

Health Psychology

Spring 2026 | Psy 320 | Tues/Thurs 4:10 – 5:30 | Holden Hall G8 | Prerequisite: Psy 101 | 3 credits

COURSE DESCRIPTION

Biological, psychological and social (including systemic) factors affecting health, illness, and health service access and use. Emphasis on enhancing health, prevention and treatment of illness, and health and healthcare policies. Stress, coping, and other behavioral factors as part of health management.

Instructors	Email	Class Meeting	Office Hours/Study Groups
Professor: Dr. Katie Clements Pronouns: she/her	vadnais3@msu.edu Email me last! I will respond within 1 business day.	Holden Hall G8 Tues & Thurs 4:10-5:30pm	Office Hours – Psy 136, Friday 2:00 – 4:00 or schedule at calendly.com/drkvc
Graduate Assistant: Hanna Dobson Pronouns: she/her	Email Hanna first! dobsonh1@msu.edu		Office Hours – Zoom; Tuesdays 10:30-11:30am https://msu.zoom.us/j/94641867167
Undergraduate Assistant: Riley Crabtree Pronouns: she/her	Email Riley second! crabtr44@msu.edu		By appointment - email



Office Hours

Office hours are opportunities to connect with your instructor – and I love to get to know students! You can ask questions about class, grades, or other topics. Schedule at the link above if you can't join me in person on Tuesdays, and add a note about what you want to discuss. Be sure you note Psy 320 in your appointment.



Required Text

Stanton, A. L. & Taylor, S. E. (2025). *Health Psychology* (Evergreen ed.). McGraw Hill LLC.

- We will be **accessing the book via the Connect learning platform**. I negotiated you a super deal – access to the whole platform and all the features for the price of just the book! Access is provided through d2l.
- You will access **Connect via d2l**



Course Format

This course meets in person twice each week. Complete the assigned Smartbook before class of the day we start that unit and come prepared to discuss together. Our class time together will include interactive discussion, including points of confusion, clarity, and curiosity. Class time includes content not in the book.



Classroom Philosophy

- We are whole people – I respect your “whole personness” and respectfully ask for the same.
- We all must be active learners and co-create our learning environment. Bring your whole self to class.
- Humble respect for others’ experiences, insights, and identities gives us the most room to learn and grow.
- We’re all doing our best! Maybe it’s different than yesterday, or tomorrow, or from someone else’s. But let’s bring our best, as it is in this moment. We’re all doing our best!

COURSE LEARNING OBJECTIVES

By the end of the course you will be able to:

- ✓ Identify biological, psychological, social, and cultural influences on health and illness
- ✓ Identify biological, psychological, social, sociocultural and systemic responses to health and illness
- ✓ Understand the influence of policies on health and health outcomes
- ✓ Apply health psychology research and concepts to real world health needs and behaviors (including stress and coping)

You matter and you deserve to be here

You worked hard to gain admission into this university! You proved that you can do hard things. College will be full of unexpected challenges – and triumphs. Now that you’re here, you get to continue to demonstrate how much you can learn in short periods of time.

“Office hours” are also “student hours”! Please drop in during my Friday office hours, or anytime you see me in the office and introduce yourself. It’s the right space to discuss your grade, or we can talk about other parts of student life too. It is a supportive space to talk through your questions, concerns, or goals.

My teaching style is very interactive and grounded in active learning. You will be expected to participate in ways that might be surprising for a large lecture. I see my role as giving you both knowledge and skills that your future employer expects of you as a graduate, and that your community expects of you as a citizen. Bring your full self to class for the limited time we’re together. “Be where your feet are” – put your distractions away for a short time and get your head in the game. Students report that it’s harder, but it’s really worth it to participate more. And because your perspective matters, and you deserve to be here in this university, your contributions deserve to be seen in the classroom.

External Resources

As a member of the MSU community, you have access to many resources. Perhaps the best one is the library! You can even chat with a librarian from the website (lib.msu.edu) and they can help you find whatever you need. They’ll even get it for you if the library doesn’t already have it!

I am aware that many classes start Groupme chats (or something similar) to communicate with each other outside of class. I have also learned that there is a lot of misinformation in those group chats. Sometimes students learn that the hard way when they rely on Groupme instead of official course materials (like the syllabus, or d2l announcements). Therefore, I recommend that you use that type of resource carefully. Consider it a source of encouragement and camaraderie, but not official course information. I believe that learning to use our resources wisely and collaborate is a wonderful, valuable life skill. It’s also increasingly imperative that we become critical and informed about all of our sources.

ASSIGNMENTS and ASSESSMENTS



Smartbook Reading (18.3%)

Part of the Connect platform includes an e-book with adaptive learning. This means instead of just plain old reading, you'll read with my important points already highlighted(!), and answer questions about main concepts. The questions will get more basic if you're struggling and more advanced if you're mastering material. In this way, I can ensure that everyone is learning, no matter where they start! Your lowest Smartbook grade will be dropped. Smartbook assignments will be due by 4pm on the day we start that chapter in class and will be open for about a week (may be less following an exam week). After the deadline, questions will still be accessible for review (but no points) via the Recharge feature.



In-Class Engagement (6.7%)

Yes, this is attendance. Our class time together will consist of a brief summary of the week's content, then discussion, including points of confusion, clarity, and curiosity. There will be opportunities to engage with the large group, in small groups, and anonymously. In a large lecture like ours, engagement is critical for helping you process information. Specifically, there will be in-class case studies and other activities that serve as records of your attendance and engagement.



Health Behavior Plans (HBPs; submitted as quizzes) (25%)

After learning about health behaviors, you will complete a short personal health plan and inventory in the quiz section of d2l. Then, you will regularly check in on the progress of your health plan and apply what you're learning in class. By the end of the semester, you will have a better understanding of your own health psychology. There are six HBPs, your lowest of the first 5 will be dropped. The final one is a larger reflection on the experience and application of what you learned, is worth more, and cannot be dropped.



Exams (50%)

There are 4 exams in the course. The first 3 exams are administered in person during assigned class time and cover material since the last exam. The final is cumulative and is held during our course's assigned final exam time (see page 10). You are encouraged and welcome to review your exam with me, Dr. Clements, during office hours. You will not be able to review an exam after the next scheduled exam has been given. Your lowest exam grade (of all 4) will be automatically dropped from the course! Plan to take all exams so you have the best chance of adding points to your grade. See additional exam policies on page

GRADE DISTRIBUTION

The grading scale and percentage allocated per assignment are shown below.



Grading Scale	
Grade	%
4.0	89.5-100
3.5	84.5-89.4
3.0	79.5-84.4
2.5	74.5-79.4
2.0	69.5-74.4
1.5	64.5-69.4
1.0	59.5-64.4
0.0	<59.4

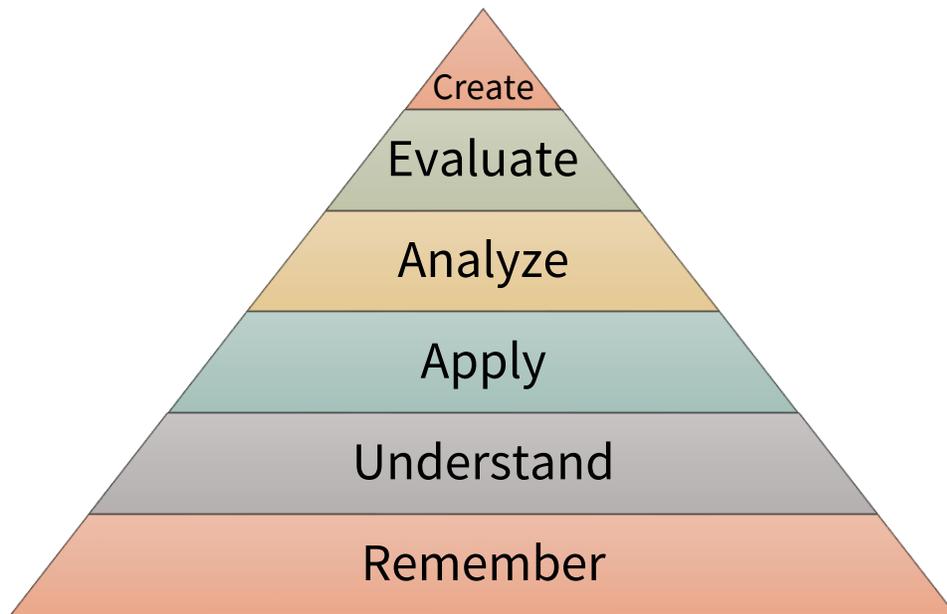
Assignment	Points	Setup	Contribution
Smartbook	10 pts/each (110 pts)	Lowest 1 dropped	18.3%
Health Behavior Plan 1-5	25 pts/each (100 pts)	Lowest 1 dropped	16.7%
Health Behavior Plan 6	50 pts	Required	8.3%
Exams	100 pts/each (300 pts)	Lowest 1 dropped	50.0%
In-class Engagement	2 pts/each (40 pts)	Lowest 2 dropped (weeks 2-15)	6.7%
Total	600		100.0%
Extra Credit	Up to 10 points		1.7%

ASSIGNMENT MAPPING

I want us to cultivate a classroom where we are invested in the learning *process*, not just outcomes. Here is how I do that.

Bloom’s Taxonomy is basically a hierarchical classification of levels of thinking. Modern updates to the model have renamed the levels as verbs (things we consciously do), identified knowledge dimensions (the type of knowledge gained) and cognitive processes dimensions (the processes used to gain the knowledge). I use Bloom’s Taxonomy to ensure we’re mastering a variety of skills using a variety of cognitive processes.

Here is a diagram for our course that outlines how you’re progressing up through the levels of thinking in this course, via activities and cognitive processes. As you master more fundamental activities, you gain those skills and move up the hierarchy. Some of the assignments use multiple skills and processes.



Assignments	Bloom’s Taxonomy	Cognitive Skills (and many more!)
In-class Activities	Create	Design, develop
Health Behavior Plans	Evaluate	Argue, critique
Health Behavior Plans	Analyze	Compare, contrast
Exams	Apply	Implement, demonstrate
Smartbook/Exams	Understand	Explain, describe, summarize
Smartbook (Assigned reading and adaptive review questions)	Remember	Recall



POLICIES & EXPECTATIONS

The following describe various policies that will be enforced during the semester.



Deadlines and Due Dates

- Class: Tuesday, Thursday 4:10-5:30pm ET
- Complete Smartbook reading before class the day we start that chapter (see schedule page)
- See syllabus for HBP deadlines
- Exams in class

Please note exceptions in the syllabus [COURSE SCHEDULE](#), and add the deadlines to your own calendar.

Complete the Smartbook reading before we start each chapter to engage with in-class activities.

- **Deadline to attend before you are dropped from course: January 22**
- **Deadline for you to drop course: March 9**



Exams, Exam Policies and Procedures, Extra Credit

There are four (4) exams. The first three exams cover material since the last exam. The 'final exam' is cumulative and will take place at the date and time assigned by the registrar, likely not our class time. Any material from lectures, readings, or other assigned material may be used in exam questions. Each exam will be administered and end during assigned time, and will consist of 50 multiple-choice questions. **Your lowest exam score will be dropped**, so each exam is worth about 17% of your final grade. Plan to study and sit for all four exams, so you give yourself the best chance to earn the grade you want in our course.

- A brief study guide will be posted for each exam. (Study tip: fill in the learning objectives for each chapter!)
- If you arrive late, find a proctor to assign you a seat and give you an exam. You may not be able to take the exam after the first exam has been submitted.
- **Exam Day: Bring:** #2 pencil, eraser, student ID, optimism. **Put away** notes and books. Drinks should have a sealed lid. **Silence** phones and remove smartwatches. You **may not wear** hats with a forward bill, hoods, sunglasses, headphones or ear buds during or while submitting your exam.
- If you need to leave during the exam, notify a proctor and follow their instructions.
- Show your MSU ID to submit your exam.
- If you have **RCPD exam accommodations**, please email me (Dr. Clements) *at least 1 week before exam* to make these arrangements.
- I will post exam grades after they have been scored, reviewed, and corrected (if necessary). I will not post exam questions or answers, but you are encouraged to review your exam during Dr. Clements' office hours. **You may review an exam only until the next exam.** For example, you cannot review Exam 1 after Exam 2 has been given.
- **Extra Credit:** For exams 1-3, you may submit a potential exam question via email or during office hours – but you must follow email etiquette outlined in How to Email. You **must include** your own original question, 4 answer choices, identify the correct answer, and cite the lecture or assigned material that supports your question/answer. **If your question is added to the question pool**, you will receive extra credit (and potentially know an exam answer!), 1 point per question (cannot exceed extra credit total of 10 points). Tip: Strong example/scenario questions are more likely to be selected!



Assignment and Exam Makeups and Extensions

In general, if you're sick, wear a mask if you attend class and focus on getting better. Most assignments include drops or lengthy work time so you can focus on getting healthy without having to make up work. Mask wearing is an effective way to prevent spreading or catching colds that can wear students down.

- **Smartbook:** We can arrange an extension with a documented university absence (e.g., athletics, grief absences) if notified in advance. There are no other extensions for the Smartbook assignments, because your lowest score is dropped from your final grade.
- **Health Behavior Plans (HBPs):** We can arrange an extension with a documented university absence (e.g., athletics, grief absences) if notified in advance. HBPs are accepted without penalty up to 24 hours after the due date (no questions asked). After the additional 24 hours, HBPs are no longer accepted. There are no other extensions for the first 5 HBP assignments, because of the no-questions-asked late period and your lowest score is dropped from your final grade.
 - For the final HBP, please notify me, Dr. Clements about extenuating circumstances within 24 hours of the due date/time. All extensions must be completed within 48 hours of the missed deadline.
- **Exams:** Plan to complete exams during assigned exam time. Remember your lowest exam grade will automatically not count in your grade. If something prevents you from completing the exam during the assigned time, please notify me, Dr. Clements by the end of the day of the exam. Failure to notify me within 24 hours will result in no makeup allowed. All makeups must be completed within 48 hours of the missed exam. If you cannot take the exam because of a religious holiday, required participation in a university-sanctioned event (e.g., athletics), you must notify me **at least two weeks in advance**. No makeup or extension is allowed for schedule mistakes, personal travel plans, or other avoidable conflicts.
- **In-class engagement:** Yes, this is another way of taking attendance. Attendance indicates participation in class learning time. It would be dishonest to mark you as attended if you did not. Instead, your two lowest attendance/engagement grades are automatically dropped.



Limits to Confidentiality

Please note that **the instructor of this course is a mandated reporter**. I am required to report all incidents of relationship violence and sexual misconduct that involve students, faculty, or staff, occurred at a University-sponsored event, or occurred on University property, and *even if these are reported in course materials*.

Therefore, if you share such an experience with me, I will be required to share your name and the details of the disclosure to MSU Police and the Office for Civil Rights:

- *Suspected child abuse/neglect, even if this maltreatment happened when you were a child;*
- *Allegations of sexual assault, relationship violence, stalking, or sexual harassment; and*
- *Credible threats of harm to oneself or to others.*

University offices include these facts (not your name) in the University's statistics on sexual and domestic violence. They will also reach out to you via email with additional university resources. It is entirely your decision to use any of the provided services or even respond to the University's email.



D2L for course management and communication

- Manually set your D2L emails and announcements to forward to your @msu.edu email (go to your profile, then 'notifications' to check the box for emailing announcements)
- Check for announcements and messages in D2L regularly and often



Academic Misconduct and AI (Artificial Intelligence; ChatGPT) Use Policy

The Spartan Code of Honor states, "As a Spartan, I will strive to uphold values of the highest ethical standard. I will practice honesty in my work, foster honesty in my peers, and take pride in knowing that honor is worth more than grades. I will carry these values beyond my time as a student at Michigan State University, continuing the endeavor to build personal integrity in all that I do." In addition, Article 2.III.B.2 of the Student Rights and Responsibilities (SRR) states that "The student shares with the faculty the responsibility for maintaining the integrity of scholarship, grades, and professional standards." The Psychology Department 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.](#)

Therefore, unless explicitly authorized by the assignment instructions, you are expected to complete all course assignments, including Smartbooks, HBPs, in-class activities, 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. In addition, plagiarism of written work is forbidden. It includes taking the work of another individual or source and presenting it as your own. This is considered plagiarism even if the source has given you permission to use their work, or the work is in the public domain (e.g., on the web). Additionally, the policy of this class is that you must be the creator of all work you submit for a grade. The use of others' work or the use of intelligent agents, chat bots, or AI engines to create your work is a violation of this policy. Students who violate MSU academic integrity rules may receive a penalty grade, including a failing grade on the assignment or in the course; and may be reported to the Office of Academic Affairs and the Office of Student Affairs. See also the [Academic Integrity webpage](#). Contact Dr. Weaver if you are unsure about the appropriateness of your course work. Or, for examples of what constitutes plagiarism, [click here](#).

AI Policy: *Your work must be your own original work, and all contributing ideas must be cited. While the ever-changing (and exciting!) new developments with AI will find their place in our workforces and personal lives, it does not belong in our class. The use of AI robs us all of the opportunity to learn from our human experiences and from each other, to play with our creative freedoms, to problem-solve, and to contribute our ideas in authentic ways. In a nutshell, college is a place for learning and critical thinking. AI simply cannot do that for us. Use of AI (like ChatGPT) to complete any class assignment, beyond explicit instructions, is considered academic misconduct in this class. If you are unsure, contact me.*



Civility (Non-Academic Misconduct)

Developing a successful learning space requires extra attention to the way we engage each other. Our actions affect everyone in our community. This class may offer the opportunity to challenge and explore our own beliefs and we may find ourselves challenging other people's beliefs as well. Please remember that everyone learns from the lens of their own experiences. If you challenge your classmates make sure it is with the goal of enhancing each other's learning.

Article 2.III.B.4 of the [Student Rights and Responsibilities \(SRR\)](#) 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 [SRR](#) states that "The student and the faculty share the responsibility for maintaining professional relationships 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."



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 517-884-7273 or the MSU RCPD website rcpd.msu.edu. Once your eligibility for an accommodation has been determined, you will be issued an Accommodation Letter.

Important: Please email or have RCPD send this form to me as soon as possible but at least **two weeks prior** to the accommodation date (class, assignment, etc.). **Accommodation Letters are not retroactive.** Unsure you'll use a specific accommodation? **You must submit them prior to the accommodation, so submit even if you're unsure if you will need it.**



Student Privacy and Classroom Materials

It is important to promote a vibrant exchange of ideas while respecting the privacy of students taking this class. Comments taken out of context are often misleading and undercut the environment of trust and respect that is essential for learning. Given these factors and the importance of supporting one another, recordings of the class, lecture slides/notes, other materials created by the instructor, and screenshots of the class (including online discussions) should not be uploaded or shared to other online environments. Impermissible use of class recordings and lecture notes or other material may violate the rights of other students and the MSU Student Rights and Responsibilities Policy (<https://ossa.msu.edu/srr>).



Inclusive Environment

MSU is committed to creating and maintaining an inclusive community in which students, faculty, and staff can work together in an atmosphere free from all forms of discrimination. The Office of Institutional Equity (OIE) reviews concerns related to discrimination and harassment based on sex, gender, gender identity, race, national origin, religion, disability status, and any other protected categories under the University Anti-Discrimination Policy (<https://msu.public.na2.doctract.com/doctract/documentportal/08DC8FCBBBEF7442AC7BAA37AB09F817>) and Policy on Relationship Violence and Sexual Misconduct (<https://u.policies.msu.edu/doctract/documentportal/08DBAFDC9D2AEC3A1CD680BEF116DAE5>). If you experience or witness acts of bias, discrimination, or harassment, please report these to OIE: <https://civilrights.msu.edu/file-a-report/index.html>

I truly believe that humble respect for each other (page 1) gives us the most room to learn and grow. We all have multiple sociocultural identities that intersect and shape our worldview through our experiences. My commitment to you as your instructor is to minimize systemic forces of oppression within the classroom (e.g., ableism, classism, racism, sexism, transphobia, heterosexism) to create the most respectful learning environment for all of us. Health psychology is guided and framed by the scholars who have been able to publish it, and the diversity we all bring to the class is a resource, strength, and benefit.



Personal Success

Please utilize me as a resource to help you succeed, both in class and outside class. I want you to get a 4.0 and enjoy this class, do well at MSU, and still have a life with your friends, family, and hobbies. When life gets in the way of your success, let me know, and we will figure out what you need to get back on track. I am not here to judge you or evaluate why you need assistance. We are on the same team! The ability to ask for help is a beneficial life skill.

TIPS FOR SUCCESS

You should expect a 4.0 in this class. Do the following, and you will succeed!



Reading and Assignments

Do not wait until the due date to start assignments. Sometimes there are video clips or extra reading, so it may take more time. Please consider how to reserve time in your schedule to complete necessary coursework. A suggested starter schedule is posted below.

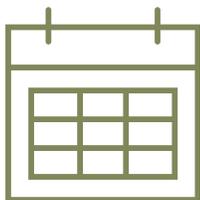


External resources

I am very aware that students are facing additional financial strain. If accessing external resources like Connect presents a financial barrier for you, please reach out to me. I will make sure you get the resources you need; there is no threshold or comparison of circumstances. I have ensured the publisher for Connect is willing and able to support in this way.

Weekly Schedule

I recommend maintaining a weekly schedule of activities for this class, and especially any with unusual schedules (online, once-a-week, etc.). The schedule below is just a suggestion, but I recommend sticking to something that works for you and helps spread out the work.



Monday: Smartbook

Tuesday: Class

Wednesday: Assignment

Thursday: Class

Friday: Break



Ask Questions!

Ask questions! Being able to identify you need help and reach out is itself a skill you learn through practice. Catch me before or after class, or in office hours, or reach out to your TAs. Look for answers to technical course questions first, and we'll help you with the rest! We're all on the same team. MSU has provided a great starting point for any kinds of resources you might need, including beyond courses and the MSU campus:

<https://undergrad.msu.edu/resources>



How to Email

I post all announcements on D2L, even though we meet in person. Check D2L

regularly for updates, and especially before you email – often I've already answered your question there! **Please email the TA first, especially about assignments.**

Please forward your D2L inbox and announcements to your regular MSU email in your profile settings, using these instructions community.d2l.com. I will make every effort to respond to emails within 1 business day, but please send a nice follow up if I haven't. Please extend the same courtesy and respond to emails from your instructors and classmates in a kind and timely way. **Always include 'Psy 320'** in your subject line so we can find your emails and respond appropriately. MSU is my professional workplace, and it's easy to email your professors respectfully. Follow these guidelines:

[Email without being annoying](#) 😊



Keep up with D2L!

What's on d2l? Everything!

- Weekly Announcements
- Most assignments
- Links to Pear Deck slides (full lectures!)
- Lecture slides (basic versions)
- Weekly checklists of tasks
- Gradebook
- An email inbox!

I post all course announcements on D2L. Please explore D2L widely, so you know how to find materials and track your progress. As an instructor, I can also see your progress – including what you do and don't access and submit. Please remember the D2L IT Service Desk (**accessed at <http://d2l.msu.edu> or by phone at 517-432-6200**) is a great tool for navigation and troubleshooting.

RESOURCES FOR STUDENTS

Please, save the **Mental Health and National Suicide Prevention Hotline number in your phone: 988**
You never know when you or someone you know may need to text or call it for support.

I can help you with needs pertaining to this course, and I will otherwise do my best to connect you to the right place.



MSU Campus Resource List

The Department of Psychology has compiled a list of academic, mental health, culture, and identity resources around campus: <https://psychology.msu.edu/undergraduates/student-resources.html>



MSU Dependent Care Support

Michigan State University offers a dependent care support program for children or elders. Up to 40 hours of care per fiscal year are subsidized *per dependent*. <https://studentparents.msu.edu/family-resources/sick-child-care/>.



MSU Student Food Bank

Spartan Shelf, the MSU Student Food Bank, serves MSU students experiencing food insecurity by providing free food and related items. Website: <https://foodbank.msu.edu/> Email: foodbank@msu.edu.



Legal Services

Prepaid with your student taxes, Student Legal Services provides free professional legal assistance and representation to eligible students through a contract with the law firm of Jeffries and Associates, PLLC. Call to engage services. <http://studentlegalservices.com/index.html>.



Health Services

Students have prepaid for three visits to Olin Health Center each academic year. See this: [List of prepaid services](#) and schedule here: [Make an Appointment](#). Olin's providers can ensure you receive the care you need while away from home.



Student Essential Needs

Student Advocates for Essential Needs Security (SAENS) is a student organization that advocates “for awareness of student essential needs and their direct relationship to student success. Essential needs include access to healthy food options, hygiene products, housing, and mental and physical health support.” Their website and resource guide are located at: <https://socialwork.msu.edu/students/student-advocates-for-essential-needs-security.html>.



Confidential MSU Resources

There are resources available for students who would like confidential support, *without mandated reporting* to OIE or MSU Police. Most services are free.

MSU Counseling and Psychiatric Services (CAPS)

3rd Floor Olin Health Center Building
463 E Circle Drive
East Lansing, MI 48824
(517) 355-8270

MSU Center for Survivors (SA), Sexual Assault Healthcare (Sexual Assault Nurse Examiner 24/7)

Student Services Building
556 East Circle Drive
East Lansing, MI 48824
(517) 372-6666 (24-hour crisis line); [crisis chat link](#)
Website: <https://centerforsurvivors.msu.edu/>

MSU Safe Place (Domestic Violence)

(517) 355-1100
Email: noabuse@msu.edu
Website: <http://safeplace.msu.edu/>

University Ombudsperson

354 Farm Lane, Room 129, North Kedzie Hall
East Lansing, MI 48824
(517) 353-8830
Email: ombud@msu.edu
Website: <https://ombud.msu.edu/>

COURSE SCHEDULE

Schedule subject to change. Schedule shows registrar 'week' number and class dates. Detailed instructions in d2l. All Smartbook and Connect assignments accessed in d2l; see page 2 of syllabus for more info.

Additional readings posted in d2l.

W	Date	Topic & Reading	Assignments	Due Date
1	1/13	Syllabus, orientation	<i>Sign up for Connect</i>	
	1/15	What is Health Psychology? (Ch 1)	<i>Complete Connect training videos</i>	1/15, 4:10pm
2	1/20	Systems of the Body (Ch 2)	<i>Smartbook Ch 2</i>	1/20, 4:10pm
	1/22	Research, Ethics, and Critical Thinking		
3	1/27	Health Behaviors (Ch 3)	<i>Smartbook Ch 3</i>	1/27, 4:10pm
	1/29			
4	2/3	Health-Promoting Behaviors (Ch 4)	<i>Smartbook Ch 4</i>	2/3, 4:10pm
	2/5		<i>Health Behavior Plan 1</i>	2/5, 7:00pm
5	2/10	Health-Compromising Behaviors (Ch 5)	<i>Smartbook Ch 5</i>	2/10, 4:10pm
	2/12			
6	2/17	Exam 1		
	2/19	Stress (Ch 6)	<i>Smartbook Ch 6</i>	2/19, 4:10pm
7	2/24	Coping, Resilience, Social Support (Ch 7)	<i>Smartbook Ch 7</i>	2/24, 4:10pm
	2/26		<i>Health Behavior Plan 2</i>	2/26, 7:00pm
8	3/3	<i>Spring Break</i>		
	3/5	<i>Spring Break</i>		
9	3/10	Using Health Services (Ch 8)	<i>Smartbook Ch 8</i>	3/10, 4:10pm
	3/12			
10	3/17	Patients, Providers, Treatments (Ch 9)	<i>Smartbook Ch 9</i>	3/17, 4:10pm
	3/19		<i>Health Behavior Plan 3</i>	3/19, 7:00pm
11	3/24	Exam 2		
	3/26	Pain Management (Ch 10)	<i>Smartbook Ch 10</i>	3/26, 4:10pm
12	3/31			
	4/2	Managing Chronic Health Disorders (Ch 11)	<i>Smartbook Ch 11</i>	4/2, 4:10pm
13	4/7		<i>Health Behavior Plan 4</i>	4/7, 7:00pm
	4/9	Psychological Issues in Advancing and Terminal Illness (Ch 12)	<i>Smartbook Ch 12</i>	4/9, 4:10pm
14	4/14			
	4/16	Heart Disease, Hypertension, Stroke, Type 2 Diabetes (Ch 13)	<i>Smartbook Ch 13</i> <i>Health Behavior Plan 5</i>	4/16, 4:10pm 4/16, 7:00pm
15	4/21			
	4/23	Exam 3	<i>Final Health Behavior Reflection (6)</i>	4/24, 7:00pm
16	4/27	Cumulative Final Exam		4/27, 5:45-7:45pm