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 reading the text, viewing lectures, studying the material, and taking the exams. The best way to be successful in PSY 320 is to stay on top of the material. We will follow a compressed schedule during our 7 weeks together, so it can be easy to fall behind if you are not self-disciplined. Remember, we will cover the same material that is normally covered in an entire semester! You should commit yourself to seven weeks of working very hard. Do not plan a summer vacation in the middle of this class! If these considerations do not fit with your plans or your personality, then drop this class as soon as possible.

Honors Option

An honors option is not offered for this course.

Readings

There are no required readings for this course. 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.

If you would like further guidance on any of the topics discussed in class, I would be happy to send you some additional articles, book chapters, and reviews. If you feel strongly about having
a textbook as a supplementary guide to the course, let me know, and I can recommend a few. However, exam material will be based on lecture material only.

**Course Website**

All course materials, including the syllabus, recordings of the lectures, and the exams are accessible through D2L. You will take exams on the course website. I expect that you will take detailed notes on the lecture material. Due to the online nature of this class, you will need to have a high-quality computer with consistent access to a high-speed internet connection. **YOU NEED TO HAVE ACCESS TO A HIGH-SPEED INTERNET CONNECTION TO TAKE THE EXAMS. IF YOUR INTERNET CONNECTION IS DOWN WHEN YOU TAKE AN EXAM, IT IS YOUR RESPONSIBILITY TO GET ACCESS TO THE INTERNET ASAP! In the case of missing deadlines because of internet connectivity problems, I will not give extensions on exams.**

**Course Content Disclaimer**

You are not allowed to sell or post any lecture notes or other course materials without authorization from the instructor. Photographing lectures, slides, and/or recording of the lectures are also prohibited.

**Technical Assistance**

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

- Visit the Distance Learning Services Support Site ([https://lib.msu.edu/dls/](https://lib.msu.edu/dls/))
- Visit the Desire2Learn Help Site ([http://help.d2l.msu.edu/](http://help.d2l.msu.edu/))
- Or call Distance Learning Services (D2L Help Line): (800) 500-1554 or (517) 355-2345

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

**Accommodations**

Michigan State University is committed to providing equal opportunity for participation in all programs, services, and activities. Requests for accommodations by persons with disabilities may be made by contacting the Resource Center for Persons with Disabilities at 517-884-RCPD or on the web at [https://login.msu.edu/?App=RCPD_Profile](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 Standard Time (EST). 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 EST so that you don’t miss any due dates/times.
Email Communication

Direct all email questions me (Katie, leahyka1@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, an online meeting via Zoom with the instructor 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:
- Inquiries about information which is provided in the syllabus or otherwise accessible (i.e., library policies)
- Rude or disrespectful correspondence
- Correspondence from an account not issued by Michigan State University

Office Hours

Because this is an online course, there are no in-person office hours. However, I will host office hours online. Every Tuesday from 10:00am to 12:30pm EST, I will be at my computer to answer all email correspondence. Online meetings via Zoom during this time are first come, first serve.

Course Requirements

This course is composed of four exams, and extra credit. Following is a summary of the due dates and point values for each course component.

<table>
<thead>
<tr>
<th>Course Components</th>
<th>Due Date</th>
<th>Points</th>
<th>TOTAL Points for Component</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exams (4)</td>
<td></td>
<td>25% of grade each</td>
<td></td>
</tr>
<tr>
<td>Exam #1</td>
<td></td>
<td>100 points</td>
<td>400 (100% of total grade)</td>
</tr>
<tr>
<td>Exam #2</td>
<td></td>
<td>100 points</td>
<td></td>
</tr>
<tr>
<td>Exam #3</td>
<td></td>
<td>100 points</td>
<td></td>
</tr>
<tr>
<td>Exam #4</td>
<td></td>
<td>100 points</td>
<td></td>
</tr>
<tr>
<td>Extra Credit</td>
<td>Throughout the</td>
<td>20 points</td>
<td></td>
</tr>
<tr>
<td></td>
<td>semester</td>
<td>Up to 5% of your</td>
<td></td>
</tr>
<tr>
<td>TOTAL AVAILABLE POINTS IN CLASS</td>
<td>400</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Exams**

There will be four multiple-choice question exams during the semester; each is worth 25% of your grade. Exams will be all multiple choice and will not be cumulative. Exam questions will be based on lecture material. **You will not be able to back track in these exams; you must answer all the questions/set of questions on one page before moving to the next question/set of questions.** There will be a review lecture provided to further prepare you for the exam.

Exams will be open for a window of 24 hours, and you will have 1 hour and 30 minutes to complete the exam once you have opened it. **If you anticipate that you will be unable to take an exam during the allotted time period, you must notify me AT LEAST 24 HOURS BEFORE THE EXAM CLOSES.** Extensions to the exam period will be made on a case by case basis with prior notification and legitimate excuse. **Absolutely no extensions to exam periods will be made without prior notification of the instructor.**

**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. If you choose to do extra credit, the **first assignment is due July 27th (11:59 PM EST) and the second assignment is due August 9th (11:59 PM EST).**

**Grading Scale**

<table>
<thead>
<tr>
<th>TOTAL POINTS</th>
<th>% TOTAL POINTS</th>
<th>GRADE</th>
</tr>
</thead>
<tbody>
<tr>
<td>360-400</td>
<td>90.00-100</td>
<td>4.0</td>
</tr>
<tr>
<td>340-359.99</td>
<td>85.00-89.99</td>
<td>3.5</td>
</tr>
<tr>
<td>320-339.99</td>
<td>80.00-84.99</td>
<td>3.0</td>
</tr>
<tr>
<td>300-319.99</td>
<td>75.00-79.99</td>
<td>2.5</td>
</tr>
<tr>
<td>280-299.99</td>
<td>70.00-74.99</td>
<td>2.0</td>
</tr>
<tr>
<td>260-270.99</td>
<td>65.00-69.99</td>
<td>1.5</td>
</tr>
<tr>
<td>240-259.99</td>
<td>60.00-64.99</td>
<td>1.0</td>
</tr>
<tr>
<td>Under 240</td>
<td>Under 60</td>
<td>0</td>
</tr>
</tbody>
</table>

**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).

**Course Schedule**

**Module 1: July 1st – July 12th**

What is Health Psychology?
Health Promotion
Health Compromising Behavior

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

Module 2: July 13th – July 26th

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

Exam 2: Friday, July 26th (12:00 AM EST) – Friday, July 26th (11:59 PM EST)

Module 3: July 27th – August 2nd

Pain
Chronic Illness
Terminal Illness

Exam 3: Friday, August 2nd (12:00 AM EST) – Friday, August 2nd (11:59 PM EST)

Module 4: August 3rd – August 15th

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

Exam 4: Thursday August 15th (12:00 AM EST) – Thursday, August 15th (11:59 PM EST)