***Psychology***

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***Lap 2: Abnormal Psychology: Adjustment & Breakdown***

**Lap 2 Essential Question:**

What is the implication of “being normal” in your world today?

**Late Assignments from Lap 1**

Are all due by Day 9 of this Lap. Failure to turn in late or missing work by Day 9 of this Lap will result in a zero for that particular assignment – no exceptions.

***Overview:***

In order to understand abnormal psychology, it is essential to first understand what we mean by the term "abnormal." On the surface, the meaning seems obvious; abnormal indicates something that is outside of the norm. But are we talking about the norms of a particular group, gender or age? Many human behaviors can follow what is known as the normal curve. Looking at this bell-shaped curve, the majority of individuals are clustered around the highest point of the curve, which is known as the average. People who fall very far at either end of the normal curve might be considered "abnormal."

It is important to note that the distinctions between normal and abnormal are not synonymous with good or bad. Consider a characteristic such as intelligence. A person who falls at the very upper end of the curve would fit under our definition of abnormal; this person would also be considered a genius. Obviously, this is an instance where falling outside of the norms is actually a good thing.

When you think about abnormal psychology, rather than focus on the distinction between what is normal and what is abnormal, focus instead on the level of distress or disruption that a troubling behavior might cause. If a behavior is causing problems in a person's life or is disruptive to other people, then this would be an "abnormal" behavior that may require some type of mental health intervention.

***Rationale:***

In this LAP, students will examine determinants of stress, analyze stress in their own lives and how they manage their stress. They will identify the three types of conflict situations and be able to apply them to their own lives, as well as the coping mechanisms and strategies they use for dealing with stress. Students will also examine major psychological disorders, types of therapies and treatments.

***Lap 2 Summative Assessment***

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| **Essential Question:**  **What is the implication of “being normal” in your world today?** | |
| Your summative assessment for this Lap will be a multiple choice, matching, and true/false style test.  To be successful on your Lap 1 summative assessment be sure and familiarize yourself with the following topics:   1. What is stress?    * What is **your** definition of stress? 2. Stress has five components – be able to **explain** them.    * Stressor    * Negative stress    * Positive stress    * Normalcy    * Cognitive Model of stress 3. Be very familiar with the **Four Different Conflict Situations**. I will use those red sheets of paper that we created in class as an example. 4. What happens when we **appraise** a situation? 5. What are **environmental stressors**? 6. What are **hassles** and **uplifts**? 7. What is **normal**? 8. What is **abnormal**? 9. Be able to defend a position about what is “**normal**” or “**abnormal**”. 10. Be able to match the **disorder** with its appropriate **description** (the two in class activities).   Your test will be around 50 questions, there may be more question or less | **Test**  **will be**  **taken**  **in class**  **On:**  **K - Day**  **2/15** |

***Enrichment***

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| **Movies that involve various types of psychology.** | |
| \*You may only choose one option  Watch one of the movies below, hand write – not type – a summary of the movie on loose leaf paper. Only one side is needed; however if you write large you may need to use the reverse side. Your summary is due on the last day of the Lap.   1. The Soloist – **2009** 2. A Beautiful Mind – **2001** 3. Awakenings – **1990** 4. Sybil – **1976** 5. Three Faces of Eve – **1957** | **Due:**  **H - Day**  **2/13** |

***Calendar of Events***

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| **Day 1** | |
| 1. **Due at class time** – Nothing at this time. 2. **What we are doing today** – Discussion on what “normal” is in your lives today as teenagers. Take Pre – Test. 3. **Assignment for next time** – In your psychology text, please read Chapter 15, Section 1: *Stress and Health* or watch the short video titled, “Stress and Your Health” on the Weebly site. Please read the article below the YouTube video as well. In a well constructed paragraph of 5 – 8 sentences write about what the biggest stressor in your life is right now. Please concentrate on one item only. We will have time to discuss the other stressors as the Lap continues. Bring your typed assignment to class and be ready to discuss. | **E – Day**  **1/25** |
| **Day 2** | |
| 1. **Due at class time** – Discussion of article and/or video and text reading. Be prepared to share your reaction as to what stresses you out. 2. **What we are doing today** – Discussion of stress: components of stress, conflict situations, and environmental stressors. You and a group of your choosing will shoot a video of less than one minute showing us the difference between distress and eustress. The video needs to be shared with me via Google so that we can view them all as a class and discuss them. Make sure that your videos are appropriate for school – if you think something may be inappropriate for school then it probably is. 3. **Assignments for next time** – Finish shooting your videos. Create a list of 10 stressors in your life. In a brief sentence of statement after each stressor tell me why it is a distress or eustress. This assignment should be completed in your notebook. | **F - Day**  **1/26** |
| **Day 3** | |
| 1. **Due at class time** – Assignment over stress. Videos over stress must be in! 2. **What we are doing today** – Continue to examine our stressors in our lives. Discussion of videos about stress. Discussion on how we deal with conflict. 3. **Assignment for next time** – Consult the list of types of conflict scenarios on the Weebly site. For each of the conflict theories create two different scenarios. You will have a total of eight different scenarios when you are finished. Your situations must be in complete sentences and must be very detailed and some even complex. A simple statement or sentence will not suffice. You will not get credit for the assignment unless it is detailed and in proper sentence structure. Do not rush this. It will be very obvious to me who rushed this and who took their time. | **H - Day**  **1/30** |
| **Day 4** | |
| 1. **Due at class time** – Be ready to discuss the conflict situations. 2. **What we are doing today** – You will again be creating short videos with a different group from before over the types of conflict situations. Each group will take three of the four conflict scenarios and create a 15 – 30 second video clip for the other groups and class at large to view. Please share these videos with me. When you are sharing them with me please be sure and name the video and put all members of your group somewhere in the video. Not every member of your group needs to be in all three videos, but everyone must be at least in one of the videos. Please only use one device while filming as well. If you do not finish all your videos please finish them prior to the next class. 3. **Assignment for next time** – Create a chart using Microsoft Word comparing the following categories: Emotional and Cognitive Responses, Behavioral Reactions, and Physical Reactions. If you are having problems coming up with a list consult your text, Chapter 15: Section 2. Also, watch the two videos on the Weebly site titled, “Your Brain on Stress and Anxiety” and “Fight?...or…Flight?” | **K - Day**  **2/1** |
| **Day 5** | |
| 1. **Due at class time** – Chart over the responses to stress. Be ready to talk about Fight or Flight. 2. **What we are doing today** – Coping with stress. Discussion of positive ways of coping with stress and negative ways of coping with stress. Continued discussions of stress in your lives. If time allows, Burnout Test. 3. **Assignment for next time** – Please read Chapter 16, Section 1. In your notebook, come up with your own definitions of normal and abnormal behavior. Explain how they differ from the descriptions in section 1 and why you defined them the way you did. Then watch the video on the Weebly site titled “Psychological Disorders.” This part of the assignment you will turn in, type a one page reaction to the video. Tell me what you thought and felt while watching the video. Please take your time and do this well. | **A - Day**  **2/2** |
| **Day 6** | |
| **1. Due at class time** – Be ready to discuss the video, the chapter section, and your reaction to the video.  **2. What we are doing today** – Discussion over Anxiety, Dissociative, and Somatoform disorders. Conduct research on either anxiety, dissociative or somatoform and create a short five slide presentation using Google Presentation. Each group’s presentation must be complete by next class. Each group must also print out a copy of their presentation for me. Depending on time we may or may not present these.  **3. Assignment for next time** – Reach Chapter 16, Section 2 & 3. If you need more understanding of the two types of disorders consult the Weebly site and watch the videos under Dissociative and Somatoform Disorders. In a well constructed paragraph which you will turn in, please describe both of these disorders from your own perspective and contrast the two. Your response for the whole assignment should total around 6 – 8 sentences. | **C - Day**  **2/6** |
| **Day 7** | |
| 1. **Due at class time** – Your responses to the Dissociative and Somatoform Disorders. 2. **What we are doing today** – Continued examination of notes. 3. **Assignment for next time** – In your psychology text please read Chapter 16, Section 1&2. If you need more understanding of the two types of disorders consult the Weebly site and watch the videos under Dissociative and Somatoform Disorders. In a well constructed paragraph explain how these disorders are treated and/or managed by the people stricken with them. | **E – Day**  **2/8** |
| **Day 8** | |
| 1. **Due at class time** – Be ready to discuss the disorders. Make sure your paragraph is well written and complete for class time. 2. **What we are doing today** – Schizophrenia and Gerald. Discussion over disease. Additional videos on the Weebly under the “Schizophrenia” heading. Overall discussion of the disorders we have looked at in class. 3. **Assignment for next time** – Prepare for your test. | **F - Day**  **2/9** |
| **Day 9** | |
| 1. **Due at class time** – Nothing at this time. 2. **What we are doing today** – Group work on review. 3. **Assignment for next time** – Prepare for your test. | **H - Day**  **2/13** |

*Up next…***Learning**