

PSY 320: Health Psychology Summer 2022

Online, May 16 – June 30, 2022

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Course Goals

- Students will gain mastery over foundational concepts and research methods in health psychology
- Students will gain an understanding of the mechanisms that link cognition and emotions to health and the bidirectional links between the two
- Students will learn about the most up-to-date efforts from researchers and clinicians to improve the quality and longevity of life.
- Students will be encouraged to apply the ideas in health psychology to their own lives to better understand and internalize the material.

Workload

Plan to spend around 4 hours per day working on PSY 320 (assuming a 5-day work week). This includes the time you spend reading the text, viewing lectures, studying the material, and taking the exams. **The best way to be successful in PSY 320 is to stay on top of the material.** We will follow a compressed schedule during our 7 weeks together, so it can be easy to fall behind if you are not self-disciplined. Remember, we will cover the same material that is normally covered in an entire semester! **You should commit yourself to seven weeks of working hard. I do not recommend planning a summer vacation in the middle of this class.**

Honors Option

An honors option is **not** offered for this course.

Readings

There are **no required readings** for this course. Just watch and absorb the lectures, and you should be able to learn a lot about health psychology. **Exams will be based on lecture material only.**

Course Website

This version of PSY 320 will be held entirely online through the Desire 2 Learn (D2L) course management system (<https://d2l.msu.edu/>). All lectures, quizzes, and homework assignments will be administered online on D2L. Due to the online nature of this class, you will need to have a high-quality computer with consistent access to a high-speed internet connection. I expect that you will take detailed notes on the lecture material.

Due to the online nature of this class, you will need to have a high-quality computer with consistent access to a high-speed internet connection. You need to have access to a high-speed internet connection to take the exams. If your internet connection is down when you need to take an exam, it is your responsibility to get access to the internet asap! *In the case of missing deadlines because of internet connectivity problems, I will not give extensions on exams.*

Course Content Disclaimer

You are not allowed to sell or post any lecture notes or other course materials without authorization from the instructor. Photographing lectures, slides, and/or recording of the lectures are also prohibited.

Technical Assistance

I do not expect anyone to be perfect with technology, if you need technical assistance at any time during the course or to report a problem, you can:

- Visit the Distance Learning Services Support Site (<https://lib.msu.edu/dls/>)
- Visit the Desire2Learn Help Site (<http://help.d2l.msu.edu/>)
- Call Distance Learning Services (D2L Help Line): (800) 500-1554 or (517) 355-2345
- Visit the MSU Tech Support Site – <https://tech.msu.edu/support/help/>
- Call the MSU Tech Support Line – (517) 432-6200 or toll free (844) 678-6200

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 <http://rcpd.msu.edu>. Once your eligibility for an accommodation has been determined, you will be issued a Verified Individual Services Accommodation (“VISA”) form. Please present this form to me via email at the start of the term and/or two weeks prior to the accommodation date (test, assignment, etc.). Requests received after this date will be honored whenever possible.

Michigan State Time Zone

All times and due dates listed in this syllabus are for **the Eastern Daylight Time (EDT) zone**. If you are taking this course in a different time zone, you will want to be aware of this and change your time zone to EDT, so that you don't miss any due dates/times.

Email Communication

E-mail is the best way to reach me. If you need help with a matter related to the course, **please read the syllabus first**. If you still have questions **after reading the syllabus**, please feel free to contact me via email (rutled72@msu.edu). **Please include PSY 320 in the subject of a message**. I will try to respond to your message within 24 hours of receiving it Monday-Friday. Messages received over the weekend will receive a response by the following Monday evening. Remember to be professional and polite in your correspondence. Any correspondence for this course should originate from a Michigan State University email account.

The following types of email will not receive a response:

- Inquiries about information which is provided in the syllabus or otherwise accessible (i.e., library policies)
- Rude or disrespectful correspondence
- Correspondence from an account not issued by Michigan State University

Check your e-mail and course site regularly! During the course, I will e-mail you or post on the course site from time to time with important information and reminders. Please read these e-mails or posts as soon as you receive them.

Office Hours

Because this is an online course, there are no in-person office hours. However, if you feel like you need to have a more in-depth discussion with me, please use this link: <https://calendly.com/jaleah/psy-320-office-hours> to schedule a time to meet with me and a Zoom link will be sent.

Exams

There will be four multiple-choice question exams during the semester. Each is worth 25% of your grade. Exams will be all multiple choice and *will not* be cumulative. Exam questions will be based on lecture material. You will not be able to back track in these exams; you must answer all the questions/set of questions on one page before moving to the next question/set of questions. There will be a review lecture provided to further prepare you for the exam.

Exams will be open for a window of 24 hours, and you will have 1 hour and 30 minutes to complete the exam, once you have opened it. If you anticipate that you will be unable to take an exam during the allotted time period, you must notify me AT LEAST 24 HOURS BEFORE THE EXAM CLOSES. Extensions to the exam period will be made on a case by case basis taking into account prior notification and legitimate excuses. **Absolutely no extensions to exam periods will be made without prior notification to the instructor.**

Extra Credit

There will be two extra credit opportunities during the term that will be worth up to 10 points each. Therefore, you may earn a total of 20 points extra toward your final grade. **If you choose to do the extra credit assignment, it will be due Monday, June 20th (11:59 PM EDT).**

Consistent with MSU's efforts to enhance student learning, foster honesty, and maintain integrity in our academic processes, I have chosen to use Turnitin to compare your extra credit assignments with multiple sources. Turnitin will compare each paper you submit to an extensive database of prior publications and papers, providing links to possible matches and as "similarity score." Turnitin does not determine whether plagiarism has occurred or not. Instead, I will make a complete assessment and judge the originality of your work. You should submit the extra credit assignments to the assignment dropboxes without identifying information included in the paper (e.g., name or student number), the D2L system will automatically show this information to me when I view the submission, but the information will not be retained by Turnitin. If you forget and submit your paper with your identifying information on it, it will be retained in the Turnitin repository.

Your submissions will be retained only in the MSU repository hosted by Turnitin. In choosing to use Turnitin in our class, I have agreed to follow five guidelines. They are:

1. I will use Turnitin as part of a balanced approach to encourage academic integrity and foster student success.
2. I will openly disclose use of Turnitin in this course on the syllabus and at the time assignments are announced.
3. For a given assignment, I will use Turnitin for all papers.
4. I will make the final determination of originality and integrity.
5. To ensure privacy, I will ask students to remove identification (e.g., names and student numbers) from submissions.

If you have any questions about the use of Turnitin in this course, please bring them to my attention.

Grade Breakdown

Course Components	Due Date	Points	TOTAL Points for Component
Exam #1	May 27 th	100 points	400 (100% of total grade)
Exam #2	June 8 th	100 points	
Exam #3	June 20 th	100 points	
Exam #4	June 30 th	100 points	
Journal Entries	July 5 th and August 9 th	20 points	
Extra Credit	Throughout the summer session	20 points	20
		Total Points	400

Grading Scale

Points	Percent Total Score	Grade
360-400	90 - 100	4.0
340 - 359.99	85 - 89.99	3.5
320 - 339.99	80 - 84.99	3.0
300 - 319.99	75 - 79.99	2.5
280 - 299.99	70 - 74.99	2.0
260 - 270.99	65 - 69.99	1.5
240 - 259.99	60 - 64.99	1.0
< 240	< 60	0

****Please note that the cutoffs for each grade are final. Scores that are on the cusp between grades will not be rounded up at the end of the term (i.e., an 89.99% is a 3.5). Extra credit is the only way to increase your point total if you are concerned about falling on the wrong side on one of these cut-offs.**

Academic Honesty

Due to the nature of online courses, I cannot regulate your use of course materials during exam periods, nor will I try to. You are free to use all lecture content, notes, and review materials to assist you while taking exams. Please note that you will only have 1 hour and 30 minutes to complete each exam; it is therefore in your best interest to have a comprehensive understanding of course material prior to taking an exam.

Any and all forms of plagiarism are unacceptable. Any student caught plagiarizing will receive a zero on the assignment.

Legalistic Details: *Article 2.3.2 of the Academic Freedom Report* states that “The student share with the faculty the responsibility for maintaining the integrity of scholarship, grades, and professional standards.” The Department of Psychology 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. For extensive details see *Spartan Life: Student Handbook and Resource Guide* and/or the MSU Website. I encourage you to be familiar with university policy; the

Ombudsman has prepared a useful website with specific information about specific activities that are and are not appropriate: <http://www.msu.edu/unit/ombud>.

Limits to Confidentiality

Please be aware that class materials are generally considered confidential pursuant to the University's student record policies. However, all University employees, including instructors, cannot maintain confidentiality when it conflicts with their responsibility to report certain issues based on external legal obligations or health and safety considerations of MSU community members and others. As the instructor, I must report the following information to other University offices if you share it:

- Suspected child abuse/neglect, even if this maltreatment happened when you were a child,
- Allegations of sexual assault or sexual harassment when they involve MSU students, faculty, or staff, and
- Credible threats of harm to oneself or to others

These reports may initiate contact from a campus official who will want to talk to you about the incident that you have shared. In almost all cases, it will be your decision whether you wish to speak with that individual or not. If you would like to talk about these events in a more confidential setting, you are encouraged to make an appointment with the MSU Counseling Center (<http://www.counseling.msu.edu/students>).

Disclaimer

On the next page is a general indication of when we will cover the topics in the course. However, as the instructor, I reserve the right to adjust this schedule according to the pace of the course and the needs of the students. This also includes making any changes that I deem necessary to the details and/or policies listed in this syllabus. Check D2L regularly to keep up with the topics. **You will be given notice of any changes. Also, please know that you are responsible for keeping track of all due dates.**

Course Schedule

Module 1: May 16th – May 27th

- What is Health Psychology?
- Health Promotion
- Health Compromising Behavior

Exam 1: Friday, May 27th (12:00 AM EDT) – Friday, May 27th (11:59 PM EDT)

Module 2: May 30th – June 8th

- Stress
- Coping and Psychological Resilience
- Using Health Services
- Interacting with the Health Care System

Exam 2: Wednesday, June 8th (12:00 AM EDT) – Wednesday, June 8th (11:59 PM EDT)

Module 3: June 9^h – June 20th

- Pain
- Chronic Illness
- Terminal Illness

Extra credit # 1: Thursday, June 9th (11:59 PM EDT)

Exam 3: Monday, June 20th (12:00 AM EDT) – Monday, June 20th (11:59 PM EDT)

Module 4: June 21st – June 30th

- Health Shocks
- Immune-related Disorders
- Culture and Context in Health Psychology
- Future Directions and Unanswered Questions

Extra credit #2: Monday, June 27th (11:59 PM EDT)

Exam 4: Thursday June 30th (12:00 AM EDT) – Thursday, June 30th (11:59 PM EDT)