

Course Syllabus

This is your syllabus. Please refer to it often.

Welcome!

Introduction to Clinical Psychology

Spring 2019

PSY 364 • Unique #42605 • Online!

Lectures by: Kirsten Bradbury, Ph.D.

Instructor:

Gladys Valdez, Ph.D. gladys.valdez@gmail.com

**Note: While Dr. Bradbury produced the lectures that you will view, she will not be available for contact this semester. All instructor contact should be directed to Dr. Valdez via email and office hours. Dr. Bradbury will hold a couple scheduled meet and greets throughout the semester that will be announced when they are scheduled.*

Communicating with your teaching team.

We love hearing from you! Please follow these guidelines to help us to maximize everyone's learning experience:

For **most questions** related to course material or class administration, **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!

For questions related to **accommodations** for sensory or learning disabilities, please **email the TAs** (onlinePSY364TA@austin.utexas.edu). Please email the TAs *early in the semester* regarding any accommodations so that the TAs can get those set up as early as possible.

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.

For questions about **grad school or career advice**, please first review the Grad School 101 videos available to you under Modules. Then ask your follow-up questions 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**. 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.

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 in-person 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. 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. 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. However, exams cannot be taken early / ahead of schedule, so it is wise to not work too far ahead.

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.

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!

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 completion of each Module, you will take a short (3-item) 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. You will be assigned two module quizzes each week to be completed by 8 PM each Sunday.** We count 20 of 28 module quizzes (we drop your lowest 8).
2. Exams. There will be 4 scheduled exams during the regular semester. You must log on to the course home page at the specified time to take the exam online. Exams will consist of 50 multiple-choice items. You will have 40 minutes to complete the exam. 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.

3. **Writing Assignments.** There will be five writing assignments. Writing assignments are brief (500 words) and experiential/applied. Due dates for writing assignments are given in the course calendar. Writing assignments are submitted as .pdf files online via TurnItIn. We count four of the five writing assignments (we drop your lowest Assignment 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. *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 exam times were posted on the course schedule when you registered for the course, we are very strict about how we administer make-up exams. If you have class or work during the scheduled exam time, you will need to email the TA email (onlinePSY364TA@austin.utexas.edu) and provide documentation of class or work schedule that indicates a conflict in order to take the backup exam time. If you are unable to take your scheduled exam due to serious illness or personal emergency, you will need to email the TA email and provide documentation of the unavoidable and unexpected nature of your absence. The TA will assist in coordinating a make-up time. There are no make-ups for the make-up; if you miss the make-up exam for an exam you missed, you will receive a zero for that exam.

Assignments: Assignments turned in late (via email to the TAs) will be docked 1 point per day late, up to 7 days. Assignments will not be accepted more than 7 days late.

Please note that none of these late and missed work policies requires you to provide us with any type of documentation or explanation for why you missed or were late. These policies are independent of all that. If you miss an exam, you miss an exam, and the policies stated here for make-ups apply -- whether you missed for "good" reason, "bad" reason, or no reason at all. We care very much about what is going on in your lives, but we don't need to hear about it in order for you to be allowed to take a make-up test or turn in an assignment late. These policies are

designed to be fair and maximize your learning regardless of whether your problems happen to be easily "excusable" in any traditional sense.

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. 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. 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) 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 3 points (one point per item). 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 10 points. You will have five writing assignments available for you to complete. Of these, four will count toward your grade (we drop your lowest writing assignment score). 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.

Grades determined by:

- 20 quizzes (3 points each) = 60 points
- 4 Exams (100 points each) = 400 points
- 4 assignments (10 points each) = 40 points

Total possible points = 500

If we offer you any Extra Credit during the semester (often a point or two), we add it to this total.

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.

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. 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.

This semester, we will be using Piazza as a class-wide discussion forum. If you have 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 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.

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. Your Instructors also hold 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.

Throughout the semester, watch Canvas for Announcements of additional opportunities to meet your instructor, Dr. Valdez as well as Dr. Bradbury, live and in person!

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: *Complete two modules per week to stay caught up!*

Pre-class Activities: MUST be completed before accessing Module 1.

Module 1: Introductions: Overview of Course
(Module 1 Quiz due by Jan 27, 8 PM)

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

(Module 2 Quiz due by Jan 27, 8 PM)

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

(Module 3 Quiz due by Feb 3, 8 PM)

Module 4: Becoming a Helping Professional 3: Career Vectors

(Module 4 Quiz due by Feb 3, 8 PM)

Module 5: Ethics, Part 1: The Helping Process

(Module 5 Quiz due by Feb 10, 8 PM)

Module 6: Ethics, Part 2: The Helping Relationship

(Module 6 Quiz due by Feb 10, 8 PM)

Writing Assignment 1 due: F Feb 8 by 5 PM

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

(Module 7 Quiz due by Feb 17, 8 PM)

Module 8: Ethics, Part 4: Principles & Dilemmas

(Module 8 Quiz due by Feb 17, 8 PM)

Exam 1 on Modules 1-8: W Feb 20, 5:30 PM (IN ORDER TO TAKE THE BACKUP EXAM DUE TO A SCHOOL OR WORK CONFLICT, YOU MUST EMAIL THE TA ACCOUNT AT onlinepsy364TA@austin.utexas.edu)

Module 9: Listening, Part 1: Purpose & Process

(Module 9 Quiz due by Feb 24, 8 PM)

Module 10: Listening, Part 2: Listening Responses

(Module 10 Quiz due by Feb 24, 8 PM)

Module 11: Influencing, Part 1: Listening vs Influencing

(Module 11 Quiz due by Mar 3, 8 PM)

Module 12: Influencing, Part 2: Influencing Responses

(Module 12 Quiz due by Mar 3, 8 PM)

Writing Assignment 2 due: F March 1 by 5 PM

Module 13: Influencing, Part 3: More Influencing Responses

(Module 13 Quiz due by Mar 10, 8 PM)

Module 14: Assessment

(Module 14 Quiz due by Mar 10, 8 PM)

Exam 2 on Modules 9-14: W March 13, 5:30 PM (IN ORDER TO TAKE THE BACKUP EXAM DUE TO A SCHOOL OR WORK CONFLICT, YOU MUST EMAIL THE TA ACCOUNT AT onlinepsy364TA@austin.utexas.edu)

Module 15: Diagnosis

*(Module 15 Quiz due by MONDAY Mar 25, 8 PM) *Note: Monday due date to account for spring break*

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

*(Module 16 Quiz due by MONDAY Mar 25, 8 PM) *Note: Monday due date to account for spring break*

Writing Assignment 3 due: F March 29 by 5 PM

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

(Module 17 Quiz due by Mar 31, 8 PM)

Module 18: Setting Treatment Goals, Part 2

(Module 18 Quiz due by Mar 31, 8 PM)

Module 19: Treatment Planning

(Module 19 Quiz due by April 7, 8 PM)

Module 20: Third-Wave CBT: DBT

(Module 20 Quiz due by April 7, 8 PM)

Exam 3 on Modules 15-20: W April 10, 5:30 PM (IN ORDER TO TAKE THE BACKUP EXAM DUE TO A SCHOOL OR WORK CONFLICT, YOU MUST EMAIL THE TA ACCOUNT AT onlinepsy364TA@austin.utexas.edu)

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

(Module 21 Quiz due by April 14, 8 PM)

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

(Module 22 Quiz due by April 14, 8 PM)

Writing Assignment 4 due: F April 12 by 5 PM

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

(Module 23 Quiz due by April 21, 8 PM)

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

(Module 24 Quiz due by April 21, 8 PM)

Module 25: Coping & Stress

(Module 25 Quiz due by April 28, 8 PM)

Module 26: Treating Sleep Problems
(Module 26 Quiz due by April 28, 8 PM)

Module 27: Learning Applications, Part 1: Treating Depression
(Module 27 Quiz due by May 5, 8 PM)

Module 28: Learning Applications, Part 2: Live your Values & Thank You!
(Module 28 Quiz due by May 5, 8 PM)

Writing Assignment 5 due: F May 3 by 5 PM

Exam 4 on Modules 21-28: W May 8, 5:30 PM (IN ORDER TO TAKE THE BACKUP EXAM DUE TO A SCHOOL OR WORK CONFLICT, YOU MUST EMAIL THE TA ACCOUNT AT onlinepsy364TA@austin.utexas.edu)