

PSY 320: Health Psychology

Spring 2020 Syllabus
Credits: 3

MWF, 9:10am-10:00am
Course format: Online asynchronous

Instructor: Dr. Kaston D. Anderson-Carpenter (he/him/his)

Office: Psychology 238

Phone: (517) 432-0686

Email: kaston@msu.edu *Preferred mode of contact*

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.

Graduate Teaching Assistants

Name: Jeewon Oh

Email: ohjeewon@msu.edu

Office hours: Email Jeewon to make an appointment.

Name: Sydney Padgett

Email: padget20@msu.edu

Office hours: Email Sydney 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. In this course, we will consider health topics from multicultural and global perspectives.

Course Objectives and Materials

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.

Prerequisite

PSY 320 requires no course prerequisite.

Course Materials

- Textbook:
 - Taylor, S. E., & Stanton, A. L. (2021). *Health Psychology*. (11th ed.) New York: McGraw-Hill.
 - Connect : ISBN is 9781266615856 (required)
- D2L for additional readings, accessing Connect, viewing lectures, viewing grades, communicating course-related information.

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.

Course Activities

- Chapter Reading Assignments
 - Each week, you will complete chapter reading assignments through Connect. Your average score will count as 20% of your overall grade.
- Exams
 - You will have three (3) exams in this course (50 questions each), spaced about one month apart. The exams are not comprehensive.
 - I will give you a detailed study guide approximately one week prior to each exam. Use the study guide; anything on it is fair game for the exam. *If it is not on the study guide, it will not be on the exam.*
 - If you miss one of the exams, you will have an opportunity to take a make-up exam in an alternative format.
 - You can only make up one (1) exam.
 - You are responsible for initiating and coordinating the scheduling with Jeewon or Sydney.

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 FAQs

- I found an error on one of my grades D2L. Who should I contact?
 - Email Jeewon or Sydney first. They will be able to answer and address all grade-related issues.
- I don't understand something from the lecture. Who should I contact?
 - Email Jeewon or Sydney first. If you don't receive a response within 24 hours, email Dr. Anderson-Carpenter.

- I have an urgent issue that needs a response in less than 24 hours. Who do I contact?
 - Email Dr. Anderson-Carpenter directly. If necessary, he will set up an emergency Zoom meeting with you.
- How do I make an appointment with Dr. Anderson-Carpenter?
 - Use the link in his contact information. He will not respond to individual requests for appointments.
- I missed one of exams. Who should I contact?
 - Email Jeewon or Sydney, and they can ensure you get a make-up exam.
- Do I have to get Connect? Can't I just get the textbook instead?
 - Connect is required. You can access the e-textbook version through Connect, which might save you money on purchasing a loose-leaf version.
- When are my assignments due?
 - Your Chapter Smartbook assignments are due on the last class day of every month. Those dates are as follows:
 - January 29, 2021
 - February 26, 2021
 - March 26, 2021
 - April 21, 2021
 - Your exams will be open on the following dates:
 - Exam 1: February 14-16, 2021
 - Exam 2: March 15-17, 2021
 - Exam 3: April 19-21, 2021
- What about final exam week?
 - In lieu of a final exam, we will meet virtually on April 27, 2021 from 12:45pm-2:45pm Eastern. During this time, we will have a course reflection/discussion.

COVID-Related Information

Your TAs and I are committed to your holistic well-being. If you cannot complete an assignment for any COVID-related reason, please let Jeewon, Sydney, or Dr. Anderson-Carpenter know; we will be as accommodating as reasonably feasible. To support your learning and well-being, please take note of the following:

- Please stay home if you do not feel well, regardless of the illness.
- If you have tested positive for COVID-19, are experiencing any [symptoms](#), or might have been [exposed](#) to the virus, [please quarantine yourself](#).
 - If you need to quarantine/self-isolate, please let the TAs and/or the Professor know so accommodations can be made.
 - If you cannot complete an assignment due to any of the reasons noted above, we will work with you to make accommodations so that you are not put at a disadvantage in your course performance.
- Face coverings must be worn by everyone (including all faculty, staff, students, vendors, and visitors) indoors and outdoors while on property owned or governed by MSU and while participating in MSU-related or MSU-sponsored activities. If you have a medical condition that may prevent you from safely wearing a face covering, you should contact [MSU's Resource Center for Persons with Disabilities](#) to begin the accommodation process.
- Face coverings should (a) be non-medical grade to maintain supplies for health care use, (b) fit snugly against the side of your face, (c) cover your nose and mouth, (d) be secured with ties or ear loops, and (e) allow for breathing without restriction. Cloth face coverings should only be worn for one day at a time, and they must be properly hand washed or laundered before subsequent use. Face coverings may vary (for example, disposable non-medical face coverings or neck gaiters are acceptable).
- Failure to wear a face covering for those without an accommodation will result in the following: (1) A reminder of the requirement, the reason for it (to minimize spread), and a request to comply. (2) A request to leave the classroom if no compliance. (3) If no face covering compliance and the student refuses to leave the classroom, class will be dismissed. (4) Should an emergency develop that you feel cannot be resolved by classroom dismissal, consider calling 911 for assistance.

Part 3: 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 one of the course TAs.

Course Schedule

| Week of: | Topic | Assignments Due (on Fridays at 11:59pm) |
|------------|--|---|
| Jan. 18 | Course introduction Ch. 1: What is Health Psychology? | Connect: Ch. 1 |
| Jan. 25 | Ch. 3: Health Behaviors | Connect: Ch. 3 |
| Feb. 1 | Ch. 4: Health-Promoting Behaviors | Connect: Ch. 4 |
| Feb. 8 | Ch. 5: Health-Compromising Behaviors | Connect: Ch. 5 |
| Feb. 15 | Ch. 6: Stress | Connect: Ch. 6 Exam 1 (Ch. 1, 3-5): Feb. 15-17 on Connect |
| Feb. 22 | Ch. 7: Coping, Resilience, and Social Support (Jeewon Oh) | Connect: Ch. 7 |
| Mar. 1 | Ch. 8: Using Health Services | Connect: Ch. 8 |
| Mar. 8 | Ch. 9: Patients, Providers, and Treatments | Connect: Ch. 9 |
| Mar. 15 | Ch. 10: Managing Pain and Discomfort | Connect: Ch. 10 Exam 2 (Ch. 6-9): Mar. 22-24 on Connect |
| Mar. 22 | Ch. 11: Managing Chronic Health Conditions | Connect: Ch. 11 |
| Mar. 29 | Ch. 12: Advancing and Terminal Illness | Connect: Ch. 12 |
| Apr. 5 | Ch. 13: Heart Disease, Hypertension, Stroke, and Type 2 Diabetes | Connect: Ch. 13 |
| Apr. 12 | Ch. 14: Psychoneuroimmunology and Immune-Related Conditions | Connect: Ch. 14 |
| Apr. 19-21 | Ch. 15: Health Psychology and Challenges for the Future | Connect: Ch. 15 Exam 3 (Ch. 10-14): Apr. 19-21 on Connect |
| Apr. 27 | Course Reflection: 12:45pm-2:45pm Eastern. Zoom link: https://msu.zoom.us/my/kaston Passcode: ACESLab (case-sensitive) | |

Grading Policy

Course Activities

All grades in PSY 320 are categorized and weighted as follows:

| Course Activity | Weight |
|-------------------------------|---------------|
| Chapter Assignments (Average) | 10% |
| Exam 1 | 30% |
| Exam 2 | 30% |
| Exam 3 | 30% |
| Total | 100% |

Final Grades

The table below describes the relationships between course grades, percent, and performance. The first column describes the course grade. The second column describes the percentage associated with the course grade. The third column describes the performance represented by course grade and percentage. 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 |

Late Work Policy

All late work will receive a 10% reduction (i.e., one full letter grade) for each calendar day late. The 10% penalty begins one minute after the deadline for assignments. Exceptions will be given in extreme circumstances.

Extra Credit

There is no extra credit given in this course.

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 percent 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.