

PSY 320: Health Psychology

Fall 2017 Course Syllabus

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Office Hours: By appointment only. <https://kacarpenter.youcanbook.me/>

Please make an appointment using the link above. I will not reply to individual inquiries regarding appointments.

Graduate Teaching Assistant

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Course Description

Social, psychological, and biological factors affecting health, illness, and use of health services. Stress and coping processes, lifestyles, and illness management.

Note: In this course, we will consider health topics from multicultural and global perspectives.

Prerequisite

PSY 320 requires no course prerequisite.

Textbook & Course Readings

Taylor, S. E. (2018). *Health Psychology*. (10th ed.) New York: McGraw-Hill.

You may also use the 9th edition (2015) by Shelley E. Taylor.

Additional readings will be available on D2L. These readings are required.

Course Materials

Top Hat. In this course, we will use Top Hat (<https://www.tophat.com>) extensively during class. Therefore, you *must* purchase Top Hat if you have not done so previously. The pricing for Top Hat is below:

- **One Term: \$26** (Choose this option if you *do not* expect any other instructor to use Top Hat in any of your other classes while you are at MSU.)
- **Annual: \$38** (Choose this option if you will use Top Hat in other classes *this academic year only*.)

- **Lifetime: \$75** (Choose this option if you expect to use Top Hat in other classes in the future while you are at MSU. If you choose this option, you will have access to Top Hat for the rest of your life.)

More information about Top Hat student pricing can be found here:

<https://tophat.com/educational-technology/pricing/>

You can use Apple or Android Smartphones, tablets, laptops, or text messaging to interact with the Top Hat system. (Note: I will also use Top Hat to take attendance.)

If you have a Top Hat account from a previous course, you can use the same account. An email invitation will be sent to you by email, but if don't receive this email, you can register by simply visiting our course website:

<https://app.tophat.com/e/483770>

Note: our Course Join Code is 483770

Should you require assistance with Top Hat at any time, due to the fact that they require specific user information to troubleshoot these issues, please contact their Support Team directly by way of email (support@tophat.com), the in app support button, or by calling 1-888-663-5491.

Packback. We will also use Packback to foster out-of-class discussions. You will use the system to submit your weekly discussion questions. The course fee for Packback is \$18. (You can also use Packback to find pricing options for the textbook's 9th edition.)

I will use D2L (<https://d2l.msu.edu/>) to post your grades and communicate with you. Please ensure that your contact information is current so that you receive all class-related emails. If you have any trouble using D2L, you can contact the helpdesk. If you are unfamiliar with D2L, please complete the on-line tutorial: from the D2L page, click on help. A new screen will open up: click on Student Quick Start Guide. Please direct all technical questions to the D2L helpdesk at 517.355.2345 or 800.500.1554.

Technical Assistance

If you need technical assistance at any time during the course or to report a problem you can:

- Visit the [Distance Learning Services Support Site](#)
- Visit the [Desire2Learn Help Site \(http://help.d2l.msu.edu/ \)](http://help.d2l.msu.edu/)
- Or call Distance Learning Services: (800) 500-1554 or (517) 355-2345

Resource Persons with Disabilities (RCPD)

- To make an appointment with a specialist, contact: (517) 353-9642
Or TTY: (517) 355-1293
- Web site for RCPD: <http://MYProfile.rcpd.msu.edu>

Course Objectives

The primary learning objectives for this course are:

- Identify the biological, psychological, social, and cultural aspects of health
- Understand the social-ecological determinants of health outcomes
- Apply health psychology concepts and models in real-world settings

You will meet the objectives listed above through a combination of the following activities in this course:

- Exams
 - You will have four (4) exams in this course, spaced about one month apart. The first three exams are not comprehensive. However, the fourth (i.e., final) exam is comprehensive.
 - I will give you a detailed study guide approximately one week prior to each exam. Use the study guide; anything on it is fair game for the exam. *If it is not on the study guide, it will not be on the exam.*
- **Make-Up Exams**
 - If you miss one of the first three exams, you will have an opportunity to take a make-up exam.
 - The make-up exam will consist of 12 multiple-choice/short answer questions; you will indicate your answer choice and write a short (i.e., no more than 3 sentence) justification for your answer.
 - Note: you cannot make up the final exam.
- In-class activities
 - I will use the readings for each class session to as the basis for class discussions. Additionally, you will participate in small-group activities in which you will problem-solve health problems based on scenarios I provide.
 - We will rely extensively on Top Hat to guide our discussions, pose questions, and complete reading quizzes.
- Online discussions
 - Online discussions will occur on the Packback platform, and I will integrate selected posts into my lecture.

Part 3: Course Outline/Schedule

Important Note: Refer to the course calendar for specific meeting dates and times. Activity and assignment details will be explained in detail within each week's corresponding learning module. If you have any questions, please set up a meeting with me (Dr. Anderson-Carpenter).

Course Schedule

All chapter readings are from the 10th edition. If you have the 9th edition, you should read the chapter corresponding to the topic. Additional readings will be made available on D2L.

- 8/31: Introduction to Health Psychology (Ch. 1)
- 9/5 – 9/7: Cultural Approaches to Health
- 9/12 – 9/14: Health Behaviors (Ch. 3)
- 9/19 – 9/21: Health-Promoting Behaviors (Ch. 4)
- **9/26 : Exam 1**
- 9/28: Health-Compromising Behaviors (Ch. 5)
- 10/3 – 10/5: Stress (Ch. 6)
- 10/10 – 10/12
 - Topic: Coping, Resilience, & Social Support
 - Readings: Textbook Chapter 7
- 10/17 – 10/19
 - Topic: Using Health Services
 - Readings: Textbook Chapter 8
- 10/24 – 10/26
 - Topic: Patients, Providers, & Treatments
 - Readings: Textbook Chapter 9
- **10/31**
 - **Exam 2**
- 11/2
 - Topic: Management of Pain & Discomfort
 - Readings: Textbook Chapter 10
- 11/7 – 11/9
 - Topic: Management of Chronic Health Disorders
 - Readings: Textbook Chapter 11
- 11/14 – 11/16
 - Topic: Psychological Issues in Advancing & Terminal Illness
 - Readings: Textbook Chapter 12
- 11/21
 - Class Activity
- **11/28**
 - **Exam 3**
- 11/30
 - Topic: Heart Disease, Hypertension, Stroke, & Type 2 Diabetes
 - Readings: Textbook Chapter 13
- 12/5
 - Topic: Psychoneuroimmunology & Immune-Related Disorders
 - Readings: Textbook Chapter 14
- **12/14: Final Exam**
 - **12:45-2:45pm**
 - **N101 North Kedzie**

Grading Policy

Course Activities

Course Activity	Weight
Quiz Average	10%
Class Participation (Top Hat)	5%
Online Class Discussion (Packback)	5%
Exam 1	15%
Exam 2 (Mid-Term Exam)	20%
Exam 3	15%
Final exam	30%
Total	100%

Final Grades

The table below describes the relationships between course grades, percent, and performance. The first column describes the course grade. The second column describes the percentage associated with the course grade. The third column describes the performance represented by course grade and percentage. All grades will be made visible via D2L.

Course Grade	Percentage	Course Performance
4.0	89.5-100%	Superior
3.5	84.5-89.4%	Excellent
3.0	79.5-84.4%	Good
2.5	74.5-79.4%	Average
2.0	69.5-74.4%	Adequate
1.5	64.5-69.4%	Inadequate
1.0	59.5-64.4%	Poor
0.0	0-59.4%	Unacceptable

Late Work Policy

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

Extra Credit

Every semester, I receive questions like, "Will you give extra credit in this class?" The short answer is "No." The long answer is "No." The meme below puts it best:



Course Policies

Commit to Integrity: Academic Honesty

Article 2.3.3 of the [Academic Freedom Report](#) states that "The student shares with the faculty the responsibility for maintaining the integrity of scholarship, grades, and professional standards." In addition, the (insert name of unit offering course) adheres to the policies on academic honesty as specified in General Student Regulations 1.0, Protection of Scholarship and Grades; the all-University Policy on Integrity of Scholarship and Grades; and Ordinance 17.00, Examinations. (See [Spartan Life: Student Handbook and Resource Guide](#) and/or the MSU Web site: www.msu.edu.)

Therefore, unless authorized by your instructor, you are expected to complete all course assignments, including homework, lab work, quizzes, tests and exams, without assistance from any source. You are expected to develop original work for this course; therefore, you may not submit course work you completed for another course to satisfy the requirements for this course. Also, you are not authorized to use the www.allmsu.com Web site to complete any course work in this course. Students who violate MSU academic integrity rules may receive a penalty grade, including a failing grade on the assignment or in the course. Contact your instructor if you are unsure about the appropriateness of your course work. (See also the [Academic Integrity](#) webpage.)

Limits to Confidentiality

Essays, journals, and other materials submitted for this class are generally considered confidential pursuant to the University's student record policies. However, students should be aware that University employees, including instructors, may not be able to maintain confidentiality when it conflicts with their responsibility to report certain issues to protect the health and safety of MSU community members and others. As the instructor, I must report the following information to other University offices (including the Department of Police and Public Safety) if you share it with me:

- Suspected child abuse/neglect, even if this maltreatment happened when you were a child,
- Allegations of sexual assault or sexual harassment when they involve MSU students, faculty, or staff, and
- Credible threats of harm to oneself or to others.

These reports may trigger contact from a campus official who will want to talk with you about the incident that you have shared. In almost all cases, it will be your decision whether you wish to speak with that individual. If you would like to talk about these events in a more confidential setting you are encouraged to make an appointment with the MSU Counseling Center.

Inform Your Instructor of Any Accommodations Needed

From the Resource Center for Persons with Disabilities (RCPD): Michigan State University is committed to providing equal opportunity for participation in all programs, services and activities. Requests for accommodations by persons with disabilities may be made by contacting the Resource Center for Persons with Disabilities at 517-884-RCPD or on the web at rcpd.msu.edu. Once your eligibility for an accommodation has been determined, you will be issued a Verified Individual Services Accommodation ("VISA") form. Please present this form to me at the start of the term and/or two weeks prior to the accommodation date (test, project, etc.). Requests received after this date may not be honored.

Understand When You May Drop This Course

Drops and Adds

The last day to add this course is the end of the first week of classes. The last day to drop this course with a 100 percent refund and no grade reported is (insert date). The last day to drop this course with no refund and no grade reported is (insert date). You should immediately make a copy of your amended schedule to verify you have added or dropped this course.

Commercialized Lecture Notes

Commercialization of lecture notes and university-provided course materials is not permitted in this course.

Internet

Some professional journals will not consider a submission for publication if the article has appeared on the Internet. Please notify your instructor in writing if you do not want your course papers posted to the course Web site.

Disruptive Behavior

Article 2.III.B.4 of the [Academic Freedom Report \(AFR\)](#) for students at Michigan State University states: "The student's behavior in the classroom shall be conducive to the teaching and learning process for all concerned." Article 2.III.B.10 of the [AFR](#) states that "The student has a right to scholarly

relationships with faculty based on mutual trust and civility." [General Student Regulation 5.02](#) states: "No student shall . . . interfere with the functions and services of the University (for example, but not limited to, classes . . .) such that the function or service is obstructed or disrupted. Students whose conduct adversely affects the learning environment in this classroom may be subject to disciplinary action through the Student Judicial Affairs office.

Attendance

Students whose names do not appear on the official class list for this course may not attend this class. Students who fail to attend the first four class sessions or class by the fifth day of the semester, whichever occurs first, may be dropped from the course.

Build Rapport

If you find that you have any trouble keeping up with assignments or other aspects of the course, make sure you let me or the TA know as early as possible. As you will find, building rapport and effective relationships are key to becoming an effective professional. Make sure that you are proactive in informing your instructor when difficulties arise during the semester so that we can help you find a solution.