

NEUR 1201B - Fall 2016

Introduction to Mental Health and Disease

Class Time Tuesday and Thursday 11:35AM - 12:55PM
Room: UC 282

Web Site Course **NEUR1201B** on **cuLearn** of Carleton University
<https://carleton.ca/culearn/>

There you will find the course outline, notes, required readings/viewing, discussion forum and all communication from me outside of lectures.
You are responsible for reviewing the site regularly for new content.

Instructor **Dr. Alexandra Pettit**
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Office hours: Tuesday 10:00 - 11:00 AM
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* email is the best way to reach me

Teaching Assistants

Dennis Chan	DennisChan@cmail.carleton.ca	Surnames A-L
Pragya Shail	PragyaShail@cmail.carleton.ca	Surnames M-Z

Course Objectives

NEUR1201 seeks to introduce students to the fundamentals of neuroscience necessary to examine and gain a broad understanding of a range of neurodegenerative diseases and mental health conditions. You will study the neurobiological basis of these diseases, their clinical symptoms, risk factors (genetic, developmental and environmental) and touch on some therapeutic advances.

By the end of this course, students should be able to:

1. Describe the basic structure of brain and organization of the nervous system.
2. Identify, describe and discuss the basic cell types in the brain and how they communicate.
3. Explain the symptoms, causes, and brain changes associated with a variety of neurodegenerative and neurobehavioural disorders, as well as current treatment options.
4. Understand how genetic, environmental and experiential factors may influence gene expression and disease state.
5. Name, briefly describe and identify appropriate uses of some common neuroscientific techniques.

Course Attendance

Students are expected to attend all lectures **in their assigned course section**. While the topics covered in other sections of NEUR1201 are similar, content varies and **testing will be specific to material covered in this section**.

Resources

Required Reading/Viewing

- Selected articles from *Scientific American* and talks from TED.com
- Full citations are available as part of the lecture schedule and the articles/talks are available for download on cuLearn
- **You are expected to read/view these articles/talks in advance of the lecture** (see below, Evaluation)

Recommended (but NOT required) Text

This is an excellent text to have, especially if you are continuing in the program. NEUR 2200 uses this textbook as a required text.

- Authors: Kolb & Wishaw
- Title: An Introduction to Brain and Behaviour
- Publisher: Sinauer
- Available online (i.e. - Amazon.ca)

Supplementary Info

Additional reading or video resources may be posted to cuLearn as indicated in class.

Provisional Lecture Schedule

Lec#	Date	Topic	Assignment	Block
1	08-Sep	Intro+Neuroanatomy	-	Fundamentals
2	13-Sep	Neuroanatomy con't	TED Reflection	
3	15-Sep	Communication in the Brain	-	
4	20-Sep	Hormones	-	
5	22-Sep	Stress	Online Reading	
6	27-Sep	Neuroimmunology	Online Reading	
7	29-Sep	Genetics and Epigenetics	Online Reading	
8	04-Oct	Review/Intro to Mental Health and Disease	TED Reflection	Block 2
	06-Oct	Midterm #1		
9	11-Oct	Aging and Dementia	Online Reading	
10	13-Oct	Schizophrenia	Online Reading	
11	18-Oct	Addiction	Online Reading	
12	20-Oct	Sleep	TED Reflection	
	25-Oct	READING WEEK		
	27-Oct			
13	01-Nov	Exercise	Online Reading	
	03-Nov	Midterm #2		
14	08-Nov	Depression	Online Reading	Block 3
15	10-Nov	Anxiety	Online Reading	
16	15-Nov	Autism	Online Reading	
17	17-Nov	Sex	Online Reading	
18	22-Nov	Traumatic Injury	Online Reading	
19	24-Nov	Ischemia	TED Reflection	
20	29-Nov	Seizure Disorders	Online Reading	
21	01-Dec	Myelinating Disorders	Online Reading	
22	06-Dec	Motor Neuron Disorders	-	
	08-Dec	Review		

Evaluation

There are 4 components to the evaluation of this course.

1. Online Reading Assessment and TED Talk Reflections (1% each = 15% course total)

- I expect you to come into lecture having read the selected REQUIRED READING ARTICLES or watched the TED TALKS, that are associated with that topic. Lectures will provide you with additional background information and we will discuss them as they pertain to the topic of the lecture. It is necessary to have read the article or watched the talk in order for us to have an active discussion and allows you to truly develop a functional understanding to the subject matter.
- **PRIOR** to the associated lecture, students must log in to cuLearn and complete the quiz/reflection for the upcoming lecture.
- These online assessments will be available starting one week prior to the lecture they are associated with until one week after the lecture (i.e. - for the TED talk pertaining to the neuroanatomy lecture, the online reading assessment will become available 00:01 Sept 6th and will close permanently Sept 19th at 23:59)
- To be considered **on time** you have until **23:59 the night before the lecture to complete them.** (i.e. - you have until 23:59 Sept 12th to complete the reflection on the TED talk by Carl Schoonover for the neuroanatomy lecture)
- **ARTICLES** - The quiz will consist of 5 multiple choice or fill in the blank questions.
GRADING - Each question will be worth 1 mark for a total of 5marks per article.
- **TED TALKS** - You are expected to reflect on the talk and share your opinion/thoughts. (i.e. - Did you enjoy the speaker and why? What questions did this video make you think about? How does this relate to other topics we have covered in class? etc...)**DO NOT** just summarize the content of the video. You are expected to give thoughtful, meaningful replies but please refrain from including personal anecdotes. Your answer should be **no more than one short paragraph (7 sentences)** and demonstrate to the reader (the TA) that you have watched the talk.
GRADING - Each reflection will be evaluated out of 5 -
 - 0 - did not hand in, or content is clearly unacceptable even if on time
 - 2.5 - handed in on time, but does not demonstrate sufficient effort in understanding the talk OR handed in late and work is satisfactory
 - 5 - handed in on time and work is satisfactory
- There are 18 articles/talks in the term, but I will count your “best” 15. This allows you to miss three responses without consequence, though you should not waste these opportunities – you may end up needing them. *If you are sick and cannot complete it in time* you will not be penalized, please contact me and complete the quiz within a week of the lecture (i.e. - before the final closing date). **I WILL NOT ACCEPT SICK NOTES OR REQUESTS TO HAVE ONE OF YOUR ARTICLES NOT COUNT DUE TO ILLNESS.**
- If two or more are not submitted or submitted late out of the 15 that are counted towards your grade, 2.5% will be deducted from your final grade.
- **If you complete the assessment for all 18 lectures on time, I will award you the points earned on the additional 3 assessments as a BONUS (ie - if you complete all 18 assessments with 5/5 you will receive 18/15 on this portion of the course)!**

2. Midterm #1 (25% course total)

- This midterm will cover the fundamentals block (lectures 1-7) and associated readings/talks.

Date, Location, Duration

- October 6th, in class (UC282, 11:35-12:55), full class

Format

- Multiple Choice (Scantron; please bring a pencil!), fill in the blank, figure labeling, definitions and short answer.

3. Midterm #2 (20% course total)

- This midterm will cover the lectures from block 2 of the course (lectures 8-13) and associated readings/talks. While this exam is **not cumulative** note that each topic builds on the fundamental concepts learned in earlier material which may be required to answer questions on this exam.

Date, Location, Duration

- November 3rd, in class (US 282, 11:35-12:55), full class

Format

- Multiple Choice (Scantron; please bring a pencil!), fill in the blank, image labeling, definitions, short answer.

Procedure for Missing a Midterm

1. Acceptable reasons for missing a midterm include serious illness or a death in the family and documentation must be obtained. Deferrals will not be considered for reasons such as, being stressed or having too many exams in the same week. Any other reason for missing an exam or a lack of proper documentation will warrant a mark of 0 on that exam.
2. Once you realize you'll be missing the midterm, you need to **contact me WITHIN 48 h of the exam** and your name will put your name on the deferred exam list. *****PLEASE INDICATE WHETHER YOU ARE A STUDENT REGISTERED WITH THE PMC!*****
3. A deferred exam will be organized within 1 week of the originally scheduled exam (i.e., before Oct 13th or Nov 10th). Please note that the time provided for the makeup exam is not negotiable and may take place during your classes, or at a time you normally work. This is not adequate reason to miss the makeup exam.
4. If you miss the deferred/makeup exam, you need to make an appointment with me to discuss your options. If this is the case, please email me directly.

4. Final exam (40% course total)

The final exam will cover the lectures from block #3 (lectures 14-22) and associated readings/talks. While this exam is **not cumulative** note that each topic builds on the fundamental concepts learned in earlier material which may be required to answer questions on this exam.

- *Date, Time, Location* - TBD, During final exam period
- *Format* - Multiple Choice (Scantron; please bring a pencil!), fill in the blank, figure labeling, definitions, short answer and long answer.
- *Exam duration*- 3 hours
- *Missing the Final exam*- For a missed final exam, you must contact the **Registrar's Office**, not the instructor or TA for the course within 5 working days.

Grading System

Letter grades assigned in this course will have the following percentage equivalents:

A+ = 90-100	B = 73-76	C - = 60-62
A = 85-89	B - = 70-72	D+ = 57-59
A - = 80-84	C+ = 67-69	D = 53-56
B+ = 77-79	C = 63-66	D - = 50-52

F Failure. No academic credit

ABS Absent from the final examination

DEF Official deferral (see "Petitions to Defer")

FND "Failed, no Deferral" – assigned when the student is absent from the final exam and has failed the course on the basis of inadequate term work as specified in the course outline.

Standing in a course is determined by the course instructor subject to the approval of the Faculty Dean.

Statement of Academic Freedom

Students enrolling in this course are warned that studying the literature, culture and ideas of societies other than their own will expose them to unfamiliar and sometimes provocative attitudes, images, language and values. All participants in the course must be willing to examine the relevant texts, must make a sincere effort to understand the presuppositions of others, and be willing to discuss, verbally and in writing, the objects of study. By enrolling in this course, students accept a commitment to academic freedom for all participants, themselves, and the instructor.

Academic Integrity

Academic integrity is a serious issue which no one at the university takes lightly. Appeals of the Academic Integrity Policy are administered by the Director, Student Affairs. Please see the complete academic integrity policy of the university for full details.

<https://carleton.ca/studentaffairs/academic-integrity/>

Violations include but are not limited to:

Examinations - attempting to read another student's exam paper; purposefully leaving an exam paper exposed for others to read; communicating with others during an examination; bring unauthorized materials to an exam; posing as another student to write an exam; improper access to examination materials

Other - collaboration on work otherwise indicated to be done as an individual; disruption of instructional time

Plagiarism - Defined by the University Senate as "*presenting, whether intentional or not, the ideas, expression of ideas or work of others as one's own.*" This may include:

- reproducing or paraphrasing portions of someone else's published or unpublished material, regardless of the source, and presenting these as one's own without proper citation or reference to the original source;
- submitting a take-home examination, essay, laboratory report or other assignment written, in whole or in part, by someone else;
- using ideas or direct, verbatim quotations, or paraphrased material, concepts, or ideas without appropriate acknowledgment in any academic assignment;
- using another's data or research findings;
- failing to acknowledge sources through the use of proper citations when using another's works and/or failing to use quotation marks;
- handing in "*substantially the same piece of work for academic credit more than once without prior written permission of the course instructor in which the submission occurs.*"

Plagiarism is a serious offence which cannot be resolved directly with the course instructor. The Associate Deans of the Faculty conduct a rigorous investigation, including an interview with the student, when an instructor suspects a piece of work has been plagiarized. Penalties are not trivial. They range from a mark of zero for the plagiarized work to a final grade of "F" for the course, and even suspension from all studies or expulsion from the University.

Requests for Academic Accommodations

If you need to make special arrangements to meet your academic obligations during the term **please contact me ASAP to discuss your circumstances.**

For an accommodation request the processes are as follows:

For Students with Disabilities:

- The Paul Menton Centre for Students with Disabilities (PMC) provides services to students with Learning Disabilities (LD), psychiatric/mental health disabilities, Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorders (ASD), chronic medical conditions, and impairments in mobility, hearing, and vision. If you have a disability requiring academic accommodations in this course, please contact PMC at 613-520-6608 or pmc@carleton.ca for a formal evaluation. **If you are already registered with the PMC, contact your PMC coordinator to send me your Letter of Accommodation at the beginning of the term. After requesting accommodation from PMC, meet with me to ensure accommodation arrangements are made.** Please consult the PMC website for the deadline to request accommodations for the formally-scheduled exam (if applicable).

For Religious Observance:

- Please write to me with any requests for academic accommodation as soon as possible after the need for accommodation is known to exist. For more details see the [Student Guide](#)

For Pregnancy:

- Please write to me with any requests for academic accommodation as soon as possible after the need for accommodation is known to exist. For more details see the [Student Guide](#)

E-mail Etiquette Rules

In order to facilitate efficient communication, I ask that you to follow these five simple rules:

1. E-mail accounts:

- When corresponding with the instructor/TAs, always use your official @cmail.carleton.ca e-mail address. We reserve the right to refuse to answer any e-mails not originating from university-issued addresses.

2. Subject Line:

- Must include the course code “NEUR1201”

3. Identify yourself:

- Include your full name (first and last name) and student number

4. Appropriate use of Language

- When e-mailing the Instructor or TAs, make sure that you use appropriate and professional language while being mindful of your tone. Profanities, threats and aggression or disrespect will not be tolerated. Remember, the first rule when it comes to composing e-mails is to be courteous and respectful.

5. Content

- Be clear and brief when writing your messages. Please realize that we receive many e-mails per day from students. By avoiding unnecessarily long e-mails, you demonstrate respect for our time and are most likely to receive a timely reply.
- If your issues are complex or you wish to discuss a particular matter more in-depth, please come see me during office hours instead of writing an extremely long message in an attempt to explain the situation.