# PSY 320:001 Health Psychology – 3.0 Credit Hours

# Spring Semester, 2025

# Meets: Tuesday & Thursday 12:40pm – 2:00pm in 158 Natural Resources

Instructor:Dr. Jonathan R. Weaver (pronouns – he/him/his) – [weaver71@msu.edu](mailto:weaver71@msu.edu)

Office hours:Tuesdays and Thursdays 10am-12pm (or email for an appointment) in Psychology 225b

Graduate TA:Melody Zakarian (pronouns – she/her/hers) – [zakari16@msu.edu](mailto:zakari16@msu.edu)

Office hours: Mondays 3pm-4pm [via zoom](https://msu.zoom.us/j/96603796610)

Undergraduate TA: Malka Alfadel (pronouns – she/her/hers) – [alfadelm@msu.edu](mailto:alfadelm@msu.edu)

Office hours: Fridays 2pm-3pm [via zoom](https://msu.zoom.us/j/91994465056)

Undergraduate TA:Gurlin Kaur (pronouns – she/her/hers) – [kaurgur1@msu.edu](mailto:kaurgur1@msu.edu)

Office hours: Wednesdays 12pm-1pm [via zoom](https://msu.zoom.us/j/9433249100) (Passcode: 232425)

Undergraduate TA:Alexander Nessel (pronouns – he/him/his) – [nesselal@msu.edu](mailto:nesselal@msu.edu)

Office hours: Fridays 1pm-2pm [via zoom](https://msu.zoom.us/j/97830373229)

**All times listed here and throughout the course are East Lansing, MI time.**

**Technical Assistance:** If you need D2L technical assistance at any time during the course or to report a problem, you can:

* Visit the [D2L Help Site](https://help.d2l.msu.edu/)
* Call the D2L Help Line – (517) 432-6200 or (844) 678-6200
* Visit the [MSU Tech Support Site](https://tech.msu.edu/support/help/)
* Call the Tech Support Line – (517) 432-6200 or toll free (844) 678-6200

E-Mail:All official course communication will happen with your MSU email account. You should communicate with your assigned TA in the first instance. **TA’s are assigned based on your TA group number in D2L. To find your group number in D2L, click “Communication”, then “Groups”.** The TA allocations are as follows:

* Group 1: https://natsci.msu.edu/undergraduate/current-students/student-success/academic-success/time-management.aspxMelody Zakarian Group 2: Malka Alfadel Group 3: Gurlin Kaur Group 4: Alexander Nessel

## Who to contact about what: If you have a quick question about the course that is not Connect related, email your TA in the first instance. Your TA has taken this course and can help with questions and clarifications. If your TA cannot answer your question, they will forward it for Dr. Weaver’s review. Dr. Weaver and/or your TA will respond to your email within two business days during working hours (8am – 5pm Monday through Friday). Please follow up with us if you have not heard back after two business days. Please note, everyone’s working schedule is different, but most of us will not respond to emails outside of business/working hours.

* If you are having **difficulty with the course**, please see your TA or Dr. Weaver in office hours (or make an appointment) as soon as you can. We will not know you are struggling unless you tell us.
* If you are **interested in a particular topic and have more questions,** or if you **need support** or would like to **talk more about an idea from class,** please come to Dr. Weaver’s office hours. One of his favorite things is discussing your ideas and interests!

E-Mail Policy:E-mail is the best way to get a hold of your assigned TA and/or Dr. Weaver. However, please use the following guidelines when communicating via email:

* **First, ask yourself this question: “Can this question be answered by looking in the syllabus or looking on the D2L course site?”**
  + We have spent a lot of time preparing the course materials so you have all the information you need to succeed in this course. It is your responsibility to read that information.
* Decide if email is the best option before you send. If your question is complicated or will need further discussion, do not just automatically send off an email. Come to office hours instead. Some things are better discussed face to face!
* Use PSY 320 in the subject line. That makes it clear you are a student in this course asking a question. This helps to prevent e-mails from going directly to the junk folder.
* When **using your phone to send an email**, remember you are writing to a professional person who is doing their job, not sending a text to a friend. Treat every email as professional communication. We are in a place of work.
* Use the appropriate salutation. Please address every email properly.
  + For your professor, you should say “Hi Dr. Weaver” or “Hello Dr. Weaver”.
  + For one of the TAs, you should say “Hi [First Name]” or “Hello [First Name]”.
* Always sign off your e-mails with your full name, so we know who you are. Include a sign off like “Thanks”, or “Best wishes” with your name. This is a sign of courtesy.
* Proofread your e-mail. Is your question clearly conveyed? Did ChatGPT make it sound super weird?
* Be polite.
  + Please do not use abusive email behaviors.
    - For example, do not use abusive subject line behavior like typing the word “URGENT” in the subject line. You may think you are highlighting the actionable items in your email, but the perception from the receiver is that you are implying that your message is more important than any other correspondence the receiver might have received. This may be viewed as a sign that you do not respect or value the receivers’ right to manage their own workload and time. This guidance is adapted from [Forbes](https://www.forbes.com/pictures/egfj45ili/abusive-subject-line-behavior/?sh=21f183a3662d).
  + When a TA or professor responds to help you via email, it is good practice to respond and thank them for their help.
* Finally, emergencies can arise in life, but it is unlikely that a true emergency will arise in relation to this course (i.e., a situation that requires immediate action to be resolved - and cannot be resolved any other way). Again, please do not use the 'urgent' flag in your emails.
  + Most solutions to academic problems cannot be put in place immediately, and all emails will be addressed in a timely and appropriate manner regardless of how they are flagged.
  + See again the [Forbes guidance](https://www.forbes.com/pictures/egfj45ili/over-use-of-the-priority-flag/?sh=bc4d76069f6), this time on issues with overusing the priority flag.
* More guidance on **email communication in the academic context** is provided in [this link](https://www.bestcolleges.com/blog/email-etiquette-in-college/) and [this link](https://medium.com/@lportwoodstacer/how-to-email-your-professor-without-being-annoying-af-cf64ae0e4087).
* Why is there so much guidance about email habits to avoid?
  + Answer – this advice will serve you well in all professional settings!

**Check your e-mail and course site regularly! During the course, we will e-mail you occasionally and post announcements on the course site often with important information and reminders. Please read these e-mails and announcements as soon as you receive them, and please set up D2L to forward course emails and announcements to your email address. See D2L for information on how to do this.**

Course Webpage:On [D2L](https://d2l.msu.edu/). This page will provide you with the notes for the lectures, readings, assignments, grades, and other important class information.

Required Textbook:Taylor, S. E. & Stanton, A. L. (2022). *Health Psychology* (11th ed.). McGraw Hill LLC.

* We will be accessing the book via the Connect Learning Platform.
* You will access Connect via D2L
* Tech Support is in our D2L course webpage.

Additional Readings: Additional content sources will be posted on D2L. **You are expected to come to lecture with at least a basic understanding of the main purpose and points of all readings, although you may find that you need to skim some of them.** You should read with an eye towards developing broad understandings and seeking inspiration for research ideas. You are not expected to come up with research ideas, but doing so often fuels curiosity, better questions for course discussions, and a deeper understanding of the material.

Course Overview:The purpose of this course is to give you a broad survey of the field of health psychology and critical thinking. The scientific investigations that make up the health psychology field are broad and far-reaching, and this class is the first step toward a greater understanding of biological, psychological, and social (including systemic) factors affecting health, illness, and health service access and use. During the course an emphasis will be placed on enhancing health, prevention and treatment of illness, and health and healthcare policies. Stress, coping, and other behavioral factors as part of health management will also be covered.

## Course Goals: There are three major goals for PSY 320. First and foremost, students will learn about the scientific method of health psychology, and how health psychologists go about gaining new knowledge to understand factors affecting health, illness, and health service access and use. Beyond learning the major research findings and fundamental principles of the field, a second major course goal will be for students to become critical analyzers of scientific information. The final goal is for students to apply health psychology to situations and events in their own lives.

Learning Objectives: This course has four learning objectives, which will be achieved through a variety of activities and assignments. At the completion of this course, you should be able to:

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

Course Mode: PSY 320 Section 001 is meeting in person for all lectures and exams, but all other assignments will be completed online. **You will need to have access to a computer with consistent access to a high-speed internet connection.**

Course Format: Please note that most lectures will not just be a rehashing of reading material, but rather will attempt to clarify, extend, and illustrate the readings. The only way to develop the kinds of skills this course is designed to nurture is through lots of practice. Therefore, much of our regular lecture periods will be spent working through examples to illustrate the course material. This "working through" will not consist of the instructor simply laying out a question and then answering it for you but will consist mostly of contributions and discussion by students as well as students answering questions during class.

Unit Structure: The course is broken up into three units with four-five topics/chapters per unit. Lecture notes and readings will be provided as we work through the topics. Each unit will have health behavior plans, and each topic/chapter will have a Smartbook reading. At the conclusion of each unit there is a Unit Exam. See below for details and the course schedule at the end of the syllabus for dates and times.

Weekly Time Breakdown: Each week you will be expected to complete the readings, come to the lectures, complete the Smartbook reading (when applicable), and complete the health behavior plans (when applicable). As a 3-credit, 16-week course, **you should plan to spend about 8-10 hours each week on course material**. This should look like 2 hours of Smartbook reading and taking notes on the readings, 1 hour to work on your Smartbook reading questions, 3 hours of coming to lecture, 1-2 hours to review the previous material, and 1-2 hours for health behavior plans.

## Evaluation Criteria:

* **Smartbook Readings:** Part of the Connect platform includes an e-book with adaptive learning. This means instead of just plain old readings, you will read with my important points already highlighted, and answer questions about main concepts. The questions will get more basic if you are struggling and more advanced if you are mastering material. This helps to ensure that everyone is learning no matter where they start.
  + There are 13 Smartbook Readings in total (one for each chapter/topic) worth 8 points each. **Your lowest three Smartbook Reading scores will be dropped.** Specifically, only your top ten Smartbook Readings scores count towards your final grade for a total of 80 points (16% of your total grade).
  + **The Smartbook Readings are designed to help you prepare for lectures, study, and cushion your grade.** See the posted study tips for more information.
  + **Each of the Smartbook Readings will close / are due before 12pm/noon typically on the day that we start a new chapter/topic (expect for Chs. 1 and 2, and Unit 3 chapters/topics) to prepare you for lecture discussions.** See the course schedule at the end of syllabus for dates.
  + All Smartbook Reading Assignments are accessed in D2L.
  + **There are no makeup Smartbook Readings.** This is because of the three dropped scores.
    - **The reason this is capped at three total drops is that more than that amount means that you have not had the opportunity to demonstrate a sufficient level of mastery consistent with the course goals and learning objectives.**
    - **Use your drops wisely! Look over the course schedule at the end of the syllabus for close/due dates and plan accordingly. A common strategy is to save a couple of Smartbook Reading drops for the end of the semester when you are juggling more course work.**
* **Health Behavior Plans (HBPs):** 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 are learning in class. By the end of the semester, you will have a better understanding of your own health psychology.
  + There are six HBPs worth 20 points each. In total, HBPs count towards your final grade for a total of 120 points (24% of your final grade).
  + **Each HBP is due before 5pm on the due date.**
    - However, 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.
  + See the course schedule at the end of the syllabus for HBP due dates and see the HBP guidelines posted on the D2L course webpage for further instructions.
  + If you believe your HBP grade is incorrect, you may appeal the grade. All grade appeals must observe the following rules: 1) they must be typed; 2) you must clearly provide support for the appeal by citing relevant course material (readings, lectures, etc.); 3) appeals must be emailed to Dr. Weaver ([weaver71@msu.edu](mailto:weaver71@msu.edu)) within 5 days of the posted grade.
  + **There are no makeup HBPs.** This is because of the no questions asked 24 hour late policy and the long time that they are open (6+ days)
    - **There are no HBP drops because HBPs are vital for providing students the opportunity to demonstrate a sufficient level of mastery of the course material that is consistent with the course goals and learning objectives.**
    - **Look over the course schedule at the end of the syllabus for close/due dates and plan accordingly.**
* **Exams:** Four exams will be given **in person** – three unit exams during the regularly scheduled class period, and one during the final exam period. Any material from lectures, readings, videos, and related materials are fair game for exam questions. The first three unit exams emphasize material covered since the previous exam. The final exam is cumulative. Each exam will consist of 50 multiple-choice questions worth 2 points each. Therefore, each exam is worth 100 points (20% of your final grade). **Your lowest exam score will be dropped.** Specifically, only your top three exam scores will count towards your final grade for a total of 300 points (60% of your final grade). For instance, if you do well on the three unit exams, your grade on the cumulative final exam may not matter. If you are comfortable with your grade you do not need to take (or show up) the final exam. Or, if you do poorly on one of the three unit exams, you can take the final exam to make up for it.
  + A study guide will be posted for each exam.
  + **Unit Exams (Exams 1-3) will begin at 12:40pm. The Final Exam will begin at 10am.** 
    - The Final Exam date and time is set by MSU and is the only time the Final Exam is offered. No early Final Exams will be given unless a student has RCPD Exam Accommodations, an overlapping Final Exam in another course, a religious holiday, or a required university-sanctioned event.
      * **Personal travel – like leaving early to go home – is not an acceptable reason for an accommodation.**
  + You may arrive late, but no more exams will be handed out after the first student completes the exam.
  + Unit Exams 1-3 must be turned in by 2pm, so you have 80 minutes to complete them.
  + The Final Exam must be turned in by 12pm, so you have 120 minutes to complete it.
  + During exams, you may only have pencils and erasers at your desk.
    - Leave refreshments or other materials zipped up in your book bag or do not bring them.
    - Turn off anything that makes noise, take off headphones, take out ear buds, do not wear hats with a forward-facing bill, and take off smart watches.
  + Once the exam begins, there will be no talking or disruptions.
  + Leaving the room is reserved for emergencies.
  + **You need to show your MSU ID to turn in your exams.**
  + See the course schedule at the end of syllabus for dates and times.
  + For those of you with extended time via your RCPD accommodations, please email Dr. Weaver a week before each exam to work out the appropriate accommodations.
  + Exam grades will be posted online as soon as they are available from the scoring office and Dr. Weaver has had a chance to correct any potential scoring errors.
  + Questions for exams will not be posted after, but you may view your exams with Dr. Weaver or Melody (the graduate TA) during their office hours. **However, each exam must be looked at before the next exam is given. For example, after Exam 2 has been given you are no longer permitted to view Exam 1.**
  + **Makeup Exams:** Plan to complete your exams during the day and time they are given. Also, keep in mind the dropped exam that is already built into the course. Obviously, things happen. If something happens that prevents you from completing an exam by the end time of the exam, **please notify Dr. Weaver with documentation (like a signed Doctor’s note that includes your name and the date) by the end of the day for the missed exam. Failure to notify Dr. Weaver within 24 hours of the end exam time will result in you not being allowed to makeup the exam. Additionally, makeup exams must be taken within 48 hours of the end time of the missed exam.**
    - If you cannot take an exam because of a religious holiday, required participation in a university-sanctioned event (e.g., a commitment for a sports team), or some other acceptable event that can be foreseen, you must notify Dr. Weaver **at least two weeks in advance**.
    - **Personal travel, having to go to work, or lack of planning are not acceptable reasons to receive an earlier exam time or a makeup exam time.**
* **Extra Credit:** You may accumulate an additional ten extra course points, which is 2% extra course points. Information about extra credit opportunities will be provided on our D2L course webpage.

Honors Option: There is an honors option for this course. **Email Dr. Weaver before 1/28/25 for instructions.**

Grading:Your final grade will be based on the following course points:

| **Requirement** | **Points** | **% of final grade** |
| --- | --- | --- |
| Top 10 (out of 13) Smartbook Readings | 80 | 16% |
| 6 (no drops) Health Behavior Plans | 120 | 24% |
| Top 3 (out of 4) Exam Scores | 300 | 60% |
| **Total** | **500** | **100%** |
| **Extra Credit** | **10** | **+2% potentially** |

**The grading scale is as follows:**

| **Total Points** | **Grade** |
| --- | --- |
| 447.5 – 500 | 4.0 |
| 422.5 – 447.49 | 3.5 |
| 397.5 – 422.49 | 3.0 |
| 372.5 – 397.49 | 2.5 |
| 347.5 – 372.49 | 2.0 |
| 322.5 – 347.49 | 1.5 |
| 297.5 – 322.49 | 1.0 |
| 0 – 297.49 | 0.0 |

**Policy on grade changes:** Extra credit is the only way to increase your point total if you are concerned about falling on the wrong side on one of these cut-offs. Also, **please note that a round up feature (e.g., 447.5 / 500 = 89.50%) is already included in the grading scale.** At the end of the semester, if you believe that an error was made in calculating your grade, please let Dr. Weaver know. Your grade will be checked and changed if an error was made. **This is the only circumstance under which your grade will change.** Under no circumstance will your grade be “bumped”, or a special extra credit opportunity be given. **Do not ask.**

Cheating: Any student caught cheating on an exam, cheating on a Smartbook Reading, plagiarizing the HBPs or extra credit, or using AI engines to create the HBPs or extra credit will **receive a zero for the assessment, a zero for the course, and be reported to the University. This includes sharing answers in any form via group messaging applications like GroupMe.**

Academic Honesty:All forms of cheating are unacceptable. Students are expected to complete Smartbook Readings, exams, HBPs, and extra credit assignments individually and without outside help. Any student caught cheating on Smartbook Readings, exams, HBPs, or extra credit assignments will receive a **zero** in this course. 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](https://spartanexperiences.msu.edu/about/handbook/student-rights-responsibilities/article-two-academic-rights-and-responsibilities.html) 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](https://spartanexperiences.msu.edu/about/handbook/regulations/general-student-regulations.html); the [all-University Policy on Integrity of Scholarship and Grades](https://spartanexperiences.msu.edu/about/handbook/regulations/student-group-regs-rulings-policies-ordinances/integrity-of-scholarship-and-grades.html); and [Ordinance 17.00, Examinations](https://undocumented.msu.edu/bylaws-ordinances-policies/ordinances/ordinance-17.00.html). Make sure you are familiar with MSU definitions regarding academic dishonesty. Ignorance is not an excuse.

You are expected to develop original work for this course; therefore, unless authorized, you are expected to complete all course assignments, including Smartbook Readings and Exams, without assistance from any source (except as specified). This also means that 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 and will be addressed as per MSU codes of conduct. 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](https://ossa.msu.edu/academic-integrity). Contact Dr. Weaver if you are unsure about the appropriateness of your course work. Or, for examples of what constitutes plagiarism, [click here](https://wts.indiana.edu/writing-guides/plagiarism.html).

**Policy on Religious Observations:** If you anticipate being unable to complete a graded portion of the course due to a major religious observance, please provide notice of the date(s) to Dr. Weaver, via email, by 1/28/25.

Note taking and recording:As members of a learning community, students are expected to respect the intellectual property of course instructors. All course materials presented to students are the copyrighted property of the course instructor and are subject to the following conditions of use:

* Students may not post recordings or other course materials online or distribute them to anyone not enrolled in the class without the advance written permission of the course instructor and, if applicable, any students whose voice or image is included in the recordings.
* Commercialization of lecture notes and university-provided course materials is not permitted in this course.
* Any student violating the conditions described above may face academic disciplinary sanctions, including receiving a penalty grade in the course.

**Accommodations for Students with Disabilities:** 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](http://rcpd.msu.edu). Once your eligibility for an accommodation has been determined, you will be issued an accommodation form (sometimes called a VISA). **Please present this form to Dr. Weaver at the start of the term and/or one week prior to the accommodation date so the proper accommodations can be made.**

**Academic Assistance:** This is a university, and you are expected to produce college level work. If you have any trouble with the material covered in class, please make an appointment to speak with Dr. Weaver, or one of the course assistants. Additionally, the university has resources to assist students, such as the Campus Tutorial Center, the Campus Writing Center, Adult Student Services, and more. A lot is expected of you, but the university wants to help you to produce your best work.

**Limits to Confidentiality:** Please be aware that class materials are generally considered confidential pursuant to the University’s student 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. Dr. Weaver and the Graduate TA for this course must report the following information (including your name and the details of the disclosure) to the Office of Institutional Equity (and the MSU Police Department) if you share it with them:

* **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.**

The Office of Inclusion will reach out to you via a confidential email, to see if you would like to pursue legal action and to provide you with additional university resources. You have the right to choose whether you would like to utilize any of these services or even respond to the university’s email. 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](https://caps.msu.edu/).

It is an MSU required mandate that Dr. Weaver and the Graduate TA for this course are required to follow as MSU employees. Given this, you should not disclose experiences of abuse or sexual violence related to MSU unless you are comfortable having this information shared with the Office of Institutional Equity. Despite the mandate, Dr. Weaver does not want to further the culture of silence surrounding abuse and sexual violence in this class. All are encouraged to use the resources listed below (not mandated university reporters) as they process their feelings and experiences in this course.

[MSU Safe Place](http://safeplace.msu.edu/) [NRCDV](http://www.nrcdv.org/) [NNEVD](http://www.nnedv.org/) [NCDSV](http://www.ncdsv.org/) [MCEDSV](http://www.mcedsv.org/) [No More](http://nomore.org/) [RAINN](https://rainn.org/) [The Joyful Heart Foundation](http://www.joyfulheartfoundation.org/) [Futures Without Violence](http://www.futureswithoutviolence.org/)

Course Climate: We are all working toward the same goals in this course! By building a strong learning community from the start, we will benefit.

* **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 for Civil Rights and Title IX Education and Compliance (OCR) 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://www.hr.msu.edu/policies-procedures/university-wide/ADP_policy.html) and [Policy on Relationship Violence and Sexual Misconduct](https://civilrights.msu.edu/policies/relationship-violence-and-sexual-misconduct-and-title-ix-policy.html). If you experience or witness acts of bias, discrimination, or harassment, please report these to [OCR](https://civilrights.msu.edu/).
* **Student-student interactions:** Part of being a strong group member is being a good listener, being motivating and empathetic, and providing constructive feedback.
* **Student-instructor interactions:** If you find that you have any trouble keeping up with assignments or other aspects of the course, make sure that you are proactive in informing your TA or Dr. Weaver when difficulties arise. Building rapport and effective relationships = becoming an effective professional.
* **Lying:** Lying is an unacceptable behavior in both personal and professional relationships. Lying to get what you want is manipulative behavior and will not be tolerated in this course.
* **Disruptive Behavior:** [Article 2.III.B.4 of the Student Rights and Responsibilities](https://spartanexperiences.msu.edu/about/handbook/student-rights-responsibilities/article-two-academic-rights-and-responsibilities.html) 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](https://spartanexperiences.msu.edu/about/handbook/student-rights-responsibilities/article-two-academic-rights-and-responsibilities.html) 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](https://spartanexperiences.msu.edu/about/handbook/regulations/general-student-regulations.html) states: “No student shall obstruct, disrupt, or interfere with the functions, services, or directives of the University, its offices, or its employees (e.g., classes, social, cultural, and athletic events, computing services, registration, housing and food services, governance meetings, and hearings).” Students whose conduct adversely affects the learning environment in this classroom may be subject to disciplinary action through the Student Judicial Affairs office.

Dr. Weaver’s five rules for a happy and productive class:1) Put your cell phones away and take out or off your headphones. 2) Come to lectures. 3) Ask questions. 4) Be courteous of other people. 5) Wait for lecture to end before packing up your stuff to leave.

**Disclaimer:** Below is a general indication of when we will cover the topics in the course. However, Dr. Weaver reserves 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 Dr. Weaver deems 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 due dates.**

# PSY 320 (Section 001) Course Schedule for Spring 2025 – See D2L for Additional Materials

| **Week: Dates** | **Topic(s)** | **Activities: Due Dates** |
| --- | --- | --- |
| **Unit 1** | **Unit 1** | **Unit 1** |
| 1: 1/14 (T) | Syllabus; What is Health Psychology? (Ch.1) |  |
| 1: 1/16 (TH) | What is Health Psychology? (Ch. 1) |  |
|  |  |  |
| 2: 1/21 (T) | The Systems of the Body (Ch. 2) |  |
| 2: 1/23 (TH) | The Systems of the Body (Ch. 2) | Smartbook Chs. 1 & 2 due before 12pm/noon |
|  |  |  |
| 3: 1/28 (T) | Health Behaviors (Ch. 3) | Smartbook Ch. 3 due before 12pm/noon |
| 3: 1/30 (TH) | Health Behaviors (Ch. 3) |  |
|  |  |  |
| 4: 2/4 (T) | Health-Promoting Behaviors (Ch. 4) | Smartbook Ch. 4 due before 12pm/noon |
| 4: 2/6 (TH) | Health-Promoting Behaviors (Ch. 4) | Health Behavior Plan 1 due before 5pm |
|  |  |  |
| 5: 2/11 (T) | Exam 1 – 158 Natural Resources |  |
| 5: 2/13 (TH) | Classes Not Held | Stay Safe! |
|  |  |  |
| **Unit 2** | **Unit 2** | **Unit 2** |
| 6: 2/18 (T) | Health-Compromising Behaviors (Ch. 5) | Smartbook Ch. 5 due before 12pm/noon |
| 6: 2/20 (TH) | Health-Compromising Behaviors (Ch. 5) | Health Behavior Plan 2 due before 5pm |
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| 7: 2/25 (T) | Stress (Ch. 6) | Smartbook Ch. 6 due before 12pm/noon |
| 7: 2/27 (TH) | Stress (Ch. 6) |  |
|  |  |  |
| 8: 3/4 (T) | Spring Break – Classes Not Held | Stay Safe! Have Fun! |
| 8: 3/6 (TH) | Spring Break – Classes Not Held | Stay Safe! Have Fun! |
|  |  |  |
| 9: 3/11 (T) | Coping, Resilience, & Social Support (Ch. 7) | Smartbook Ch. 7 due before 12pm/noon |
| 9: 3/13 (TH) | Coping, Resilience, & Social Support (Ch. 7) | Health Behavior Plan 3 due before 5pm |
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| 10: 3/18 (T) | Using Health Services (Ch. 8) | Smartbook Ch. 8 due before 12pm/noon |
| 10: 3/20 (TH) | Using Health Services (Ch. 8) |  |
|  |  |  |
| 11: 3/25 (T) | Exam 2 – 158 Natural Resources |  |
| **Unit 3** | **Unit 3** | **Unit 3** |
| 11: 3/27 (TH) | Patients, Providers, & Treatments (Ch. 9) |  |
|  |  |  |
| 12: 4/1 (T) | Patients, Providers, & Treatments (Ch. 9) | Smartbook Ch. 9 due before 12pm/noon |
| 12: 4/3 (TH) | The Management of Pain & Discomfort (Ch. 10) | Health Behavior Plan 4 due before 5pm |
|  |  |  |
| 13: 4/8 (T) | Management of Chronic Health Disorders (Ch. 11) | Smartbook Chs. 10 & 11 due before 12pm/noon |
| 13: 4/10 (TH) | Psychological Issues in Advancing & Terminal Illness (Ch. 12) | Health Behavior Plan 5 due before 5pm |
|  |  |  |
| 14: 4/15 (T) | Psychological Issues in Advancing & Terminal Illness (Ch. 12) | Smartbook Ch. 12 due before 12pm/noon |
| 14: 4/17 (TH) | Heart Disease, Hypertension, Stroke, & Type 2 Diabetes (Ch. 13) | Health Behavior Plan 6 due before 5pm |
|  |  |  |
| 15: 4/22 (T) | Heart Disease, Hypertension, Stroke, & Type 2 Diabetes (Ch. 13) | Smartbook Ch. 13 due before 12pm/noon |
| 15: 4/24 (TH) | Exam 3 – 158 Natural Resources |  |
|  |  |  |
| 16: 4/30 (W) | Cumulative Final Exam (if needed) – 158 Natural Resources | **Final Exam: 10am–12pm/noon** |