

PSY 320: Health Psychology Summer 2020

Online, May 11th – June 25th

Instructor: Rosaura Dominguez-Rebollar

Email: doming75@msu.edu

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 very hard. Do not plan a summer vacation in the middle of this class!** If these considerations do not fit with your plans or your personality, then consider dropping this class as soon as possible.

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

All course materials, including the syllabus, recordings of the lectures, and the exams are accessible through D2L. You will take exams on the course website. 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 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

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

Many professors and instructors have found the Help Line very useful. It is my recommendation to take advantage of the Help Line before emailing me with any questions or concerns about D2L.

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 https://login.msu.edu/?App=RCPD_Profile. 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

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 (doming75@msu.edu). Use the subject line “PSY 244 - Name - Issue,” so for example “PSY 244 - Rosaura Dominguez - Technical Issues.” 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

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 email me to schedule a time. Once we have settled on a time, send me a zoom link via email with the subject line “PSY 244 - Name - Zoom Meeting Link,” so for example “PSY 244 - Rosaura Dominguez - Zoom Meeting Link.” Zoom is free and easy to use. If you haven’t used ZOOM before, please make sure to create a free account prior to emailing me.

Grade Breakdown

Assignments	Total Possible Points	% of Final Grade
4 Exams	400	100

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 one extra credit opportunity during the term that will be worth up to 20 points extra toward your final grade. **If you choose to do the extra credit assignment, it will be due Saturday, June 13th (11:59 PM EST).**

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).**

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>).

Course Schedule

Module 1: May 11th – May 22nd

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

Exam 1: Friday, May 22nd (12:00 AM EST) – Friday, May 22nd (11:59 PM EST)

Module 2: May 23th – June 2nd

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

Exam 2: Tuesday, June 2nd (12:00 AM EST) – Tuesday, June 2nd (11:59 PM EST)

Module 3: June 3rd – June 13th

- Pain
- Chronic Illness
- Terminal Illness

Exam 3: Saturday, June 13th (12:00 AM EST) – Saturday, June 13th (11:59 PM EST)

Module 4: June 14th – June 25th

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

Exam 4: Thursday June 25th (12:00 AM EST) – Thursday, June 25th (11:59 PM EST)