychoses Neurocognitive Disorders	<b>Chapter 11,13,14</b>
<b>August 19</b>	<b>Exam #3 (20%)</b>	

## EVALUATION:

**1. Assignments:** There will be **two** written assignments (10% each), out of several topics given, due in class on the dates indicated below. Each assignment will involve preparing a short discussion paper (maximum = **three double-spaced pages**) in response to an assigned topic. No late papers will be accepted.

**Assignments choices are: August 3, 9, 16, 2016. Pick two.**

**TOTAL VALUE: 20%**

**2. Examinations:** There will be three short answer examinations covering information presented in class.

**August 5, 12, 19, 2016**

**TOTAL VALUE: 65%**

**4. In-class Discussions:** There will be seven in-class discussions (1% each). These will be in the format of Group Discussions with a focus on controversies in understanding mental health (for example - the use by students during exam periods of medications prescribed for attention deficit disorders). They will be held on **July 28, August 2, 3, 8, 9, 15, 16, 2016. The responses will be submitted that same day at the end of class. THESE CANNOT BE MADE-UP.**

**TOTAL VALUE: 7%**

**5. Case Studies:** There will be four in-class written assignments with a focus on analysis of clinical vignettes (2% each). You must be present in class to participate and to receive credit for the assignments. They will be held **July 29, August 4, 10, 17, 2016.**

**TOTAL VALUE: 8%**

**Note:** You are responsible for materials in lectures you do not attend. Missed examinations with a valid reason will be made up at the earliest convenient time. Missed examinations without a valid reason will receive a score of zero. Letter grades will be assigned as follows with scores derived to 3 decimal places.

A+ 90 – 100%	B+ 77 – 79%	C+ 65 – 69%	F < 49%
A 85 – 89%	B 73 – 76%	C 60 – 64%	
A- 80 – 84%	B- 70 – 72%	D 50 – 59%	

**UNIVERSITY OF VICTORIA**  
**Department of Psychology**

**Important Course Policy Information**  
**Summer 2016**

***Prerequisites***

Students who remain in courses for which they do not have the prerequisites do so at their own risk. Students who complete courses without prerequisites ARE NOT exempt from having to complete the prerequisite course(s) if such courses are required for the degree program.

***Program Requirements***

For more information see pages 378-382 of the UVic Calendar 2015-2016.

***Registration Status***

Students are responsible for verifying their registration status. Registration status may be verified using My Page, View Schedule. Course adds and drops will not be processed after the deadlines set out in the current UVic Calendar.

***Commitment to Inclusivity and Diversity***

The University of Victoria is committed to promoting, providing and protecting a positive and supportive and safe learning and working environment for all its members.

***In the Event of Illness, Accident or Family Affliction (See UVic Calendar, 2015-16, p. 59)***

- ***What to do if you miss the final exam scheduled on the last day of classes***

Apply at Records Services for a "Request for Academic Concession", normally within 10 working days of the date of the exam. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation (for example, a deferred exam). Where a concession is not applied for or where such application is denied, an N grade will be entered on the student's academic record.

OR, you can download the Request for Academic Concession form here:

<http://www.uvic.ca/registrar/assets/docs/record-forms/rac.pdf>

- ***What to do if you miss an exam other than one scheduled on the last day of classes***

Do not apply at Records Services for a "Request for Academic Concession". Instead submit documentation of the illness, accident or family affliction directly to your course instructor (or designated teaching assistant).

- ***What to do if you require additional time to complete course requirements***

Apply at Records Services for a "Request for Academic Concession", normally within 10 working days of the end of the course. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation. Where a concession is not applied for or where such application is denied, an N grade will be entered on the student's academic record.

OR, you can download the Request for Academic Concession form here:

<http://www.uvic.ca/registrar/assets/docs/record-forms/rac.pdf>

### ***Policy on Academic Integrity including Plagiarism and Cheating***

The Department of Psychology fully endorses and intends to enforce rigorously the Senate Policy on Academic integrity (<http://web.uvic.ca/calendar2016-01/undergrad/info/regulations/academic-integrity.html> , p. 54-57, UVic Calendar 2015-16). It is of utmost importance that students who do their work honestly be protected from those who do not. Because this policy is in place to ensure that students carry out and benefit from the learning activities assigned in each course, it is expected that students will cooperate in its implementation.

The offences defined by the policy can be summarized briefly as follows:

1. **Plagiarism.** You must make sure that the work you submit is your work and not someone else's. There are proper procedures for citing the works of others. The student is responsible for being aware of and using these procedures.
2. **Multiple Submission.** Only under exceptional circumstances may a work submitted to fulfill an academic requirement be used to satisfy another similar requirement. The student is responsible for clarifying this with the instructor(s) involved.
3. **Falsifying Materials Subject to Academic Evaluation.** This includes falsification of data, use of commercially prepared essays, using information from the Internet without proper citation, citing sources from which material is not actually obtained, etc.
4. **Cheating on Assignments, Tests, and Examinations.** You may not copy the work of others in or out of class; you may not give your work to others for the purpose of copying; you may not use unauthorized material or equipment during examinations or tests; and you may not impersonate or allow yourself to be impersonated by another at an examination. The Department of Psychology has a policy of not making old examinations available for study purposes. Therefore, use of old exams without the express written permission of the instructor constitutes cheating by the user, and abetting of cheating by the person who provided the exam.
5. **Being an Accessory to Offences.** This means that helping another student to cheat (for instance, by showing or communicating to them answers to an assignment, or by allowing them to view answers on an exam) is an academic offence.

Instructors are expected to make every effort to prevent cheating and plagiarism. This may include the assignment of seating for examinations, asking students to move during examinations, requests to see student identification cards, and other measures as appropriate. Instructors also have available to them a variety of tools and procedures to check for Internet and electronic media-based cheating. In instances of suspected or actual plagiarism or cheating, instructors, following prescribed procedures, are authorized to take steps consistent with the degree of the offence. These measures will range from a zero on the test or assignment or a failing grade for the course, probation within a program to temporary or even permanent suspension from the University.

Rights of Appeal are described in the Policy on Academic Integrity in the University calendar (on p. 54-57 in 2015-2016).

**The definitive source** for information on Academic Integrity is the University Calendar (p. 54-57 in 2015-2016) (<http://web.uvic.ca/calendar2016-01/undergrad/info/regulations/academic-integrity.html>)

**Other useful resources on Plagiarism and Cheating include:**

1. The Study Solutions Office: <https://www.uvic.ca/services/counselling/success/study/index.php>
2. The Ombudsperson's office: <http://www.uvss.uvic.ca/ombudsperson/pubsguides/plagiarism.pdf>
3. The English Department: <http://web.uvic.ca/wguide/Pages/CitPlagiarism.html>