

Course Syllabus

This is your syllabus. Please refer to it often.

Welcome!

Introduction to Clinical Psychology (PSY 364)

Spring 2020

PSY 364 • Unique #42040 • Online!

Lectures by: Kirsten Bradbury, Ph.D. bradbury@austin.utexas.edu

Instructor:

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**Note: While Dr. Bradbury produced the lectures that you will view, the teaching team for this class will be led by Dr. Valdez! Any questions you may have can be directed to Dr. Valdez or the TAs via email and office hours.*

Teaching Assistants:

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Protect yourself- please read this document in its entirety! In order to ensure you have the best experience this semester, there are a few things that you need to know about this class. We know the syllabus is long, but if you read it now, you will save yourself a lot of headaches later!

Course Description

In this survey course on the science and practice of Clinical Psychology, we review major theories and conceptual models of helping, introduce fundamental clinical skills and attitudes, and discuss clinical ethics and decision-making. We cover a variety of topics related to clinical psychology, including career development in the helping professions, empirically supported treatments and the importance of research, professional issues in clinical practice, how to be a conscious consumer of mental health services, and mechanisms of therapeutic change. Throughout the course, we apply psychological theories and principles to everyday human experience. We hope to make the science of Clinical Psychology accessible and understandable, and we particularly want you to see how the theories and concepts we discuss relate to your own life.

This online course is comprised of a series of Modules containing lectures for you to watch and listen to, as well as supporting materials like lecture slides, required and supplemental readings, videos, and related websites to explore. Instead of a traditional textbook, you will read and view assigned materials online for each class, including articles, TED talks, and a variety of multimedia materials. We recommend listening to the lecture for each module first, then completing the associated readings, viewings, and explorations. In fact, recent research finds that students learn far more efficiently if they read the reading material after the lecture than if they do so before the lecture.

There are NO in-person requirements for the course. **Class attendance and participation, assignments, and tests are all completed online.** The instructional team holds both in-person and virtual office hours, as in any traditional class; you are not required to attend these, but any student is welcome to come ask questions or just say hello.

To get a thorough understanding of the course content, we urge you to *actively* view all the lectures as well as read (or watch) all of the online material. The best way to prepare for the quizzes and exams is to **pay attention** to the lecture while you watch it, taking notes as you would in any class, then read all of the associated material. Ask us questions and talk with your classmates and others about what you've learned. Actively talking with others about the theories and ideas of the course helps to organize them in your mind. Most students who have questions about the readings oftentimes are not devoting the same effort or energy that they do when reading a textbook. Read with a curious mind and be attentive throughout the various tasks. If you have questions about anything, please use your resources (Piazza, Office Hours, TA email) to gain clarification and enrich your learning. Be sure to take advantage of the many learning resources available to you in this course!

Although you can listen to the lectures and complete the modules on a flexible schedule (whenever you find it convenient to do so), you must keep up with the overall pace of the course by taking exams spaced intermittently throughout the semester. We will release the modules for you in segments that apply to the course exams. The schedule of exams determines how quickly you must complete each module; in general, the course is paced such that you will keep up if you complete two modules per week. Modules are released well ahead of the pacing of the course in case students need to work ahead within each of the four segments. However, exams cannot be taken early / ahead of schedule, so it is wise to not work too far ahead (or too closely to the exam timeline).

Required Internet-enabled device. All students must be connected to the class via Canvas using an Internet-connected computer or laptop. An internet-based cellphone/smartphone will NOT work well and is NOT recommended. Please check all the technical requirements here: <http://www.laits.utexas.edu/tower/tech.html> (Links to an external site).

Be sure your browser is updated to the versions specified in that link. Google Chrome is the recommended browser. If you need technical assistance, email our tech support team here: gatewaytechsupport@austin.utexas.edu. The TA's do not have all the information about bugs or broken issues on canvas, so it is important that you check in with our tech support team for any

technical/canvas related issues as soon as you are experiencing any issues. Please let us know if something does persist so we can help you problem-solve, too.

Prerequisites*: **For psychology majors** - upper-division standing and PSY301 and 418 with a grade of at least C in each; **For Non-majors** - upper-division standing, PSY301 with a grade of at least C, and one of the following with a grade of at least C: Biology 318M, Civil Engineering 311S, Economics 329, Educational Psychology 371, Government 350K, Kinesiology 373, Mathematics 316, Psychology 317, Sociology 317L, Social Work 318, Statistics 309.

*Prerequisites may not be enforced for all students or in all semesters. If you are registered for the class, you met any **enforced** prerequisites. Degree requirements are complex and the teaching team for this course knows nothing about how exactly you must navigate the treacherous waters of UT degree completion. When in doubt, check with an academic advisor in your major department!

Reading Canvas Announcements.

Since there are no in-person classes for this course, it is very important that you read **all Canvas announcements** for this class. You are responsible for knowing all of the information we have released in announcements, which contain specific instructions for taking exams and submitting assignments, up-to-date notices for assignment due dates, information for students with accommodations, and other necessary information. We will be posting study guides and information about the study sessions for each of the exams via the canvas announcements. If you miss a deadline or an exam because you did not read an announcement, there is nothing we can do for you! This is your responsibility! We trust you to take it seriously!

Communicating with your teaching team.

We love hearing from you and there are a few expectations we have for communication with our team this semester.

Please follow these guidelines to help us maximize everyone's learning experience:

For most questions related to course material, post to Piazza!

This is the most efficient way for us to share knowledge and build our learning community. Never doubt the value of your questions – if you are wondering about something, at least a few of your classmates are wondering the same thing! *Please do not post about canvas related technical issues (e.g. the link for the reading is broken, I can't access the video for SLK Toolkit) here, use the Canvas IT team and contact the TA email for more immediate remedies.*

For those students who have SSD Accommodations or are experiencing health/mental health-related concerns interfering with your participation in the course, please let us know as soon as you are able. We want you to feel comfortable sharing with us what unique circumstances might be interfering with your ability to be successful in the class. Providing documentation from the university or your providers may be necessary if you are requesting accommodations on tests,

assignments or other aspects of this course. Please do not wait until the end of the semester to tell us how we can best support you!

For questions related to course administration, or for **accommodations** for sensory or learning disabilities, please **email the TAs** (onlinePSY364TA@austin.utexas.edu) as soon as possible so that we can ensure we received your paperwork from the office of Services for Students with Disabilities. While the quizzes are not timed for this course, the exams are! If we don't have your official paperwork, we cannot give the recommended accommodations!

For questions about a **specific test item** (quizzes or exams) or to learn why you **lost points** on an assignment, please direct your inquiry to the **TA email** (onlinePSY364TA@austin.utexas.edu). Please be sure to reference the specific assignment and grade, or to include the *actual test item and how you answered it*, along with your question. You'll need to provide additional information in your email to explain your concerns (e.g. "I think this is the wrong answer," does not suffice to change your grade).

For questions about **grad school or career advice**, please first review the **Grad School 101** videos available to you under the Modules tab. If you still have questions, then you should follow-up on Piazza, over email, or in online or in-person office hours. We love talking to students about their life paths!

For **conversation** about psychology and related topics, please **visit us in office hours** in person or online, or attend a meet-and-greet with Dr. Bradbury (see course announcements). Come see us! Contact information and office hour times and locations for the teaching team are listed on the home page of Canvas under Office Hours.

IMPORTANT: DO NOT message us through Canvas. [This includes submitting writing assignments, asking questions about exams, and troubleshooting any course-related problems.] We regret that we cannot guarantee that we will even see a message sent to us this way, much less respond effectively to it! **Messages sent through Canvas will not receive responses.** To send us a message, post to Piazza or email us directly at the email addresses given above.

Assessment: How you earn your grade.

We expect you to immerse yourself in the readings and lectures, and to complete all the assignments to the best of your ability. We expect the level of time and effort required for you to do well in this class to be similar to that required for any upper-division course in psychology at UT.

Your grade comes from your performance on three types of assessment:

1. **Module Quizzes.** Following the completion of each Module, you will take a short (3-item), untimed, multiple-choice quiz on the material covered in that Module. Module quizzes are completed online through Canvas. **In order to help keep you on track throughout the semester, module quizzes have scheduled due dates prior to the**

corresponding exam. These due dates can be found at the bottom of this syllabus.
We count 20 of 28 module quizzes (we *automatically* drop your lowest 8).

1. **Exams.** There will be 4 exams spaced throughout the semester, and each exam will be offered at two different times (there will be an Exam A: Tuesdays at 5:30 pm and an Exam B: Wednesday at 8:00 am)! You may choose **one** of the two administration times, A or B, to take your exam. You **do not need to sign up** for a time beforehand. Once the computer sees that you have accessed, for instance, Exam A, **it will not allow you to access Exam B and will automatically give you a grade for that exam.**

Exam instructions: Exams will consist of 50 multiple-choice items. You will have 40 minutes to complete the exam. The exam can only be accessed at the exact specified time, so you cannot get an early start and you will have the entire 40 minutes to complete your exam. TA's are available in a chat during the exam time to help you with technical issues **ONLY**. *We will be turning off the modules during the time of the exam to discourage acts of academic dishonesty.* All exams are considered **cumulative** in that we expect you to retain and apply the information you are learning in order to develop a higher level of long- term knowledge of the course topics. However, the focus of each exam is on the specific set of modules covered on that exam.

**** IF YOU CANNOT MAKE EITHER OF THE SCHEDULED EXAM TIMES (A OR B) DUE TO AN EMERGENCY CONFLICT, YOU MUST EMAIL THE TA ACCOUNT AT onlinepsy364TA@austin.utexas.edu**

1. **Writing Assignments.** There will be two writing assignments. Writing assignments are brief (300- 350 words) and experiential/applied. Due dates for writing assignments are given in the course calendar. Writing assignments are submitted as PDF or Word document files online via TurnItIn. Both writing assignments are counted in your final grade. You will find the Writing Assignments on Canvas after we announce they are ready. Once the assignment is available, go to the Writing Assignment that you need to complete, and then follow the instructions there. When finished, press the SUBMIT button. You can use your own computer or any university computer in the various UT libraries or computer labs. If you take a writing assignment seriously and submit relevant, thoughtful work, on time and according to the instructions, you will receive full points for that assignment. Writing Assignments must be written using APA Format ([resource](#)). Please keep in mind that reflection papers are still academic writing and should have a formal voice, proper formatting and demonstrate your engagement with the content. *Any of the following errors can result in lost points (in full or in part, at the discretion of the grader, depending on the severity of the error): Claiming or implying that someone else's*

work is your own; turned in late or not according to the submission instructions; unreadably poor writing and/or irrelevant content; far too long or far too short; doesn't follow instructions for content; is needlessly vulgar or offensive; incomprehensible; overly superficial or lacking in substance. All these errors are easily avoided. Students typically do very well on these assignments.

::IMPORTANT!!!: Make-up and Late Work Policies:

Module Quizzes: Because of our generous drops policy, we do not administer make-up module quizzes for any reason.

Exams: Because we offer you a choice of two exam times (Tuesday at 5:30 p.m. and Wednesday at 8:00 a.m.), **we are very strict about how we administer make-up exams.** We understand that because this course is online, some of you may have schedule conflicts during these four exams. If you have class or work during both the offered exam times, you will need to email the TA email before the exam(s) in question (onlinePSY364TA@austin.utexas.edu) and provide documentation of a class or work schedule that indicates a conflict. You will need to send a screenshot of your course schedule from UTDirect or provide documentation from your work of your schedule. The TA will assist in coordinating a make-up time and each request is accepted on a case-by-case basis. If you missed both exams due to serious illness or personal emergency, you will need to email the TA email ASAP and provide documentation of the **unavoidable** and **unexpected** nature of your absence. The TA will assist in coordinating a make-up time, again on a case-by-case basis. **There are no make-ups for the make-up; if you miss an exam you arranged with a TA, you will receive a zero for that exam. Note: students who miss one exam are still able to pass the course assuming they do well on the remaining exams and assignments.**

Assignments: Assignments turned in late (via email to the TAs) will be docked 2 points per day late, up to 7 days. Assignments will not be accepted more than 7 days late. The assignment will shut down and you will not be able to make a submission.

There are NO EXCEPTIONS* to these make-up and late work to these policies!!!

***Actually, when we say "no exceptions," we mean very rare exceptions.** You will KNOW if you are one of these rare exceptions because an event or series of events so catastrophic will have occurred in your life that it shreds right through our drops and make-ups policies both practically and existentially. If this applies to you, we are so sorry and please do contact us by email (onlinePSY364TA@austin.utexas.edu) . Please do not wait until you have missed deadlines or exams to let us know if something is interfering with your ability to complete the course tasks. We can much more readily help you ahead of time rather than retrospectively. We also recommend you contact the Dean of Students' Office of Emergency Student Services. *They, and we, will help you.*

Please, no cheating. You must complete your quizzes, exams, and assignments independently and without assistance or consultation with another person. Writing assignments must be your own original, previously unpublished work. Please study well enough for the quizzes so that you

will not be tempted to consult your notes or other fact-checking sources; although fact-checking is allowed during the quizzes, it is NOT allowed during the exams. Sources for allowed fact-checking do NOT include people. Consulting with another person while taking quizzes or exams for this class is never allowed and could incur serious consequences. Please be responsible, close all of your tabs during exams and use your best judgment. If you are thinking, “is this considered cheating,” your gut instinct is likely to confirm your suspicion. The number of technological ways they have devised for detecting cheating in these online classes blows our minds and has resulted in such a low level of cheating in online courses that it's easy to spot when something shady does happen. Don't risk it!! If you have any questions about what counts as cheating, we encourage you to check out the [student judicial services website \(Links to an external site\)](#), or ask us questions!

Reviewing Quizzes and Exams.

You will be able to review your Quiz and Exam answers once grades have been released, which typically occurs soon after the quiz is closed to students or the exam (all dates and make-up exams) has been administered. To review your completed Quizzes or Exams, go to the Assignments tab on the left side of Canvas and open your quiz/exam from there. You will see which questions you answered correctly and incorrectly.

Course Grades.

Computing your final grade. Your Course Grade will be computed in the following way:

60 points: Each module quiz is worth 4 points. 28 quizzes will be available for you to take (one per module). Of these, 20 will count toward your grade (we drop your 8 lowest quiz scores), so the maximum number of points you can earn from quizzes is 60.

40 points: Each writing assignment is worth 20 points. You will have a total of two writing assignments to complete over the course of the semester. Both will count toward your grade. The maximum number of points you can earn from writing assignments is 40.

400 points: Each exam is worth 100 points. Each of the four exams will be counted toward your final grade, for a possible total of 400 points. We do not drop any of the four exam grades.

Grades determined by:

- 20 quizzes (3 points each) = 60 points
- 4 Exams (100 points each) = 400 points
- 2 assignments (20 points each) = 40 points

Total possible points = 500

If we offer you any Extra Credit during the semester (often one point ONLY), we add it to this total. In other words, if you had 500 points for the semester, the extra credit would give you 501.

Divide by 5 to yield % score.

Conversion of % score to letter grade according to this table:

A = 92 and up	C+ = 78-79
A- = 90-91	C = 72-77
B+ = 88-89	C- = 70-71
B = 82-87	D = 60-69
B- = 80-81	F = 59 and down

*If you are taking the course Credit-No Credit or Pass/Fail, you must make the equivalent of a D or better to receive credit or pass the course.

Percentage course grades are calculated to two decimal places and rounded to the nearest whole number, such that, for example, the lowest A- is 89.50 (rounds to 90). **There are no exceptions to this grading process, please don't email us at the end of the semester asking for grade adjustments.**

Borderline Grades Stay Borderline. Every semester, some students score just below the borderline of the next highest grade. We have great sympathy for people who find themselves in that position but raising those grades would simply uncover a new group of people whose grades are near the new borderline. This makes everybody edgy. *If we gave you the additional bump in your grade, we would need to do that for everyone.* Therefore, our policy must be that borderline grades stay as they are. Thus, for example, an 89.49 is a B+. *Attempting to get us to make an exception to this policy is a waste of your precious time on this planet.*

Community Support. Use the resources below to help yourself be successful in class.

We use **Piazza** as a class-wide discussion forum. If you have content questions or topics that you'd like to discuss with your classmates and teaching team, this is the place to do it. The system is highly catered to getting you to help fast and efficiently from classmates, TAs, and instructors. Rather than emailing questions to the teaching staff, we encourage you to post your questions on Piazza and to answer questions your classmates pose. Help each other in this community effort of learning!

We have a skilled team of Teaching Assistants. The TAs will have at least three contact hours each week outside of class during which they can meet in person or virtually. Dr. Valdez also holds office hours weekly. We all enjoy talking to students! Contact information and office hour times and locations for the teaching team are listed on the home page of Canvas under Office Hours.

Other support - UT runs the Sanger Learning Skills Center in Jester Hall that offers advice on studying and note-taking techniques in general.

We have created two sets of videos to support the learning goals of the course in the areas of **Self-Care (Self-care Toolkit) & Professional Development (Grad School 101)**. These are available under Modules.

Additionally, supportive **supplemental materials** for some course topics are included in each module. Although you will not be tested on these materials, they will enrich and extend your learning experience should you choose to avail yourself of them.

The University of Texas at Austin provides, upon request, appropriate academic accommodations for qualified students with disabilities. For more information, contact the Office of the Dean of Students at 471-6259, 471-4641 TTY.

It is common for students to feel a great deal of stress during college, and it is common for students studying about mental illness to develop concerns about their own mental health. If you need to talk to someone, contact the Counseling and Mental Health Center at 512-471-3515, consult the online help resources linked to our course page, or reach out to any health professional for a referral.

We hope you enjoy the course. Please let us know if there is anything we can do to help you to thrive in this class and get the most out of it. Never hesitate to ask us questions and talk to us!

It's going to be a great semester!

Exam and Writing Assignment Due Dates and “Pacing” of Modules:

Helpful Hint: Complete about two modules per week to stay caught up! All module quizzes have due dates prior to the corresponding exam!

Note: All pre-class activities MUST be completed before you will be able to access Module 1.

Segment One: Modules 1-8

Module 1: Introductions: Overview of Course

Module 2: Becoming a Helping Professional 1: Skills & Commitments

Module 3: Becoming a Helping Professional 2: Stamina & Self-care

Module 4: Becoming a Helping Professional 3: Career Vectors

Module 5: Ethics, Part 1: The Helping Process

Module 6: Ethics, Part 2: The Helping Relationship

Module 7: Ethics, Part 3: Treatment Safety & Efficacy

Module 8: Ethics, Part 4: Principles & Dilemmas

Module quizzes 1-8 must be completed by: Tuesday February 11th @ 8 A.M.

Optional Exam 1 Study Session: Monday February 10th (Time and Location TBD)

Exam 1 on Modules 1-8: Tuesday February 11th @ 5:30 P.M. (Exam A) OR Wednesday February 12th @ 8:00 A.M. (Exam B)

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Segment Two: Modules 9- 14

Module 9: Listening, Part 1: Purpose & Process

Module 10: Listening, Part 2: Listening Responses

Module 11: Influencing, Part 1: Listening vs Influencing

Module 12: Influencing, Part 2: Influencing Responses

Module 13: Influencing, Part 3: More Influencing Responses

Module 14: Assessment

Writing Assignment 1 due: Friday February 21st by 11:59 P.M.

Module quizzes 9-14 must be completed by: Tuesday March 10th @ 8 A.M.

Optional Exam 2 study session Monday March 9th (time and location TBD)

Exam 2 on Modules 9-14: Tuesday March 10th @ 5:30 P.M. (Exam A) OR Wednesday March 11th @ 8:00 A.M. (Exam B)

SPRING BREAK is March 16-20th (Note: we will not be holding office hours during spring break)

Segment Three: Modules 15- 20

Module 15: Diagnosis

Module 16: Intro to Functional Analysis & Behavioral Intervention/CBT

Module 17: Setting Treatment Goals, Part 1: The Stages of Change

Module 18: Setting Treatment Goals, Part 2

Module 19: Treatment Planning

Module 20: Third-Wave CBT: DBT

Module quizzes 15-20 must be completed by: Tuesday April 7th @ 8 A.M.

Optional Exam 3 study session: Monday April 6th (time and location TBD)

Exam 3 on Modules 15-20: Tuesday April 7th @ 5:30 P.M. (Exam A) OR Wednesday April 8th @ 8:00 A.M. (Exam B)

Segment Four: Modules 21-28

Module 21: Other Third-Wave CBT: ACT, MBCT, MI

Module 22: Cognitive Change, Part 1: Types of Cognition

Module 23: Cognitive Change, Part 2: Reframing & Problem-Solving

Module 24: Cognitive Change, Part 3: Restructuring Distorted Cognition

Module 25: Coping & Stress

Module 26: Treating Sleep Problems

Module 27: Learning Applications, Part 1: Treating Depression

Module 28: Learning Applications, Part 2: Live your Values & Thank You!

Writing Assignment 2 due: Friday April 17th by 11:59 P.M.

Module quizzes 21-28 must be completed by: Tuesday May 5th @ 8 A.M.

Optional Exam 4 study session: Monday May 4th (time and location TBD)

Exam 4 on Modules 21-28: Tuesday May 5th @ 5:30 P.M. (Exam A) OR Wednesday May 6th @ 8:00 A.M. (Exam B)

We hope you have a great semester!