

PSY 320: Health Psychology

147 Communication Arts Building

Spring 2020 Course Syllabus

Professor: Kaston D. Anderson-Carpenter, Ph.D., M.P.H., BCBA-D, LBA

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Office Hours: By appointment only. <https://kacarpenter.youcanbook.me/>

Please make an appointment using the link above. I will not reply to individual inquiries regarding appointments.

Teaching Assistants

Graduate Teaching Assistant: Jaleah Rutledge

Email: rutled72@msu.edu

Office hours: Email Jaleah to make an appointment.

Undergraduate Teaching Assistant: Rebecca Flynn

Email: flynnre1@msu.edu

Office hours: Email Rebecca to make an appointment.

Course Description

Social, psychological, and biological factors affecting health, illness, and use of health services. Stress and coping processes, lifestyles, and illness management.

Note: In this course, we will consider health topics from multicultural and global perspectives.

Prerequisite

PSY 320 requires no course prerequisite.

Textbook & Course Readings

Taylor, S. E. (2018). *Health Psychology*. (10th ed.) New York: McGraw-Hill.

You may also use the 9th edition (2015) by Shelley E. Taylor.

We will also use CONNECT in the class to enhance your learning.

Course Materials

❖ Top Hat. In this course, we will use Top Hat (<https://www.tophat.com>) extensively during class. Therefore, you *must* purchase Top Hat if you have not done so previously. The pricing for Top Hat is below:

- **One Term: \$26** (Choose this option if you *do not* expect any other

instructor to use Top Hat in any of your other classes while you are at MSU.)

- **Annual: \$38** (Choose this option if you will use Top Hat in other classes *this academic year only*.)
- **Lifetime: \$75** (Choose this option if you expect to use Top Hat in other classes in the future while you are at MSU. If you choose this option, you will have access to Top Hat for the rest of your life.)
- More information about Top Hat student pricing can be found here: <https://tophat.com/educational-technology/pricing/>

You can use Apple or Android Smartphones, tablets, laptops, or text messaging to interact with the Top Hat system. (Note: I will also use Top Hat to take attendance.)

If you have a Top Hat account from a previous course, you can use the same account. An email invitation will be sent to you by email, but if don't receive this email, you can register by simply visiting our course website:

<https://app.tophat.com/e/483770>

Note: our Course Join Code is 381298

Should you require assistance with Top Hat at any time, please contact their Support Team directly by way of email (support@tophat.com), the in-app support button, or by calling 1-888-663-5491.

- ❖ Packback. We will also use Packback for out-of-class discussions. You will use the system to submit your weekly discussion questions by Thursdays at 5:00 p.m. **The course fee for Packback is \$25.**
- ❖ Kritik. We will use Kritik as the primary assessment tool (in place of the typical 50-question exam). This platform will give you the opportunity to demonstrate your knowledge *in your own words*. In addition, your peers will provide you feedback on your responses, and you get to assess their ability to give you feedback! (Woo hoo!)

You'll have 6 Kritik assignments throughout the semester. This, in addition to your CONNECT assignments, will comprise your "exam" grade for this course. **The fee for Kritik is \$15.**

I will use D2L (<https://d2l.msu.edu/>) to post your grades and communicate with you. Please ensure that your contact information is current so that you receive all class-related emails. If you have any trouble using D2L, you can contact the helpdesk. If you are unfamiliar with D2L, please complete the on-line tutorial: from the D2L page, click on help. A new screen will open up: click on Student

Quick Start Guide. Please direct all technical questions to the D2L helpdesk at 517.355.2345 or 800.500.1554.

Technical Assistance

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](#)
- Visit the [Desire2Learn Help Site \(http://help.d2l.msu.edu/ \)](http://help.d2l.msu.edu/)
- Or call Distance Learning Services: (800) 500-1554 or (517) 355-2345

Resource Persons with Disabilities (RCPD)

- To make an appointment with a specialist, contact: (517) 353-9642
Or TTY: (517) 355-1293
- Web site for RCPD: <http://MYProfile.rcpd.msu.edu>

Course Objectives

The primary learning objectives for this course are:

- Identify the biological, psychological, social, and cultural aspects of health
- Understand the social-ecological determinants of health outcomes
- Apply health psychology concepts and models in real-world settings

You will meet the objectives listed above through a combination of the following activities in this course:

- Assessments
 - You will not take exams in this class!
 - You will have CONNECT and Kritik assignments in this course, spaced as evenly throughout the semester as possible.
 - In lieu of a final exam, we will have a final meeting day during the University-allotted time (see course schedule below).
- In-class activities
 - I will use the readings for each class session to as the basis for class discussions. Additionally, you will participate in small-group activities in which you will problem-solve health problems based on scenarios I provide.
 - We will rely extensively on Top Hat and Packback to guide our discussions
- Online discussions
 - Online discussions will occur on the Packback platform, and I will integrate selected posts into my lecture.

Grading Policy

Course Activities

All grades in PSY 320 are categorized and weighted as noted below.

Course Activity	Weight
Class Attendance	25%
Class Participation (Top Hat)	15%
Packback Discussion Posts	20%
Kritik Assignments	15%
CONNECT Assignments	25%
Total	100%

Packback grades will be assigned based on the number of “curiosity points” you earn based on the quality of your Packback posts and responses. Your numerical grade will be multiplied by 25 to get the grade that will be assigned to the “Packback Discussion Posts” above.

Curiosity Points	Numerical Grade
500+	4.0
450-499	3.5
400-449	3.0
375-399	2.5
350-374	2.0
325-349	1.5
300-324	1.0
0-299	0.0

Kritik scores for each assignment will be rated on the following criteria:

- 1) How well you integrate other cultures/perspectives into your responses
- 2) How well you include evidence or supporting information (web links would be fine)
- 3) How well you link or connect your responses to other fields/disciplines.
This could certainly include what you’ve learned in other classes.

If your average score across peer reviewers is rated **at least Proficient in 2 of the 3 criteria**, you’re doing well on the assignment.

The Kritik score breakdown is below:

Score	Weight
Writing your response	60%
Rating your peers' work	15%
Giving feedback to your peers	15%
Participating in peer evaluation	5%
Giving feedback to your peer evaluators	5%

Final Grades

The table below describes the relationships between course grades, percent, and performance. All grades will be made visible via D2L.

Course Grade	Percentage	Course Performance
4.0	89.5-100%	Superior
3.5	84.5-89.4%	Excellent
3.0	79.5-84.4%	Good
2.5	74.5-79.4%	Average
2.0	69.5-74.4%	Adequate
1.5	64.5-69.4%	Inadequate
1.0	59.5-64.4%	Poor
0.0	0-59.4%	Unacceptable

Extra Credit

Extra credit will be given at my discretion. Please do not ask for extra credit. I will announce all opportunities in class and/or on D2L.

Course Policies

Commit to Integrity: Academic Honesty

Article 2.3.3 of the [Academic Freedom Report](#) states that "The student shares with the faculty the responsibility for maintaining the integrity of scholarship, grades, and professional standards." In addition, the (insert name of unit offering course) 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. (See [Spartan Life: Student Handbook and Resource Guide](#) and/or the MSU Web site: www.msu.edu.)

Therefore, unless authorized by your instructor, you are expected to complete all course assignments, including homework, lab work, quizzes, tests and exams,

without assistance from any source. You are expected to develop original work for this course; 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 in this course. 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.)

Limits to Confidentiality

Essays, journals, and other materials submitted for this class are generally considered confidential pursuant to the University's student record policies. However, students should be aware that University employees, including instructors, may not be able to maintain confidentiality when it conflicts with their responsibility to report certain issues to protect the health and safety of MSU community members and others. As the instructor, I must report the following information to other University offices (including the Department of Police and Public Safety) if you share it with me:

- 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 trigger contact from a campus official who will want to talk with 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. 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.

Inform Your Instructor of Any Accommodations Needed

From the Resource Center for Persons with Disabilities (RCPD): 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. Please present this form to me at the start of the term and/or two weeks prior to the accommodation date (test, project, etc.). Requests received after this date may not be honored.

Understand When You May Drop This Course

Drops and Adds

The last day to add this course is the end of the first week of classes. The last day to drop this course with a 100% refund and no grade reported is (insert

date). The last day to drop this course with no refund and no grade reported is (insert date). You should immediately make a copy of your amended schedule to verify you have added or dropped this course.

Commercialized Lecture Notes

Commercialization of lecture notes and university-provided course materials is not permitted in this course.

Internet

Some professional journals will not consider a submission for publication if the article has appeared on the Internet. Please notify your instructor in writing if you do not want your course papers posted to the course Web site.

Disruptive Behavior

Article 2.III.B.4 of the [Academic Freedom Report \(AFR\)](#) 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 [AFR](#) states that "The student has a right to scholarly relationships with faculty 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 through the Student Judicial Affairs office.

Attendance

Students whose names do not appear on the official class list for this course may not attend this class. Students who fail to attend the first four class sessions or class by the fifth day of the semester, whichever occurs first, may be dropped from the course.

Build Rapport

If you find that you have any trouble keeping up with assignments or other aspects of the course, make sure you let me or one of the TAs know as early as possible. As you will find, building rapport and effective relationships are key to becoming an effective professional. Make sure that you are proactive in informing your instructor when difficulties arise during the semester so that we can help you find a solution.

Course Outline/Schedule

Important Note: Refer to the course calendar for specific meeting dates and times. Activity and assignment details will be explained in detail within each week's corresponding learning module. If you have any questions, please set up a meeting with the Teaching Assistants or with me.

Note: The schedule is subject to change with professor and class consensus.

January 2020

Monday, January 6th

-Course introduction

Wednesday, January 8th

-Ch. 1: Introduction to Health Psychology

Friday, January 10th

-Ch. 1: Introduction to Health Psychology

-Ch. 1 questions on CONNECT due January 11th

Monday, January 13th

-Cultural Approaches to Health

Wednesday, January 15th

-Cultural Approaches to Health

-Packback questions due

Friday, January 17th

-Packback Discussion: Cultural Approaches to Health

Monday, January 20th

-MLK Day. No Class.

Wednesday, January 22nd

-Research & Ethics in Health Psychology

-Packback questions due

Friday, January 24th

-Packback Discussion: Research & Ethics in Health Psychology

-Kritik Assignment #1 due

Monday, January 27th

-Ch. 4: Health Behaviors

Wednesday, January 29th

-Ch. 4: Health Behaviors

-Feedback on Kritik Assignment #1 due

-Packback questions due

Friday, January 31st

-Packback Discussion: Health Behaviors

-Ch. 4 questions on CONNECT due February 1st

-Kritik Feedback on Feedback #1 due February 2nd

February 2020

Monday, February 3rd

-Ch. 5: Health-Compromising Behaviors

Wednesday, February 5th

-Ch. 5: Health-Compromising Behaviors

-Packback questions due

Friday, February 7th

-Mental Health Day. No Class.

-Kritik Assignment #2 due

Monday, February 10th

-Ch. 6: Stress

Wednesday, February 12th

-Ch. 6: Stress

-Packback questions due

-Feedback on Kritik Assignment #2 due

Friday, February 14th

-Packback Discussion: Stress

-Ch. 6 questions on CONNECT due February 15th

-Kritik Feedback on Feedback #2 due February 16th

Monday, February 17th

-Ch. 7: Coping, Resilience, & Social Support

Wednesday, February 19th

-Ch. 7: Coping, Resilience, & Social Support

-Packback questions due

Friday, February 21st

-Packback Discussion: Coping, Resilience, & Social Support

-Kritik Assignment #3 due

-Ch. 7 questions on CONNECT due February 22nd

Monday, February 24th

-Ch. 8: Using Health Services

Wednesday, February 26th

Ch. 8: Using Health Services

-Packback questions due

-Feedback on Kritik Assignment #3 due

Friday, February 28th

-Packback Discussion: Using Health Services

-Kritik Feedback on Feedback #3 due March 1st

March 2020

Monday, March 2nd

Spring Break. No Class.

Wednesday, March 4th

Spring Break. No Class.

Friday, March 6th

Spring Break. No Class.

Monday, March 9th

-Ch. 9: Patients, Providers, & Treatments

Wednesday, March 11th

-Ch. 9: Patients, Providers, & Treatments

-Packback questions due

Friday, March 13th

-Packback Discussion: Patients, Providers, & Treatments

-Kritik Assignment #4 due

-Ch. 9 questions on CONNECT due March 14th

Monday, March 16th

-Ch. 10: Pain Management

Wednesday, March 18th

-Ch. 10: Pain Management

-Packback questions due

-Feedback on Kritik Assignment #4 due

Friday, March 20th

-Packback Discussion: Pain Management

-Ch. 10 questions on CONNECT due March 21st

-Kritik Feedback on Feedback #4 due March 22nd

Monday, March 23rd

-Ch. 11: Chronic Health Conditions

Wednesday, March 25th

-Ch. 11: Chronic Health Conditions

-Packback questions due

Friday, March 27th

-Packback Discussion: Chronic Health Conditions

-Kritik Assignment #5 due

-Ch. 11 questions on CONNECT due March 28th

Monday, March 30th

-Out of class activity

April 2020

Wednesday, April 1st

-Out of class activity

-Feedback on Kritik Assignment #5 due

Friday, April 3rd

MENTAL HEALTH DAY. NO CLASS.

-Kritik Feedback on Feedback #5 due April 5th

Monday, April 6th

-Ch. 12: Terminal Illness

Wednesday, April 8th

-Ch. 12: Terminal Illness

-Packback questions due

Friday, April 10th

-Packback Discussion: Terminal Illness

-Kritik Assignment #6 due

-Ch. 12 questions on CONNECT due April 11th

Monday, April 13th

-Ch. 14: Immune-Related Conditions

Wednesday, April 15th

-Ch. 14: Immune-Related Conditions

-Packback questions due

-Feedback on Kritik Assignment #6 due

Friday, April 17th

Packback Discussion: Immune-Related Conditions

-Ch. 14 questions on CONNECT due April 18th

-Kritik Feedback on Feedback #6 due April 19th

Monday, April 20th

-Ch. 15: Challenges for the Future

Wednesday, April 22nd

-Ch. 15: Challenges for the Future

Friday, April 24th

-Class Discussion: Challenges for the Future