



# Course Outline

Updated: 04/01/2022

## 1. Staff

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Position	Name	Email	Consultation times and locations	Contact Details
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Course Convenor Dr Natalie Rogers

the bio-psycho-social approach to health. The course will also examine several strategies for managing symptoms of anxiety, stress and low mood.

### **2.3 Course learning outcomes (CLO)**

At the successful completion of this course the student should be able to:

1. Demonstrate knowledge of the theoretical perspectives, models, diagnostic features, aetiology and underlying mechanisms of mood and anxiety disorders.
2. Understand the scientific method and the role of psychological research in informing theoretical understanding of mental health disorders and their treatment.
3. Demonstrate an understanding of the role that environmental factors plays in mental health disorders.
4. Critically analyse a variety of written materials (e.g. scientific reports, websites, media articles) to inform the written assessment.
5. Effectively communicate in a written format.

## 2.4 Relationship between course and program learning outcomes and assessments

Program Learning Outcomes							
CLO	1. Knowledge	2. Research Methods	3. Critical Thinking Skills	4. Values and Ethics	5. Communication, Interpersonal and Teamwork	6. Application	Assessment
1.	Lectures, online activities		Lectures, online activities	Lectures, online activities		Lectures, online activities	Mid term exam, Written Assessment, Final exam
2.	Lectures, online activities	Lectures, online activities	Lectures, online activities			Lectures, online activities	

## 3. Strategies and approaches to learning

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### 3.1 Learning and teaching activities

This course is presented entirely online via the Moodle eLearning website. The mini lectures will be delivered in video format (with burned-captions). Transcripts will be made available. Students should watch the lectures and write separate notes to maximise their understanding and retention of the material. The lecture material will provide you with the information required to gain an in-depth knowledge of the nature, study and treatment of common mental feedback will help students gauge their understanding of the lecture material. Timely completion of all weekly course materials will assist students in gaining a proper understanding of the content.

The Lecture Discussion Forum provides students with an opportunity to question and clarify the concepts and ideas mentioned in lectures. Students are strongly encouraged to engage with this forum by posting questions or comments, and reading, answering, or replying to communication skills (i.e. CLO 5).

### 3.2 Expectations of students

It is expected that students are aware of UNSW Assessment policy and understand how to apply for special consideration if they are unable to complete an assignment/exam due to illness and/or misadventure.

It is expected that students have read through the School of Psychology Student Guide and, in particular, understand what constitutes plagiarism.

student emails regularly to keep up to date.

The Moodle forums should be the first line of contact with the Course Co-ordinator (personal matters can be sent by email in the first instance). Due to the online nature of the course, under no circumstances are specific exam questions/answers to be discussed online.

Although this is an online course, it is expected that students dedicate the same amount of time as they would in a face-to-face course. It is expected that students will dedicate 150hrs to a 6UOC course across the term.

Given that the course content and assessable components are delivered online, it is the responsibility of the student to ensure that they have access to a computer with a stable internet connection and a browser capable of handling the features of the Moodle eLearning website and any of its content. To help students establish whether or not their computer/internet access is suitable for the online exam, a test quiz is available. This quiz will not contribute to final marks and will be able to be completed multiple times in order to test computer/internet connection prior to assessments/exams.

Students registered with Disability Support Services must contact the course coordinator immediately if they intend to request any special arrangements for later in the course, or if any special arrangements need to be made regarding access to the course material. Letters of support must be emailed to the course coordinator as soon as they are made available.

## 4. Course schedule and structure

Week	Online Lecture topic/s	Online modules	Self-determined activities/Assessments
<b>Week 1</b> 04/01/2022	<b>Psychology as a Science</b> Lecture 1: Lecture 2: The scientific method  <b>The Science of Emotion</b> Lecture 1: What is emotion? Lecture 2: Classification of emotions Lecture 3: Theories of emotions	Week 1 Activity Sheets	
<b>Week 2</b> 10/01/2022	<b>The Science of Fear and Anxiety</b> Lecture 1: Stimuli and cognitions Lecture 2: The physiology of fear and anxiety Lecture 3: Fearful behaviours  <b>Introduction to Anxiety Disorders</b> Lecture 1: When do fear and anxiety become a disorder? Lecture 2: How are they similar? Lecture 3: How are they different?	Week 2 Activity Sheets	Mid Term Exam
<b>Week 3</b> 17/01/2022	<b>Anxiety Disorders</b> Lecture 1: Specific phobias	Week 3 Activity Sheets	

	<p>Lecture 2: Generalised anxiety disorder Lecture 3: Panic disorder</p> <p><b>Polishing your essay!</b></p> <p>Lecture 1: Plagiarism and Contract Cheating Lecture 2: Paraphrasing and Summarising (YouTube video) Lecture 3: Secondary Citation in APA (YouTube video)</p>		
<p><b>Week 4</b> 24/01/2022</p>	<p><b>Mood and Depression</b></p> <p>Lecture 1: When does it become a disorder? Lecture 2: Depressive disorders Lecture 3: Mechanisms of depression</p> <p><b>Treatment</b></p> <p>Lectures 1 &amp; 2: Medication and talking therapies</p>	Week 4 Activity Sheets	Written Assessment Due
<p><b>Week 5</b> 31/01/2022</p>	<p><b>All Stressed Out</b></p> <p>Lecture 1: A normal part of life? Lecture 2: Managing stress</p>		



## 5. Assessment

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### 5.1 Assessment tasks

All assessments in this course have been designed and implemented in accordance with UNSW Assessment Policy.

Assessment task	Length	Weight	Mark	Due date
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### 5.3 Submission of assessment tasks

**Written Assessment:** In accordance with UNSW Assessment Policy written pieces of assessment must be submitted online via Turnitin. No paper or emailed copies will be accepted.

**Late penalties:** deduction of marks for late submissions will be in accordance with School policy (see: Psychology Student Guide).

**Special Consideration:** Students who are unable to complete an assessment task by the assigned due date can apply for special consideration. Students should also note that UNSW has a Fit to Sit/Submit rule for all assessments. If a student wishes to submit an application for special consideration for an exam or assessment, the application must be submitted prior to the start of the exam or before an assessment is submitted. If a student sits the exam/submits an assignment, they are declaring themselves well enough to do so and are unable to subsequently apply for special consideration. If a student becomes ill on the day of the exam, they must provide evidence dated within 24 hours of the exam, with their application.

Special consideration applications must be submitted to the online portal along with Third Party supporting documentation. Students who have experienced significant illness or misadventure during the assessment period may be eligible. Only circumstances, the duration of control are eligible for special consideration. Except in unusual circumstances, the duration of

**Academic integrity** is fundamental to success at university. Academic integrity can be defined as a commitment to six fundamental values in academic pursuits: honesty, trust, fairness, respect, responsibility and courage.<sup>1</sup> At UNSW, this means that your work must be your own

detected in your work.

Further information about academic integrity and **plagiarism** can be located at:

- ◁ The *Current Students* site <https://student.unsw.edu.au/plagiarism>, and
- ◁ The *ELISE* training site <http://subjectguides.library.unsw.edu.au/elise/presenting>

The *Conduct and Integrity Unit* provides further resources to assist you to understand your conduct obligations as a student: <https://student.unsw.edu.au/conduct>.

## 7. Readings and resources

<b>Textbook</b>	Nil
<b>Course information</b>	Available on Moodle
<b>Required readings</b>	<a href="#">School of Psychology Student Guide</a> .
<b>Recommended internet sites</b>	<a href="#">UNSW Library</a> <a href="#">UNSW Learning centre</a> <a href="#">ELISE</a> <a href="#">Turnitin</a> <a href="#">Student Code of Conduct</a> <a href="#">Policy concerning academic honesty</a> <a href="#">Email policy</a> <a href="#">UNSW Anti-racism policy statement</a> <a href="#">UNSW Equity and Diversity policy statement</a> <a href="#">UNSW Equal opportunity in education policy statement</a>

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Fishman (ed), Clemson University, 2013.

