

PSY 320: Health Psychology Summer 2020 Online, July 6, 2021 – August 19, 2021

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Course Overview

Course Goals

There are three major goals for this course. First, students will gain mastery over foundational concepts and research methods in health psychology. Second, students will gain an understanding of the mechanisms that link cognition and emotions to health and the bidirectional links between the two. Third, students will learn about the most up-to-date efforts from researchers and clinicians to improve the quality and longevity of life. Throughout this course, 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 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. Although there are a few textbooks on health psychology, I felt that none of them went enough in depth and had appropriate coverage.

Likewise, assigning enough empirical articles or book chapters to give you enough of a foundation would also be overwhelming. In short, just watch and absorb the lectures, and

you should be able to learn a lot about health psychology. Exam material 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.

You need to have access to a high-speed internet connection when all of the course assignments are due. If your internet connection is down when you need to complete your exams, 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 quizzes and homework assignments.*

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/>)
- Or call Distance Learning Services (D2L Help Line): (844) 678-6200 or (517) 432-6200

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.

Time Zones

All times and due dates listed in this syllabus are for Eastern Daylight Time (EDT). 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

Direct all email questions to me (Alejandro, carril52@msu.edu) and be professional in your correspondence. This process will ensure the timeliest responses. The main purpose of email should be brief inquiries regarding course content not addressed in the syllabus or information otherwise not available to students. When a student needs to discuss a set of personal circumstances regarding their course performance, a Zoom meeting with me is the appropriate venue.

Any correspondence for this course should originate from a Michigan State University email account. **Please include PSY 320 in the subject of a message.** Be aware that it may take up to 24 hours Monday-Friday and up to 48 hours Saturday-Sunday for your emails to receive a response. Students also have the option to engage with me through a Zoom meeting online. If you'd prefer to meet with me over Zoom, please email me at least 24 hours in advanced requesting to meet online, and we can choose a time and day that works for both of us.

The following types of email will not receive a response:

- 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, I will host office hours online through Zoom. **Every Monday and Wednesday from 10:00am to 12:00am EDT. If this timeslot doesn't work, please email me and we can schedule a separate zoom meeting.**

Course Evaluation Criteria

This course is composed of four exams, two journal entries, and extra credit. The following is a summary of the due dates and point values for each course component. There is a total of 420 points available between the four exams and two journal entries. There are an additional 20 points available between two extra credit assignments.

<u>Course Components</u>	<u>Due Date</u>	<u>Points</u>
Exam #1	July 16 th	100 points
Exam #2	July 30 th	100 points
Exam #3	August 6 th	100 points
Exam #4	August 19 th	100 points

Journal Entries	July 11 th and August 8 th	20 points
Extra Credit	Throughout the summer session	20 points

Exams

There will be four exams during the semester. Exams will be all multiple choice and *will not* be cumulative. Exam questions will be based on lecture material. 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 with prior notification and legitimate excuse. **Absolutely no extensions to exam periods will be made without prior notification of the instructor.** There is no back-tracking for the exams, meaning after you answer a question, you will not be able to return and change your answers later!

Journal Entries

You will be required to submit two journal entries throughout the course. These submissions will primarily be evaluated on the perceived effort you put into the journal entry. The initial journal entry will provide an opportunity for you to introduce yourself and express what you are looking forward to in this course. The final journal entry will be an opportunity for you to discuss your personal change in knowledge, attitude, and beliefs as a result of the course.

For complete instructions, go to our D2L course site, click on the “Content” tab, select the “Journal Entry1” tab on the left-hand side of the screen, and then view the instructions. The same instructions can be followed for Journal Entry 2.

Extra Credit

I will post two extra credit opportunities throughout the course of the term that will each be worth 10 points. You may earn up to 20 points of extra credit toward your final grade.

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 assignment 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. All submissions to this course may be checked using Turnitin.

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.

Grading Scale

TOTAL POINTS	% TOTAL POINTS	GRADE
378-420	90.00-100	4.0
357-377.99	85.00-89.99	3.5
336-356.99	80.00-84.99	3.0
315-335.99	75.00-79.99	2.5
294-314.99	70.00-74.99	2.0
273-293.99	65.00-69.99	1.5
252-272.99	60.00-64.99	1.0
Under 252	Under 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, and I won't 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 in extra credit writing assignments are unacceptable. Any student caught plagiarizing will receive zero credit on the assignment in this course. 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 homework assignments and quizzes. I am not required to remind you about upcoming deadlines.**

Course Schedule

Module 1: July 6th – July 16th

What is Health
Psychology? Health
Promotion
Health Compromising Behavior

Journal Entry #1: Due Sunday July 11th by 11:59 EDT:

Exam 1: Friday, July 16th (12:00 AM EDT – 11:59 PM EDT)

Module 2: July 17th – July 30th

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

Exam 2: Friday, July 30th (12:00 AM EDT – 11:59 PM EDT)

Module 3: July 25th – July 31st July 31st – August 6th

Pain
Chronic
Illness
Terminal
Illness

Exam 3: Friday, August 6th (12:00 AM EDT – 11:59 PM EDT)
Extra Credit Assignment 1: Due Sunday August 9th by 11:59 PM EDT

Module 4: August 7th – August 19th

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

Journal Entry #2: Due Sunday, August 8th by 11:59 PM EDT

Exam 4: Thursday, August 19th (12:00 AM EDT – 11:59 PM EDT)
Extra Credit Assignment 2: Due Thursday August 19th by 11:59 PM EDT