

# Course Outline

PSYC1024

Clinical Perspectives on Anxiety, Mood and  
Stress

School of Psychology

## 1. Staff

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Position	Name	Email	Consultation times and locations	Contact Details
Course Convenor	Dr Natalie Rogers	<a href="mailto:n.rogers@unsw.edu.au">n.rogers@unsw.edu.au</a>	By appointment Mathews 915	Email

## 2. Course information

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<b>Units of credit:</b>	6
<b>Pre-requisite(s):</b>	Nil
<b>Teaching times and locations:</b>	Online via Moodle

### 2.1 Course summary

This course will provide a comprehensive overview of some of the most common mental disorders including the mood disorders (e.g. depression) and anxiety disorders. Students will learn about psychology as a science and how psychological research is performed (including animal and human studies). We will then examine how the findings from this research informs the clinical description and

3. Demonstrate an understanding of the role that environmental stress plays in mental health disorders.
4. Critically analyse a variety of written materials (e.g. scientific reports, websites, media articles) to inform your written assessment (blog).
5. Effectively communicate in a written format, including peer to peer feedback.

## 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

## 3. Strategies and approaches to learning

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### 3.1 Learning and teaching activities

All teaching strategies are designed to educate students on the learning outcomes and graduate attributes outlined in the above sections. The lecture material will provide you with the majority of information required to gain an in depth knowledge of the nature, study and treatment of mental health issues. The lectures will be presented as online audio and visual lectures to facilitate the encoding and understanding of the material. The research and writing skills workshop will provide you with an important introduction and development of your research skills both in finding relevant information using databases, but also in reading understanding and then clearly communicating these ideas in the Written Assessment (blog). The mid-semester and final examinations will provide you with an opportunity to demonstrate your achievement of the course learning outcomes 1-3.

The course content is taught entirely online via the Moodle eLearning website. PowerPoint lecture slides with accompanying audio will be the main teaching method. "Revision Exercises" will be made available for each topic to provide students with feedback so that they can gauge their understanding of course materials. The mid-session multiple choice exam will be held online. The final multiple choice exam will **ON CAMPUS** during the formal examination period. The Written Assessment will be completed in a Moodle OU Blog. **IN ADDITION**, a .doc copy of this blog is to be submitted online via Turnitin.

The Lecture Discussion Forum provides students with an opportunity to question and clarify the concepts and ideas mentioned in the lectures. Students are strongly encouraged to engage with this forum by posting questions or comments, and reading, answering, or replying to other student's posts to enhance understanding of the content, critical thinking, and written communication skills.

Formative topic revision quizzes are available for students that provide an opportunity to evaluate understanding of course material on a weekly basis. Timely completion of the weekly quizzes will assist students in gaining a proper understanding of each topic so that this knowledge can be built on

an assessment/exam, there will be no way of changing a mark (these will be allocated for whatever progress was saved). To help students establish whether or not their computer/internet access is suitable for the online exam/s, 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.

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/quiz questions/answers to be discussed online.

The final exam for this course will take place on campus during the UNSW examinations period. Students are not to arrange travel during the UNSW exam period until the date of the final exam has been released. Students who arrange travel prior to the release of the final exam date will not be granted consideration in the event they are scheduled to be out of country when the final exam is to occur. This is especially important for study abroad students – do not arrange travel home until the final exam date has been released.

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

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Each week this course typically consists of 5 hours of online lecture material and activities. Students are expected to take an additional 5 hours each week of self-determined study to complete assessments, readings, and exam preparation.

Week	Online Lecture topic/s	Online modules	Self-determined activities
<b>Week 1</b> 03/06/2019	What is Science? (3 lectures, 110 minutes)  What is Clinical Psychology? (2 lectures, 40 minutes)	Week 1 topics revision quizzes Research and Writing Workshop	



## 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
<b>Assessment 1:</b> Mid-session exam	20 MCQ	20%	/20	28/06/2019 9am 11:59pm
<b>Assessment 2:</b> Blog	Approx. 5 pages	40%	/40	28/07/2019 11:59pm
<b>Assessment 3:</b> Final exam	80 MCQ	40%	/80	Exam period

**Assessment 1:** The Mid-Session Exam will contain 20 assessed MCQs from Weeks 1-4 (inclusive). This exam will provide you with feedback on your understanding of the course material prior to the census date, in case you need to drop the course. The exam will be made available on the Moodle web page (i.e. an online exam) from 9 a.m. - 11:59 p.m. AEDT on Friday 28/06/2019. You will not be able to access the exam unless you have listened to all of the lectures to be assessed. The exam is worth 20% of the total course mark. The exam will be 15 minutes long (45 seconds per question). The short time limit on this MCQ exam will provide ample opportunity for students to read and answer all the MCQs but its brevity also means that the exam is not to be attempted "open book" with hard copies of reference material nearby, as there will not be enough time to consult reference material.

**Assessment 2:** The written assessment will be in the form of a blog (written in Moodle) and will be worth 40% of your total course mark. The task will require stud6(l)5( au)9(k)-17(. )14(T)-15(he)4f&TBT14( )-10(wi)4(l)- 9



## Referencing

## 8. Administrative matters

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The [School of Psychology Student Guide](#) contains School policies and procedures relevant for all students enrolled in undergraduate or Masters psychology courses, such as:

Attendance requirements

Assignment submissions and returns

Assessments

Special consideration

Student code of conduct

Student complaints and grievances

Disability Support Services

Health and safety

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