Health Psychology

Fall 2023 | Psy 320 | No Prerequisites | 3 credits

COURSE DESCRIPTION

Biological, psychological and social (including systemic) factors affecting health, illness, and health service access and use. Emphasis on enhancing health, prevention and treatment of illness, and health and healthcare policies. Stress, coping, and other behavioral factors as part of health management.

	📧	👨‍🏫	🧑‍🤝‍🧑
Professor: Dr. Katie Clements Pronouns: she/her	vadnais3@msu.edu I will respond within 1 business day.	**Class: Giltner 146** Wed & Fri 12:40 - 2:00pm	<u>**Office Hours –**</u> Psy 136, Friday 2:30 – 4:00 or schedule at calendly.com/drkvc
Graduate Assistant: Kenya Mulwa Pronouns: he/him	Email him first! mulwaken@msu.edu		<u>**Office Hours –**</u> by appointment: Book time with Kenya
Undergraduate Assistants: Gianna Patenaude Pronouns: she/her	Email them second! patenau5@msu.edu		By appointment - email
Kaitlyn Thelan Pronouns: she/her	Email them second too! thelanka@msu.edu		By appointment - email

Office Hours

Office hours are informal ways to connect with your instructor – and I love to get to know students! You can ask about anything or discuss course topics. It's also the right place to discuss your grades. You can stop by my office at the time above, or schedule with the calendly link. Be sure you note Psy 320 in your appointment.

Required Text

Taylor, S. E. & Stanton, A. L. (2022). *Health Psychology* (11th ed.). McGraw Hill LLC.

- We will be **accessing the book via the Connect learning platform**. I negotiated you a super deal – access to the whole platform and all the features for the price of just the book! Access is provided through d2l.
- You will access **Connect via d2l**

Course Format

This course meets in person twice each week. Complete the assigned Smartbook before class on Wednesday and come prepared to discuss together. Our class time together will include interactive lecture and discussion, including points of confusion, clarity, and curiosity. Class time will include content not found in the book.

Classroom Philosophy

- We are whole people – I respect your "whole personness" and respectfully ask for the same
- We all must be active learners and co-create our learning environmentl Bring your whole self to class.
- Humble respect for others' experiences, insights, and identities gives us the most room to learn and grow
- We're all doing our best! It may look different than it did yesterday, or tomorrow, or different from someone else's. But let's bring our best, as it is in this moment.

COURSE LEARNING OBJECTIVES

By the end of the course you will be able to:

✓ Identify biological, psychological, social, and cultural influences on health and illness
✓ Identify biological, psychological, social, sociocultural and systemic responses to health and illness
✓ Understand the influence of policies on health and health outcomes
✓ Apply health psychology research and concepts to real world health needs and behaviors (including stress and coping)

You matter and you deserve to be here

You worked hard to gain admission into this university! You proved that you can do hard things. College will be full of unexpected challenges – and joys. Now that you're here, you get to continue to demonstrate how much you can learn in short periods of time.

"Office hours" are also "student hours"! Please drop in during my Friday office hours, or anytime you see me in the office and introduce yourself. It's the right space to discuss your grade, or we can talk about other parts of student life too. It is a supportive space to talk through your questions, concerns, or goals.

My teaching style is very interactive and grounded in active learning. You will be expected to participate in ways that might be surprising for a large lecture. I see my role as giving you both knowledge and skills that your future employer expects of you as a graduate, and that your community expects of you as a citizen. Bring your full self to class for the limited time we're together. "Be where your feet are" – put your distractions away for a short time and get your head in the game. Students report that it's harder, but it's really worth it to participate more. And because you matter, and you deserve to be here in this university, your contributions deserve to be seen in the classroom.

External Resources

As a member of the MSU community, you have access to many resources. Perhaps the best one is the library! You can even chat with a librarian from the website (lib.msu.edu) and they can help you find whatever you need. They'll even get it for you if the library doesn't already have it!

I am aware that many classes start Groupme chats (or something similar) to communicate with each other outside of class. I have also learned that there can be a lot of misinformation in those group chats. Sometimes students learn that the hard way when they rely on Groupme instead of official course materials (like the syllabus, or d2l announcements). Therefore, I recommend that you use that type of resource carefully. Consider it a source of encouragement and camaraderie, but not as official course information. I believe that learning to use our resources wisely and collaborate is a wonderful, valuable life skill. It's also increasingly imperative that we become critical and informed about all of our sources.

Check the FAQ tab in d2l for official answers to common questions! We'll keep it updated throughout the semester.

ASSIGNMENTS and ASSESSMENTS

Smartbook Reading (40%)

Part of the Connect platform includes an e-book with adaptive learning. This means instead of just plain old reading, you'll read with my important points already highlighted(!), and answer questions about main concepts. The questions will get more basic if you're struggling and more advanced if you're mastering material. In this way, I can ensure that everyone is learning, no matter where they start!

Class Engagement

Our class time together will consist of a brief summary of the week's content, then discussion, including points of confusion, clarity, and curiosity. There will be opportunities to engage with the large group, in small groups, and anonymously. In a large lecture like ours, engagement is critical for helping you process information.

Health Behavior Reflections (submitted as quizzes) (20%)

After learning about health behaviors, you will complete a short personal health plan and inventory in the quiz section of d2l. Then, you will regularly check in on the progress of your health plan and apply what you're learning in class. By the end of the semester, you will have a better understanding of your own health psychology.

Health Messaging Project (10%)

I believe scholarly knowledge should be publicly available. It is increasingly common to share research and health information in creative ways to reach people outside of research and clinical teams. It also helps distill what is really important and valuable for the user to know. The purpose of this project is to communicate a specific health message to the public using an easily accessible media format.

You will work in a small group of 3 students. Groups will be assigned using CATME. **Students will either be in Set 1 (draft in week 7, final in week 9) or Set 2 (draft in week 14, final in week 16).**

Regardless of the format you choose for your project, you must include**:** a first draft, integration of feedback from that draft, high quality, engaging visuals and sounds, thorough and accurate explanations of concepts, with examples not used in class. I encourage you to scan the concepts at the beginning and end of chapters and choose early.

Possible project formats include:

- Podcast
- Mini-presentation video
- Tri-fold brochure

Psy 320 FS23 Dr. Clements

GRADE DISTRIBUTION

The grading scale and percentage allocated per assignment are shown below.

Grading Scale	
Grade	**%**
4.0	**89.5-100**
3.5	**84.5-89.4**
3.0	**79.5-84.4**
2.5	**74.5-79.4**
2.0	**69.5-74.4**
1.5	**64.5-69.4**
1.0	**59.5-64.4**
0.0	**<59.4**

Assignment	Points	Setup	Contribution
Smartbook	30 pts/each (330 pts)	Lowest 2 dropped	55%
Health Behavior Plan	20 pts/each (120 pts)	All required	20%
Health Messaging Project	100 pts	Required	~17%
Attendance (class engagement)	2.5 pt/each (50 pts) (weeks 3-15)	Lowest 4 dropped	~8%
Total	Up to 600 points		100%

Psy 320 FS23 Dr. Clements

ASSIGNMENT MAPPING

I want us to cultivate a classroom where we are invested in the learning *process*, not just outcomes. Here is how I do that.

Bloom's Taxonomy is basically a hierarchical classification of levels of thinking. Modern updates to the model have renamed the levels as verbs (things we consciously do), identified knowledge dimensions (the type of knowledge gained) and cognitive processes dimensions (the processes used to gain the knowledge). I use Bloom's Taxonomy to ensure we're mastering a variety of skills using a variety of cognitive processes.

Here is a diagram for our course that outlines how you're progressing up through the levels of thinking in this course, via activities and cognitive processes. As you master more fundamental activities, you gain those skills and move up the hierarchy. Some of the assignments use multiple skills and processes.
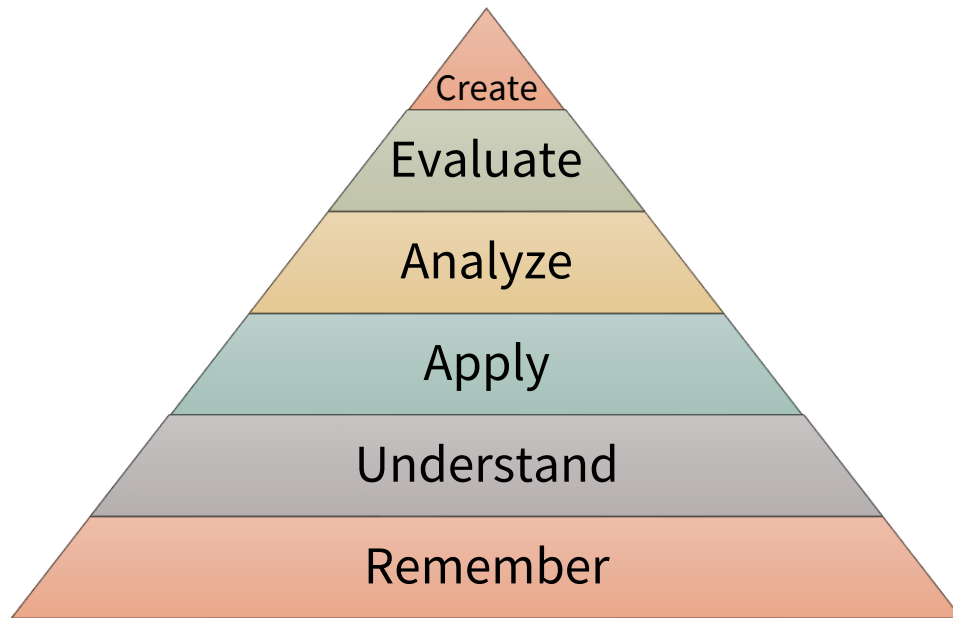
Assignments	Bloom's Taxonomy	Cognitive Skills (and many more!)
Health Messaging Project	Create	Design, develop
In-class Activities	Evaluate	Argue, critique
In-Class Activities	Analyze	Compare, contrast
Health Behavior Plan Inventory	Apply	Implement, demonstrate
Health Behavior Plan Inventory	Understand	Explain, describe, summarize
Smartbook (Assigned reading and adaptive review questions)	Remember	Recall

POLICIES & EXPECTATIONS

The following describe various policies that will be enforced during the semester.

Deadlines and Due Dates

- Class: Wednesday, Friday 12:40 – 2:00 ET
- Complete Smartbook reading before class Wednesdays
- Most other assignments due Fridays 7pm ET

Note exceptions in the syllabus/assignment details. I will make reasonable accommodations for students if notified in a timely manner. Complete the reading before class each week to engage with class content.

Academic Misconduct

The Spartan Code of Honor states, "As a Spartan, I will strive to uphold values of the highest ethical standard. I will practice honesty in my work, foster honesty in my peers, and take pride in knowing that honor is worth more than grades. I will carry these values beyond my time as a student at Michigan State University, continuing the endeavor to build personal integrity in all that I do." In addition, Article 2.III.B.2 of the Student Rights and Responsibilities (SRR) states that "The student shares with the faculty the responsibility for maintaining the integrity of scholarship, grades, and professional standards." The Psychology Department adheres to the policies on academic honesty as specified in General Student Regulations 1.0, Protection of Scholarship and Grades; the all-University Policy on Integrity of Scholarship and Grades; and Ordinance 17.00, Examinations.

Therefore, unless authorized by your instructor, you are expected to complete all course assignments, including homework, quizzes, and projects without assistance from any source. You are expected to develop original work; therefore, you may not submit course work you completed for another course to satisfy the requirements for this course. Also, you are not authorized to use the www.allmsu.com Web site to complete any course work. Students who violate MSU academic integrity rules may receive a penalty grade, including a failing grade on the assignment or in the course. Contact your instructor if you are unsure about the appropriateness of your course work. (See also the Academic Integrity webpage.) *Your work must be your own original work, and all contributing ideas must be cited. While the ever-changing (and exciting!) new developments with AI will find their place in our workforces and personal lives, it does not belong in our class. The use of AI robs us all of the opportunity to learn from our experiences and from each other, to play with our creative freedoms, to problem-solve, and to contribute our ideas in authentic ways. In a nutshell, college is a place for learning. AI simply cannot do that learning for us. Use of AI (like ChatGPT) is considered academic misconduct in this class. If you are unsure, contact me.*

Civility (Non-Academic Misconduct)

Developing a successful learning space requires extra attention to the way we engage each other. Our actions affect everyone in our community. This class may offer the opportunity to challenge and explore our own beliefs and we may find ourselves challenging other people's beliefs as well. Please remember that everyone learns from the lens of their own experiences. If you challenge your classmates make sure it is with the goal of enhancing each other's learning.

Article 2.III.B.4 of the Student Rights and Responsibilities (SRR) for students at Michigan State University states: "The student's behavior in the classroom shall be conducive to the teaching and learning process for all concerned." Article 2.III.B.10 of the SRR states that "The student and the faculty share the responsibility for maintaining professional relationships based on mutual trust and civility." General Student Regulation 5.02

states: "No student shall . . . interfere with the functions and services of the University (for example, but not limited to, classes . . .) such that the function or service is obstructed or disrupted. Students whose conduct adversely affects the learning environment in this classroom may be subject to disciplinary action."

Course Management Software
- We use D2L (https://d2l.msu.edu/) for online course management *and communication*.
- Manually set your D2L emails and announcements to forward to your @msu.edu email (go to your profile, then 'notifications' to check the box for emailing announcements)
- Check for announcements and messages in D2L regularly and often

Limits to Confidentiality
Please note that **the instructor of this course is a mandated reporter.** I am required to report all incidents of relationship violence and sexual misconduct that involve students, faculty, or staff, occurred at a University-sponsored event, or occurred on University property, and *even if these are reported in course materials*. Therefore, if you share such an experience with me, I will be required to share your name and the details of the disclosure to the Office of Inclusion and Equity (OIE) and MSU Police:
- *Suspected child abuse/neglect, even if this maltreatment happened when you were a child;*
- *Allegations of sexual assault, relationship violence, stalking, or sexual harassment; and*
- *Credible threats of harm to oneself or to others.*

OIE will include these facts, (not your name) in the University's statistics on sexual and domestic violence. They will also reach out to you via email with additional university resources. It is entirely your decision to use any of the provided services or even respond to the University's email.

Accommodations
Michigan State University is committed to providing equal opportunity for participation in all programs, services, and activities. Requests for accommodations by persons with disabilities may be made by contacting the Resource Center for Persons with Disabilities at 517-884-RCPD or on the web at rcpd.msu.edu. Once your eligibility for an accommodation has been determined, you will be issued a verified individual services accommodation ("VISA") form. **Important:** Please email or have RCPD send this form to me as soon as possible but at least two weeks prior to the accommodation date (class, assignment, etc.). VISAs are not retroactive. You must submit them prior to the accommodation, so submit even if you're unsure if you will need it.

Inclusive Environment
MSU is committed to creating and maintaining an inclusive community in which students, faculty, and staff can work together in an atmosphere free from all forms of discrimination. The Office of Institutional Equity (OIE) reviews concerns related to discrimination and harassment based on sex, gender, gender identity, race, national origin, religion, disability status, and any other protected categories under the University Anti-Discrimination Policy (https://www.hr.msu.edu/policies-procedures/university-wide/ADP_policy.html) and Policy on Relationship Violence and Sexual Misconduct (https://civilrights.msu.edu/policies/rvsm.html). If you experience or witness acts of bias, discrimination, or harassment, please report these to OIE: http://oie.msu.edu/

TIPS FOR SUCCESS

You should expect a 4.0 in this class. Do the following, and you will succeed!

Reading and Projects

Do not wait until the due date to any assignment. Sometimes there are video clips or extra reading, so it may take more time. The health messaging project is a terrific way to practice other scholarly and real-world research skills. Students report projects like this take longer than they expected, so give yourself time!

Please email your grad TA and ULA a picture of your favorite animal by 9/15 at 7pm for extra credit.

External resources

I am very aware that students are facing additional financial strain. If accessing external resources like Connect presents a financial barrier for you, please reach out to me. I will make sure you get the resources you need. I have ensured the publisher rep for Connect is willing and able to support students facing financial strain. I have also been compiling resources to help with your projects that are free.

Weekly Schedule

I recommend maintaining a weekly schedule of activities for this class, and especially any with unusual schedules (online, once-a-week, etc.). It can be extra difficult for some students to hold themselves accountable in these course formats. The schedule below is just a suggestion, but I recommend sticking to something that works for you and helps spread out the work.
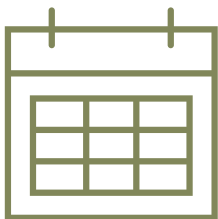
Monday: Break
Tuesday: Smartbook
Wednesday: Class
Thursday: Assignment
Friday: Class

Writing Center and Collaborative Learning Center

The Writing Center (writing.msu.edu) and the Collaborative Learning Center (nssc.msu.edu/clc) help develop writing skills and successful academic strategies.

How to Email

I post all announcements in D2L, even though we meet in person. Check D2L regularly for updates, and especially *before* you email – often I've already answered your question in an announcement or the FAQ section! Please forward your D2L inbox and announcements to your regular MSU email. I will make every effort to respond to emails within 1 business day. I expect you will extend the same courtesy and respond to emails from your instructors and classmates in a timely manner. **Always include 'Psy 320'** in your subject line so we can find your emails and respond appropriately. MSU is my professional workplace, and it's easy to email your professors respectfully. Follow these guidelines: Email without being annoying 😊

D2L

D2L will be used for administrative and instruction purposes including announcements, housing course documents (e.g., Zoom meetings, assignments, readings), and recording grades. Please explore D2L widely, so you know how to find materials and track your progress. As an instructor, I can also see your progress – including what you do and don't access and submit. Please remember the D2L HelpDesk (accessed at http://d2l.msu.edu or by phone at 1-800-500-1554) is a great tool for navigation and troubleshooting. Please route your technical concerns to them.

Personal Success

Please utilize me as a resource to help you succeed, both in class and outside class. I want you to get a 4.0 and enjoy this class, do well at MSU, and still have a life with your friends, family, and hobbies. If one or more of those things are not happening, please connect with me so we can work together to figure out a plan to improve your situation.

RESOURCES FOR STUDENTS

I can help you with needs pertaining to this course, and I will otherwise do my best to connect you to the right place. The university is a huge institution, and if a different form of support would be useful, we will do our best to help you find it.

Please, save the **Mental Health and Suicide Hotline number in your phone: 988**

MSU Campus Resource List

The Department of Psychology has compiled a list of academic, mental health, culture, and identity resources around campus: https://psychology.msu.edu/undergraduates/student-resources.html

MSU Dependent Care Support

Michigan State University offers a dependent care support program for children or elders. This is a backup option if your usual child or eldercare falls through and a lack of care would stop you from attending class or completing schoolwork. Up to 40 hours of care per fiscal year are subsidized *per dependent*. More information about the program can be found here: https://worklife.msu.edu/family-care/kids-parents/backup-care.

MSU Student Food Bank

The MSU Student Food Bank serves MSU students experiencing food insecurity by providing free food and related items. You can visit their website here: https://foodbank.msu.edu/ or email them at: foodbank@msu.edu.

Legal Services

Funded by student taxes, Student Legal Services provides **free** professional legal assistance and representation to eligible students through a contract with the law firm of Jeffries and Associates, PLLC. Call to engage services. http://studentlegalservices.com/index.html.

Student Basic Needs

Student Advocates for Basic Needs Security (SABNS) is a student organization that advocates on behalf of students for the equitable distribution and practice of providing for the basic needs of students. Basic needs as it relates to this purpose are defined as affordable housing, access to healthy food options, and access to the hygiene and other resources that contribute to student success. Their website and resource guide are located at: https://socialwork.msu.edu/students/student-advocates-for-basic-needs-security.html.

Confidential MSU Resources

There are resources available for students who would like confidential support, without mandated reporting to OIE or MSU Police. Most services are free.

MSU Counseling and Psychiatric Services (CAPS) 3rd Floor Olin Health Center Building 463 E Circle Drive East Lansing, MI 48824 (517) 355-8270	**MSU Sexual Assault Program** 207 Student Services Building 556 East Circle Drive East Lansing, MI 48824 (517) 355-3551 (office) (517) 372-6666 (24 hour crisis line) Website: www.endrape.msu.edu **Sexual Assault Healthcare Program – 24/7 Sexual Assault Nurse Examiners** Student Services Bldg, Parking Website link (517) 353-2700
MSU Safe Place (Domestic Violence) (517) 355-1100 Email: noabuse@msu.edu Website: http://safeplace.msu.edu	**University Ombudsperson** 354 Farm Lane, Room 129, North Kedzie Hall East Lansing, MI 48824 (517) 353-8830 Email: ombud@msu.edu Website: http://www.msu.edu/unit/ombud

COURSE SCHEDULE

Schedule subject to change. Schedule shows registrar 'week' number and class dates. Detailed instructions in d2l. All Smartbook and Connect assignments accessed in d2l; see page 2 of syllabus for more info.

W	Date	Topic & Reading	Assignments	Due Date
1	8/30	**Syllabus, D2L exploration**	*Sign up for Connect*	
	9/1	**What is Health Psychology? (Ch 1)**	*Complete Connect training videos*	9/6, 12:40pm
2	9/6	**Systems of the Body (Ch 2)**	*Smartbook Ch 2*	9/6, 12:40pm
	9/8	**Research, Ethics, and Critical Thinking**		
3	9/13	**Research, Ethics, and Critical Thinking**	*Smartbook Ch 3*	9/13, 12:40pm
	9/15	**Health Behaviors (Ch 3)**		
4	9/20	**Health-Promoting Behaviors (Ch 4)**	*Smartbook Ch 4*	9/20, 12:40pm
	9/22		*Health Behavior Plan 1*	9/22, 7:00pm
5	9/27	**Health-Compromising Behaviors (Ch 5)**	*Smartbook Ch 5*	9/27, 12:40pm
	9/29		*Health Behavior Plan 2*	9/29, 7:00pm
6	10/4	**Stress (Ch 6)**	*Smartbook Ch 6*	10/4, 12:40pm
	10/6		*Draft Health Messaging Project Set 1 due*	10/6, 7:00pm
7	10/11	**Coping, Resilience, Social Support (Ch 7)**	*Smartbook Ch 7*	10/11, 12:40pm
	10/13		*Health Behavior Plan 3*	10/13, 7:00pm
8	10/18	**Using Health Services (Ch 8)**	*Smartbook Ch 8*	10/18, 12:40pm
	10/20		*Final Health Messaging Project Set 1 due*	10/20, 7:00pm
9	10/25	**Patients, Providers, Treatments (Ch 9)**	*Smartbook Ch 9*	10/25, 12:40pm
	10/27		Health Behavior Plan 4	10/27, 7:00pm
10	11/1	**Pain Management (Ch 10)**	*Smartbook Ch 10*	11/1, 12:40pm
	11/3			
11	11/8	**Managing Chronic Health Disorders (Ch 11)**	*Smartbook Ch 11*	11/8, 12:40pm
	11/10		Health Behavior Plan 5	11/10, 7:00pm
12	11/15	**Psychological Issues in Advancing and Terminal Illness (Ch 12)**	*Smartbook Ch 12*	11/15, 12:40pm
	11/17			
13	11/22	**Catch Up**		
	11/24	Thanksgiving Break Day		
14	11/29	**Heart Disease, Hypertension, Stroke, Type 2 Diabetes (Ch 13)**	*Smartbook Ch 13*	11/29, 12:40pm
	12/1		*Draft Health Messaging Project Set 2*	12/1, 7:00pm
15	12/6	**Challenges for the Future (Ch 15)**	*Smartbook Ch 15*	12/6, 12:40pm
	12/8		Final Health Behavior Reflection	12/8, 7:00pm
16	12/12	**Finals Week**	*Final Health Messaging Project Set 2 due*	12/12, 2:45pm

Psy 320 FS23 Dr. Clements