

2. Regular readings, case studies, and other short materials will be posted to Canvas. Unless otherwise noted, these readings will also be required and questions about their content may appear on exams. You will be notified of new assigned readings via in-class announcements.

Electronic Resources

Canvas. This course will heavily utilize the Canvas platform. All course resources will be available there including links to additional readings. Visit the site early and often (I recommend daily) to check for updates.

Technical Requirements. You will need to have regular (daily) access to a computer or tablet with (a) a reliable high-speed Internet connection, (b) audio/sound, and (c) hardware and software capable of video streaming. You will need to have a browser compatible with Canvas and the ability to navigate Canvas and other common websites (like YouTube). Students are also expected to have access to software either freely available or through the UWSP Software Distribution Center including Adobe Acrobat Reader, and Microsoft Word and PowerPoint.

If you encounter issues with Canvas, please contact Canvas Support directly by clicking the Help Button (question mark inside a circle) located at the bottom of the left navigation bar in Canvas.

Student Learning Objectives

1. Students will describe examples of the interdisciplinary field of health psychology (psychology, biology, and the medical field).
2. Students will critically evaluate professional research and reports.
3. Students will identify applications of health psychology field in medicine, public policy, psychotherapy, and other disciplines.
4. Students will synthesize how our behaviors affect our health.

My Expectations for Students

- ✓ Be respectful of, and open to, others' values, beliefs, and learning style.
- ✓ Turn in assignments on time and take exams on time.
- ✓ Work hard and put forth an honest effort.
- ✓ Ask questions when you have them; ask for help when you need it.
- ✓ To do well in the course, you must complete all assigned readings and videos.

What Students Can Expect from Me

- ✓ I will encourage students to share ideas in small groups via discussion.
- ✓ I will create a classroom environment that is respectful; I will not tolerate disrespect.
- ✓ I will take all questions, concerns, and comments seriously and respond in a timely manner.
- ✓ I will provide helpful feedback on all assignments that are earnestly submitted. I reserve the right to *not* grade or comment on assignments that were only partially completed or otherwise show lack of effort.

Attendance

Attendance is mandatory. *If you choose to not attend class due to an unexcused reason, I will not provide you with notes, handouts, announcements, or any other materials that you missed because you did not attend.* You should get these materials from a classmate instead. Also, if you are late to class, you are responsible for getting the information you missed from a classmate and online. Participation points will be earned through various small activities completed in class at various time points during the class hour. Missing these activities due to coming late or leaving early, will also result in loss of points. If you miss class due to illness, including covid-19, or quarantine, **you must email me within 2 hours of class starting.** Alternative participation activities for points will be assigned when advanced notice for sickness

is provided. This policy is similar, if not more lenient, than would be expected at a job, particularly in human services (i.e., patients need advanced notice of cancellations from their therapist).

Grading Breakdown (500 points possible)

Examinations (200 points) - 2 exams worth 100 points each

There are 2 exams, including the final. Each exam will contain 40-43 multiple choice questions (worth 2 points each) and 3-4 essay questions (worth 5 points each). Quizzes will provide good examples of what exam questions will look like. Exam questions will be drawn from the text, lectures, and discussions and will be in the form of definitions, comparisons, identifying findings, and application of concepts. Review guides will be posted at the beginning of a unit. You will have 75 minutes from the time you begin the exam to complete it. If you are unable to take the exam during the scheduled time due to a university excused reason, please notify me at least 1 week before the exam for accommodations.

Missing an exam for an excused reason without making previous arrangements can result in a 25% penalty for each day you fail to notify me about your situation. Missing an exam for an unexcused reason can result in a zero for the exam.

Final (25 points) – 1 final worth 25 points

The final exam will test concepts learned from peers in the Group Research Presentations. It will largely be essay and short answer. Questions will be drawn from content discussed by your peers. This content will be available for your review online (e.g., each group will post their materials to canvas). Attending class on presentation days will also help prepare you for the final. Example exam questions to practice will be provided ahead of time.

Group Research Presentation (1 @ 100 points)

The area of health psychology is a rapidly changing field. It is important to be able to think critically and comprehend scientific articles, particularly about new or evolving treatments. This project will be conducted in groups of 2-3. You will be asked to find a randomized control trial examining a treatment of choice in any area of health psychology. This is an opportunity to expand on an area of interest or investigate a new topic not discussed in class. The goal of the presentation is to communicate to your peers in a professional manner about the research study you found and the details of the treatment tested in the study. Thus, your peers will learn about a treatment and whether it might work. An example presentation will be provided by Dr. Meier, in class. Additionally, classroom time will be devoted to helping you search for articles and prepare a presentation on your article.

Health Psychology in the Real-World (HP; 75 points: 3 activities worth 25 points each)

There will be 3 different assignments throughout the semester applying course content to things found in the media, online, policy, scholarly articles, and publically available population health data. The purpose of this activity is to learn to think critically about science that is presented to you and understand the resources available to providers and patients. Instructions for each activity will be posted Canvas.

Quizzes (40 points possible – 4 worth 10 points each)

We will have 4 quizzes from each chapter involving straightforward multiple-choice questions from the reading and lectures. Each quiz is worth 10 points (5 questions, 2 points each). Students who watch videos, keep up with readings, engage in discussions and participation, do very well on these quizzes. Quizzes will be completed at the beginning of class, so punctuality is critical. Like with attendance, at least a 2-hour advanced email notification of an absence due to illness is required to be able to retake a missed quiz.

Article Comprehension Activity (30 points – 1 worth 30 points)

Health psychology is a rapidly advancing field. It is important to be able to critically evaluate and comprehend scientific articles. We will practice doing this as a class for one research article. You will be

given a research article to read outside of class. Then you and your partner(s) for the Group Research Presentation will work as a group to complete guided questions regarding the research article. This activity will be great preparation for the final group project.

Participation Activities (30 points: 6 Activities worth 5 points each)

To measure your learning and understanding of the material early in each unit, we will do short activities testing your knowledge of what we have covered. This will help me understand what materials students are comprehending, and which need further review. This will *help you as a student*, by giving you an idea of what material needs more attention. Examples of these activities include finding a reflecting on a patient-directed video, answering questions related to a case, or summarizing our lecture in a take home message.

Calculation of Final Course Grade

| Item | Points | % |
|--|------------|------------|
| Exams (total of 2 @ 100 points each) | 200 | 40% |
| Final (1 @ 25 points) | 25 | 5% |
| Group Research Presentation (1 @ 100 points) | 100 | 20% |
| Health Psychology in the Real World (3 @ 25 points each) | 75 | 15% |
| Quizzes (4 @ 10 points each) | 40 | 8% |
| Article Comprehension Activity (1 @ 30 points) | 30 | 6% |
| Participation Activities (6 @ 5 points each) | 30 | 6% |
| Total: | 500 | 100 |

Extra Credit

Any extra credit opportunity will be announced on canvas and/or via email and will be available to the entire class – no extra credit opportunities will be provided on an individual basis.

Grading

I grade using typical percentages, i.e. 93% and above of the total points is an A.

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|-----------------------|-----------------------|-----------------------|-----------------------|
| A = 93%-100% | A- = 90%-92.9% | B+ = 88%-89.9% | B = 83%-87.9% |
| B- = 80%-82.9% | C+ = 78%-79.9% | C = 73%-77.9% | C- = 70%-72.9% |
| D = 65%-69.9% | F = ≤64.9% | | |

Summary of Course Activities

Any changes to this schedule will be announced on canvas or via email.

| Date | Topic | Reading | Assignments Due |
|-------------------|----------------------------|---------|--|
| Week 1 Tu 1/25 | What is Health Psychology? | Ch 1 | |
| Th 1/27 | | | Participation 1 – in class Th 1/27 |
| Week 2 Tu 2/1 | Health Behaviors | Ch 3 | Quiz 1 – in class Tu 2/1 |
| Th 2/3 | | | Health Psych Activity 1 – Health Disparities Due in class Th 2/3 |
| Week 3 Tu 2/8 | Health Behaviors | Ch 3 | |
| Th 2/10 | | | Quiz 2 – in class Th 2/10 |
| Week 4 Tu 2/15 | Chronic Pain | Ch 10 | Participation 2 – in class Tu 2/15 |
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|---------------------------------|--|-------|--|
| Th 2/17 | | | |
| Week 5 Tu 2/22 | Chronic Pain; review | Ch 10 | |
| Th 2/24 | | | EXAM 1 – in class Th 2/24 |
| Week 6 Tu 3/1 | Health Promoting Behaviors | Ch 4 | Participation 3 – in class Tu 3/1 |
| Th 3/3 | | | Health Psych Activity 2 – Market Basket due in class Th 3/3 |
| Week 7 Tu 3/8 | Health Promoting Behaviors | Ch 4 | |
| Th 3/10 | | | Quiz 3 – in class Th 3/10 |
| Week 8 Tu 3/15 | Health Defeating Behaviors | Ch 5 | |
| Th 3/17 | | | Health Psych Activity 3 – Population Data due in class Th 3/17 |
| Spring Break - No Class! | | | |
| Week 9 Tu 3/29 | Health Defeating Behaviors | Ch 5 | |
| Th 3/31 | | | Quiz 4 – in class Th 3/31 |
| Week 10 Tu 4/5 | Stress and Coping | Ch 6 | Participation 4 – in class Tu 4/5 |
| Th 4/7 | | | |
| Week 11 Tu 4/12 | Stress and Coping; review | Ch 6 | Participation 5 – in class Tu 4/12 |
| Th 4/14 | | | EXAM 2 – in class Th 4/7 |
| Week 12 Tu 4/19 | Discussion of Project, Professor Example, overview of Article for Th | | |
| Th 4/21 | Pick Presentation Day | | Article Comprehension Activity – in class Th 4/21 |
| Week 13 Tu 4/26 | Computer Lab Day – Identify Project Article | | Participation 6 – in class Tu 4/26 |
| Th 4/28 | Presentation Prep Day | | |
| Week 14 Tu 5/3 | Presentations Groups 1-5 | | |
| Th 5/5 | Presentations Groups 6-10 | | |
| Week 15 Tu 5/10 | Presentations Groups 11-15 | | |
| Th 5/12 | Presentation 16-18; review | | |
| Finals Week | FINAL EXAM – Monday 5/16/2022 10:15AM - 12:15PM | | |

This syllabus and schedule are subject to change. Attend class regularly so you won't miss anything!

SYLLABUS SUPPLEMENT

Make up work for Legitimate Excuses:

Planned absences: Class deadlines are a pre-arranged commitment. Deciding/scheduling to attend another engagement is a choice (eg., wisdom teeth surgery, hunting, family reunion, etc.). If you decide to schedule a non-immediate event during an exam/quiz time, you will not be able to makeup missed points or take quizzes/exams early. University excused pre-planned absences must be discussed with Professor Meier at least **one week** prior to planned absence (eg., sports events). Additional information on UWSP policy for missing class can be found at <https://www.uwsp.edu/dos/Pages/MissedClassGuidelines.aspx>

Note: if you have a chronic illness/need surgery/treatment that makes it probable that you will repeatedly miss class, please inform both me and the Disability Service and Assistive Technology offices at 715-346-3365, in the LRC. Disability Services is a great department that can inform your professors of a prolonged illness so that you will not have to discuss your health with each of your professors. Do this early in the term. **Don't miss more than a full week of class without informing your advisor or a professor of the problem.** If you need to withdraw from a class for medical reasons after the withdrawal deadline, contact Enrollment Services at 715-346-3300.

Policy on Late Work: Assignments should be turned in on time to Canvas. Late work is typically not accepted. Any accepted late work will be docked 25% for each day it is late, including the date it was due. Consult with me if you anticipate needing to turn in an assignment late.

Incompletes: If you are unable to complete your work in a course due to extenuating circumstances or if you need to extend your research or performance beyond the normal limits of a term, you may ask the instructor for an "incomplete" in the course. An "incomplete" should be reserved for the completion of a definable amount of work (for example, one term paper or one exam) that occurs near the end of the semester. An "incomplete" normally will not be used for making up in-class work; therefore, do not expect to sit in the class in a subsequent semester. If your request for an "incomplete" is approved, the instructor will inform you and the department chair of the work you need to complete and the due date. More information on the University's policy can be viewed at <https://www.uwsp.edu/dos/Pages/Incompletes.aspx>

Scholastic Dishonesty: We will use Canvas for all assignments which allows me to submit all work to TurnItIn. If you (1) report another person's published work verbatim (word for word) without placing it in quotation marks and providing a full citation including page numbers, (2) loosely paraphrase another's written work, making only occasional synonym substitutions but retaining the basic grammatical structure of the original (even if you include a reference citation), (3) submit another student's writing (or a loosely paraphrased version of it) as your own work, or (4) resubmit a paper you wrote for another course or for the same assignment in your second attempt at the same course (without explicit prior consent of the instructor), then you are guilty of plagiarism and this will be identified on TurnItIn. At my discretion, you may receive a final grade of zero on the assignment (without an opportunity to revise and resubmit it for credit).

In addition to the penalty, in all cases the incident will be reported to the Academic Affairs Office which maintains a file of such cases. A second instance within the same course may result in an automatic course grade of F. Multiple instances, especially across more than one course, may make you subject to expulsion from the University (at the discretion of the Academic Dean). Breaches of academic integrity and intellectual property rights are serious infractions and will not be tolerated. Please familiarize yourself with what constitutes plagiarism. When in doubt, err on the side of caution. Own your own ideas and words and give credit where it is due. Ignorance of the rules is not an acceptable excuse for breaking them. More information on UWSP Academic Honesty Policy and Procedures can be found under UWSP 14.01 Statement of principles at <https://www.uwsp.edu/dos/Documents/UWS%2014-1.pdf>

Student's Right and Responsibilities: Understanding your rights and responsibilities as students is an important aspect of your education here at UWSP. Your instructor expects you to understand and adhere to these rights and responsibilities in accordance with UWSP policy. Accordingly, students are encouraged to visit the Community Rights and Responsibilities document on-line at the listed URL below: <http://www.uwsp.edu/Admin/stuaffairs/rights/rightsChap14.pdf>

Course Withdrawal: Students must withdraw from class in a timely manner in accordance with published deadlines. Failure to do so could result in a failing grade or the loss of reimbursable tuition fees. The published deadlines can be found at: <https://www.uwsp.edu/regrec/pages/calendars.aspx> and <https://www.uwsp.edu/regrec/Pages/Withdrawals.aspx>

Student Conduct: As a UWSP student, you are expected to adhere to the Board of Regents student conduct policies. The University strives for an environment that promotes academic achievement and integrity. Similarly, the University seeks a community that is free from violence, threats, and intimidation; that is respectful of the rights, opportunities, and welfare of students, faculty, staff, and guests of the University; and that does not threaten the physical or mental health or safety of members of the University community. More information can be found at <https://www.uwsp.edu/dos/Pages/Student-Conduct.aspx>

Lecture materials and recordings for this class are protected intellectual property at UW-Stevens Point. Students in this course may use the materials and recordings for their personal use related to participation in this class. Students may also take notes solely for their personal use. If a lecture is not already recorded, you are not authorized to record my lectures without my permission unless you are considered by the university to be a qualified student with a disability requiring accommodation. [Regent Policy Document 4-1] Students may not copy or share lecture materials and recordings outside of class, including posting on internet sites or selling to commercial entities. Students are also prohibited from providing or selling their personal notes to anyone else or being paid for taking notes by any person or commercial firm without the instructor's express written permission. Unauthorized use of these copyrighted lecture materials and recordings constitutes copyright infringement and may be addressed under the university's policies, UWSP Chapters 14 and 17, governing student academic and non-academic misconduct.

Sexual Harassment: As outlined in the UWSP Sexual Harassment Policy, sexual harassment is recognized as a violation of civil rights laws, U.S. Equal Opportunity Commission Rules and by the civil law courts (<https://www.uwsp.edu/hr/Pages/Affirmative%20Action/prevention.aspx>). Sexual harassment is defined as unwelcome sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature when: 1) Submission to such conduct is made either as an implicit or explicit condition of an individual's employment, career advancement, grades, or academic achievement. 2) Submission to or rejection of such conduct by an individual is used as the basis for employment or academic decisions affecting that individual. 3) Such conduct has the purpose or effect of substantially interfering with an individual's academic or work performance or creating an intimidating, hostile, or offensive working environment. Such behavior is unacceptable and will not be tolerated.

Equity, Diversity, Equal Opportunity, and Affirmative Action: The University provides equal access to and opportunity in its programs and facilities, without regard to race, color, creed, religion, national origin, gender, age, marital status, disability, public assistance status, veteran status, sexual orientation, gender identity, or gender expression. For more information, please consult Board of Regents Policy: <https://www.uwsp.edu/hr/Pages/Affirmative%20Action/About-EAA.aspx>

Disability Services and Accommodations: UWSP is committed to providing students with disabilities the academic accommodations and auxiliary aids necessary to ensure access to all university services, programs and activities. In addition to the university's campus wide efforts to promote access and

inclusion, students with disabilities are further accommodated based on specific individual needs. The Disability and Assistive Technology Center (DATC) is responsible for determining these accommodations. They provide services and assistance to enrolled students who are either permanently or temporarily disabled.

If you have, or think you have, a disability such as mental health, attention, learning, chronic health, sensory, or physical, please contact Disability Services. The registration process is a complex and lengthy (2-3 weeks). Start the process early by contacting Disability Services at 715-346-3365 or emailing datctr@uwsp.edu and/or by completing the a Request for Services found at <https://www.uwsp.edu/disability/Pages/default.aspx> If you are registered with Disability Services and have a current letter requesting reasonable accommodations, please contact your instructor as early in the semester as possible to discuss how the accommodations will be applied in the course.

Mental Health and Stress Management: You may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance and may reduce your ability to participate in daily activities. UWSP has services available to assist you. You can learn more about the broad range of confidential mental health services available on campus via the Student Mental Health Website: <https://www.uwsp.edu/counseling/Pages/default.aspx> *Therapy and consultation services are free for registered students.* The Counseling Center is located on the 3rd Floor of Delzell Hall. The office is open from 8:00-4:30, Mon-Fri; Tele: 715-346-3553. Please schedule an appointment ahead of time.

Academic Freedom and Responsibility: Academic freedom is a cornerstone of the University. Within the scope and content of the course as defined by the instructor, it includes the freedom to discuss relevant matters in the classroom. Along with this freedom comes responsibility. Students are encouraged to develop the capacity for critical judgment and to engage in a sustained and independent search for truth. Students are free to take reasoned exception to the views offered in any course of study and to reserve judgment about matters of opinion, but they are responsible for learning the content of any course of study for which they are enrolled.* Reports of concerns about academic freedom are taken seriously, and there are individuals and offices available for help. Contact me (the instructor), the Department Chair (Dr. Craig Wendorf), your adviser, the associate dean of the college (Dr. Todd Good), or the Vice Provost for Faculty (Greg Summers). * *Language adapted from the American Association of University Professors "Joint Statement on Rights and Freedoms of Students".*

Campus Resources:

The Tutoring-Learning Center strives to maximize every student's learning potential through a variety of services. Trained peer tutors, consultants, and discussion will do everything within their power to increase their clients' knowledge of the subject. Individual tutoring and writing help are available. This resource is highly recommended for students who have struggled with writing in the past and can be a great resource for starting, finishing, and/or proofing papers. More information can be found at <https://www.uwsp.edu/tlc/Pages/default.aspx>.