PSYC 3302-115, Health Psychology
Summer 2019
Texas A&M University-Central Texas

COURSE DATES, MODALITY, AND LOCATION
June 3rd – July 26th. This is a 100% online course, and uses the A&M-Central Texas Canvas Learning Management System [https://tamuct.instructure.com/].

INSTRUCTOR AND CONTACT INFORMATION
Instructor: Kimberly Berry
Office: N/A
Phone: 806-281-8463
Email: k30@tamuct.edu

Office Hours:
Available via email and can set up phone appointments if needed.

Student-instructor interaction:
The instructor will be checking emails on a daily basis during the week and periodically throughout the weekend days. Please allow up to 24 hours response time during the week. The response time may take slightly longer during the weekend. The best way to contact the instructor will be via email; however, for student emergencies, a phone call will be acceptable. In the event that a student does need to call the instructor, please leave a voicemail and the instructor will return the call ASAP.

Warrior Shield:
Emergency Warning System for Texas A&M University-Central Texas
Warrior Shield is an emergency notification service that gives Texas A&M University-Central Texas the ability to communicate health and safety emergency information quickly via email, text message, and social media. All students are automatically enrolled in Warrior Shield through their myCT email account.

Connect to Warrior Shield by 911Cellular [https://portal.publicsafetycloud.net/Account/Login] to change where you receive your alerts or to opt out. By staying enrolled in Warrior Shield, university officials can quickly pass on safety-related information, regardless of your location.
COURSE INFORMATION

Course Overview and description: Health Psychology. 3 Hours. This class is designed to introduce the basic concepts of Health Psychology. Students will be introduced to different medical issues and the implications for the psychological health and impact on psychological functioning of individuals.

Course Objective:
Student Learning Outcomes:

1. *Demonstrate factual knowledge (terminology, classifications, methods, trends).* Students will read, write, discuss, and respond to factual information regarding health psychology from the textbook and supplemental material. Assessments in which students will demonstrate this objective are, discussion boards, weekly assignments, individual presentation and two exams.

2. *Develop specific skills, competencies, and points of view needed by professionals in the field most closely related to this course.* Students will read, write, discuss, and respond to theoretical information regarding health psychology from the textbook and supplemental material.

3. *Apply course material (to improve thinking, problem solving, and decisions).* Students will self-select topics from the textbook to complete discussions and an individual presentation. Assessments in which students will demonstrate this objective are module application discussion posts and replies (public) and presentation. Students will apply and extend their depth of knowledge from the course text and supplemental material by reading, and summarizing first-hand empirical research in an area of health psychology. Assessments in which students will demonstrate this objective are application activities (article summaries).

4. *Develop a clearer understanding of, and commitment to, personal values.* Every week, students will submit discussion board postings. Written expression will be evaluated and discussed with students as needed. Assessments in which students will demonstrate this objective are module application discussions and replies.

Required Reading and Textbook(s):

Student Study Site: https://edge.sagepub.com/gurunghhealthpsych4e
COURSE REQUIREMENTS

- All discussion board postings, assignments, and papers should follow APA formatting guidelines. A useful website is https://owl.english.purdue.edu/owl/resource/560/01/ to assist with formatting.

- **Exams (100pts each).** Two exams (mid-term & final) consisting of multiple choice items will be scheduled throughout the semester (see Course Calendar for dates). These exams will cover content from the assigned readings and videos listed in the Course Calendar. All exams must be completed independently via Canvas with no assistance from others.

- **Discussion Boards (15pts each).** Weekly discussions allow students to select and integrate course content in ways that are meaningful to them. Students are required to submit one discussion each week (200 word minimum) on concepts (i.e., theories, topics, constructs) and two (2) replies (100 word minimum) to discussions made by classmates. No credit will be awarded for quoted (or plagiarized) content. ALL content should be written in the student’s own words. If gathering information from a source, make sure to cite the source within the discussion. References should be included in the discussion boards. The specific content in each submission will vary weekly. Each discussion and reply (2 required) will be worth a total of 15 points. 3 Points will be deducted for each missing reply and 2 points deducted for each day a post is late.

- **Behavior Modification Project (100pts each).** You are to identify a behavior that you wish to change. This behavior should be related to your health in some way. Over the eight week course you will attempt to modify that specific behavior. This project will be submitted as a paper at the end of the course. It is important that you tie your topic to course content, referring to the textbook and other related material. Submit a paper approximately 3-4 pages, typed in APA format (12-point font, Times New Roman, double spaced) with one-inch margins. Papers are due on **Friday, July 26th** via the assignments tab in Canvas. Include the following in your paper:
  - Short-term and long-term goals related to the behavior change (Be specific)
  - Describe the context in which the behavior occurs
  - What are the motivations to the unhealthy and healthy behaviors?
  - Which situational and personal factors influence this behavior?
  - Describe the strategies you use to alter the behavior
  - Analyze your behavior change attempt – what worked and what did not
  - What would you do differently?

- **Behavior Modification Small Assignments (10pts each).** Throughout the course you will have assignments that will guide you through the behavior modification process. These assignments are designed to ensure you have the tools for behavior change. These small assignments will be brief responses to a question that aligns with your behavior modification. The assignments will also be used in your behavior modification project which is due at the end of the course.
Grading Criteria Rubric and Conversion

- Discussion Board 15pts each
- Behavior Modification Project 100pts
- Mid-Term Exam 100pts
- Final Exam 100pts
- Small Assignments 10pts each

Total

A = 90% and above
B = 89-80%
C = 79-70%
D = 69-60%
F = 59% and below

Posting of Grades

- Student grades will be posted in the Canvas Grade Book.
- Discussion board grades will be posted by the Tuesday after the due date. Other assignments/exams may take up to 1 week for grades to be posted.

COURSE OUTLINE AND CALENDAR

Complete Course Calendar

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>WEEK 2</th>
<th>WEEK 3</th>
<th>WEEK 4</th>
<th>WEEK 5</th>
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<tbody>
<tr>
<td>Intro Discussion Board</td>
<td>2. Doing Health Psychology: Research Methods</td>
<td>4. Biological Basics: Development &amp; Physiology</td>
<td>Midterm Exam</td>
<td>Discussion Board</td>
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<tr>
<td>Behavior Modification Topic Due (Assignment)</td>
<td>Discussion Board</td>
<td>Discussion Board</td>
<td>Chapters 1-7 (June27-30)</td>
<td>Behavioral Context Due (Assignment)</td>
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<td>SMART Goals Due (Assignment)</td>
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<td>Behavioral Motivation</td>
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<td>WEEK 6</td>
<td>9. Illness Cognitions, Adherence, and Patient-Practitioner Interactions</td>
<td>(Assignment)</td>
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<td></td>
<td>10. Diverse Approaches to Pain</td>
<td>Discussion Board</td>
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<td>11. Chronic Illness, Terminal Illness, and Death</td>
<td>Behavioral Barriers &amp; Facilitators Due (Assignment)</td>
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<td>12. Psychoneuroimmunology and HIV</td>
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<td>WEEK 7</td>
<td>13. Cancer: Fundamentals and Cultural Variations</td>
<td>Discussion Board</td>
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<td>14. Cardiovascular Disease: Fundamentals and Cultural Variations</td>
<td>Behavioral Influences Due (Assignment)</td>
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<td>WEEK 8</td>
<td>Final Exam</td>
<td>Final Exam</td>
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<td>Chapters 8-14 (July 22-26)</td>
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<td></td>
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<td>Behavior/Self Modification Project due</td>
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**Important University Dates:**

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>June 3, 2019</td>
<td>Add, Drop, and Late Registration Begins for 10-, 8- and First 5-Week Classes. $25 fee assessed for late registrants.</td>
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<tr>
<td>June 3, 2019</td>
<td>Classes Begin for First 5-, 10-, and 8-Week Session</td>
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<tr>
<td>June 6, 2019</td>
<td>Deadline to Drop First 5-Week Classes with No Record</td>
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<td>June 10, 2019</td>
<td>Deadline to Drop 8-Week Classes with No Record</td>
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<tr>
<td>June 18, 2019</td>
<td>Deadline to Drop 10-Week Classes with No Record</td>
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<tr>
<td>June 21, 2019</td>
<td>Deadline to Drop First 5-Week Classes with a Quit (Q) or Withdraw (W)</td>
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<td>June 21, 2019</td>
<td>Student End of Course Survey Opens (First 5-Week Classes)</td>
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<td>July 1, 2019</td>
<td>Deadline for Teacher Education and Professional Certification Applications (i.e. Principal, Reading Specialist, etc.)</td>
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<td>July 4, 2019</td>
<td>Independence Day <em>(University Closed)</em></td>
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<td>July 5, 2019</td>
<td>Classes End for First 5-Week Session</td>
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<td>July 5, 2019</td>
<td>Deadline for Graduation Application for Summer Ceremony Participation</td>
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<td>July 5, 2019</td>
<td>Deadline to Withdraw from the University for First 5-Week Classes</td>
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<td>July 8, 2019</td>
<td>Add, Drop, and Late Registration Begins for Second 5-Week Classes. $25 fee assessed for late registrants.</td>
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<tr>
<td>July 8, 2019</td>
<td>Classes Begin Second 5-Week Session</td>
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<tr>
<td>July 8, 2019</td>
<td>Student End of Course Survey Opens (First 5-Week Classes)</td>
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<tr>
<td>July 9, 2019</td>
<td>Deadline for Faculty Submission of First 5-Week Final Class Grades (due by 3pm)</td>
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<tr>
<td>July 11, 2019</td>
<td>Deadline to Drop Second 5-Week Classes with No Record</td>
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<td>July 12, 2019</td>
<td>Deadline to Drop 8-Week Classes with a Quit (Q) or Withdraw (W)</td>
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<tr>
<td>July 12, 2019</td>
<td>Deadline for Final Committee-Edited Theses with Committee Approval Signatures to Office of Graduate Studies for Summer Semester</td>
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<tr>
<td>July 12, 2019</td>
<td>Student End of Course Survey Opens (8-Week Classes)</td>
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<tr>
<td>July 19, 2019</td>
<td>Deadline to Drop 10-Week Classes with a Quit (Q) or Withdraw (W)</td>
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<tr>
<td>July 26, 2019</td>
<td>Classes End for 8-Week Session</td>
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**TECHNOLOGY REQUIREMENTS AND SUPPORT**

**Technology Requirements**
This course will use the A&M-Central Texas Instructure Canvas learning management system. Logon to A&M-Central Texas Canvas [https://tamuct.instructure.com/] or access Canvas through the TAMUCT Online link in myCT [https://tamuct.onecampus.com/]. You will log in through our Microsoft portal.

Username: Your MyCT email address. Password: Your MyCT password

**Canvas Support**
Use the Canvas Help link, located at the bottom of the left-hand menu, for issues with Canvas. You can select “Chat with Canvas Support,” submit a support request through “Report a Problem,” or call the Canvas support line: 1-844-757-0953.
For issues related to course content and requirements, contact your instructor.

**Other Technology Support**
For log-in problems, students should contact Help Desk Central.
24 hours a day, 7 days a week:

- Email: helpdesk@tamu.edu
- Phone: (254) 519-5466
- Web Chat: [http://hdc.tamu.edu](http://hdc.tamu.edu)

*Please let the support technician know you are an A&M-Central Texas student.*

**UNIVERSITY RESOURCES, PROCEDURES, AND GUIDELINES**

**Drop Policy.**
If you discover that you need to drop this class, you must complete a [Drop Request Form](https://www.tamuct.edu/registrar/docs/Drop_Request_Form.pdf).

Professors cannot drop students; this is always the responsibility of the student. The Registrar’s
Office will provide a deadline on the Academic Calendar for which the form must be completed, signed and returned. Once you return the signed form to the Registrar’s Office, you must go into Warrior Web and confirm that you are no longer enrolled. If you still show as enrolled, FOLLOW-UP with the Registrar’s Office immediately. You are to attend class until the procedure is complete to avoid penalty for absence. Should you miss the drop deadline or fail to follow the procedure, you will receive an F in the course, which may affect your financial aid and/or VA educational benefits.

**Academic Integrity.**
Texas A&M University -Central Texas values the integrity of the academic enterprise and strives for the highest standards of academic conduct. A&M-Central Texas expects its students, faculty, and staff to support the adherence to high standards of personal and scholarly conduct to preserve the honor and integrity of the creative community. Academic integrity is defined as a commitment to honesty, trust, fairness, respect, and responsibility. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. Academic misconduct is any act that improperly affects a true and honest evaluation of a student’s academic performance and includes, but is not limited to, cheating on an examination or other academic work, plagiarism and improper citation of sources, using another student’s work, collusion, and the abuse of resource materials. All academic misconduct concerns will be reported to the university’s Office of Student Conduct. Ignorance of the university’s standards and expectations is never an excuse to act with a lack of integrity. When in doubt on collaboration, citation, or any issue, please contact your instructor before taking a course of action.

For more information regarding the Student Conduct process, [https://tamuct.campuslabs.com/engage/organization/tamuct-student-conduct-panel](https://tamuct.campuslabs.com/engage/organization/tamuct-student-conduct-panel).
If you know of potential honor violations by other students, you may submit a report, [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=0](https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=0).

**Academic Accommodations.**
At Texas A&M University-Central Texas, we value an inclusive learning environment where every student has an equal chance to succeed and has the right to a barrier-free education. The Office of Access and Inclusion is responsible for ensuring that students with a disability receive equal access to the university’s programs, services and activities. If you believe you have a disability requiring reasonable accommodations please contact the Office of Access and Inclusion, WH-212; or call (254) 501-5836. Any information you provide is private and confidential and will be treated as such.

For more information please visit our Access & Inclusion Canvas page (log-in required) [https://tamuct.instructure.com/courses/717](https://tamuct.instructure.com/courses/717)

**Important information for Pregnant and/or Parenting Students.**
Texas A&M University-Central Texas supports students who are pregnant and/or parenting. In accordance with requirements of Title IX and related guidance from US Department of Education’s Office of Civil Rights, the Dean of Student Affairs’ Office can assist students who are pregnant and/or parenting in seeking accommodations related to pregnancy and/or parenting. Students should seek out assistance as early in the pregnancy as possible. For more information, please visit the Student Affairs web page [https://www.tamuct.edu/student-affairs/index.html]. Students may also contact the institution’s Title IX Coordinator. If you would like to read more about these requirements and guidelines online, please visit the website [http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf].

Title IX of the Education Amendments Act of 1972 prohibits discrimination on the basis of sex and gender—including pregnancy, parenting, and all related conditions. A&M-Central Texas is able to provide flexible and individualized reasonable accommodation to pregnant and parenting students. All pregnant and parenting students should contact the Associate Dean in the Division of Student Affairs at (254) 501-5909 to seek out assistance. Students may also contact the University’s Title IX Coordinator.

**Tutoring.**
Tutoring is available to all A&M-Central Texas students, both on-campus and online. Subjects tutored on campus include Accounting, Advanced Math, Biology, Finance, Statistics, Mathematics, and Study Skills. Tutors are available at the Tutoring Center in Warrior Hall, Suite 111.

If you have a question regarding tutor schedules, need to schedule a tutoring session, are interested in becoming a tutor, or have any other question, contact Academic Support Programs at (254) 519-5796, or by emailing Dr. DeEadra Albert-Green at deeadra.albertgreen@tamuct.edu.

Chat live with a tutor 24/7 for almost any subject from on your computer! Tutor.com is an online tutoring platform that enables A&M-Central Texas students to log in and receive FREE online tutoring support. This tool provides tutoring in over 40 subject areas. Access Tutor.com through Canvas.

**University Writing Center.**
Located in Warrior Hall 416, the University Writing Center (UWC) at Texas A&M University–Central Texas (TAMUCT) is a free workspace open to all TAMUCT students from 10:00 a.m.-4:00 p.m. Monday thru Thursday with online only hours Monday thru Thursday from 6:00-9:00 p.m.

Tutors are prepared to help writers of all levels and abilities at any stage of the writing process. While tutors will not write, edit, or grade papers, they will assist students in developing more effective composing practices. By providing a practice audience for students’ ideas and writing, our tutors highlight the ways in which they read and interpret students’ texts, offering guidance and support throughout the various stages of the writing process. In addition, students may
work independently in the UWC by checking out a laptop that runs the Microsoft Office suite and connects to WIFI, or by consulting our resources on writing, including all of the relevant style guides. Whether you need help brainstorming ideas, organizing an essay, proofreading, understanding proper citation practices, or just want a quiet place to work, the UWC is here to help!

Students may arrange a one-on-one session with a trained and experienced writing tutor by visiting the UWC during normal operating hours (both half-hour and hour sessions are available) or by making an appointment via WCONline. In addition, you can email Dr. Bruce Bowles Jr. at bruce.bowles@tamuct.edu if you have any questions about the UWC and/or need any assistance with scheduling.

University Library.
The University Library provides many services in support of research across campus and at a distance. We offer over 200 electronic databases containing approximately 250,000 eBooks and 82,000 journals, in addition to the 85,000 items in our print collection, which can be mailed to students who live more than 50 miles from campus. Research guides for each subject taught at A&M-Central Texas are available through our website to help students navigate these resources. On campus, the library offers technology including cameras, laptops, microphones, webcams, and digital sound recorders.

Research assistance from a librarian is also available 24 hours a day through our online chat service, and at the reference desk when the library is open. Research sessions can be scheduled for more comprehensive assistance, and may take place on Skype or in-person at the library. Assistance may cover many topics, including how to find articles in peer-reviewed journals, how to cite resources, and how to piece together research for written assignments.

Our 27,000-square-foot facility on the A&M-Central Texas main campus includes student lounges, private study rooms, group work spaces, computer labs, family areas suitable for all ages, and many other features. Services such as interlibrary loan, TexShare, binding, and laminating are available. The library frequently offers workshops, tours, readings, and other events. For more information, please visit our Library website [http://tamuct.libguides.com/index].

A Note about Sexual Violence at A&M-Central Texas
Sexual violence is a serious safety, social justice, and public health issue. The university offers support for anyone struggling with these issues. University faculty are mandated reporters, so if someone discloses that they were sexually assaulted (or a victim of Domestic/Dating Violence or Stalking) while a student at TAMUCT, faculty members are required to inform the Title IX Office. If you want to discuss any of these issues confidentially, you can do so through Student Counseling (254-501-5955) located on the second floor of Warrior Hall (207L).

Sexual violence can occur on our campus because predators often feel emboldened, and
victims often feel silenced or shamed. It is incumbent on ALL of us to find ways to actively create environments that tell predators we don’t agree with their behaviors and tell survivors we will support them. Your actions matter. Don’t be a bystander; be an agent of change. For additional information on campus policy and resources visit the Title IX webpage [https://www.tamuct.edu/departments/compliance/titleix.php].

Behavioral Intervention
Texas A&M University-Central Texas cares about the safety, health, and well-being of its students, faculty, staff, and community. If you are aware of individuals for whom you have a concern, who are exhibiting behaviors that pose a threat to safety, or individuals causing a significant disruption to our community, please make a referral to the Behavioral Intervention Team. You can complete the referral online [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2].

Anonymous referrals are accepted. Please see the Behavioral Intervention Team website for more information [https://www.tamuct.edu/student-affairs/bat.html]. If a person’s behavior poses an imminent threat to you or another, contact 911 or A&M-Central Texas University Police at 254-501-5800.

INSTRUCTOR POLICIES.
You are encouraged to submit all work by the due date to receive full credit. Work (discussions, application activities, module assessments) that is submitted past the due date will receive the following point deductions:

- 1 day late = 5pts
- 2 days late = 7pts
- 3 days late = 10pts
- 4 days late = 15pts
- 5 days late = 20pts
- 6 or more days late = 35pts

Deductions for discussion posts:

- Missing 1 reply = 3pts
- Missing 2 replies = 6pts
- Missing original post but has replies = 9pts

There will be NO extra credit. Assignments submitted 1 week after the due date will NOT be graded.

Copyright Notice.
Students should assume that all course material is copyrighted by the respective author(s). Reproduction of course material is prohibited without consent by the author and/or course instructor. Violation of copyright is against the law and Texas A&M University-Central Texas’ Code of Academic Honesty. All alleged violations will be reported to the Office of Student