



COURSE SYLLABUS

Please read the following course syllabus carefully, especially the course dates, times and location. If you have any questions, please do not hesitate to communicate with the IDEAL Program office, your academic advisor, or the instructor.

The IDEAL degree-completion program is designed with the adult learner in mind. Adult learners approach learning with specific goals, want to be able to directly apply new learning to their work and personal lives, and tend to learn best when the coursework is problem-centered so that they are actively engaged in the learning process. In addition, adults bring rich and varied experience to the classroom, which becomes a valuable learning resource for other students.

The IDEAL Program assumes joint responsibility in the learning process. The activities and assignments in the courses build on the shared experience of all learners in each class. This is why each student's preparation, participation and interaction in class activities and discussions are critical to the success of each course. The accelerated format of each course requires a significant amount your time outside the classroom to prepare for and complete the course assignments. This varies between students and courses; however, students typically spend nine-twelve hours per week on course material.

To participate in the IDEAL Program, it is expected that you will do the following:

1. Attend every class session. Be on time.
2. Obtain the required course materials prior to the first class session.
3. Complete the first assignment prior to the first class session and all subsequent assignments to the best of your ability.
4. Participate in the class discussions and demonstrate respect and consideration to the instructor and other students when they express themselves in discussion.

If you cannot perform these four expectations, it is recommended that you drop the course. We look forward to your academic success in each course and the ultimate completion of your degree.

Course No. & Title: PSYC 345 ID8W1, Health Psychology

Semester and Term: Spring 2014

Day and Dates: Fridays 1/17/2014 – 3/7/2014

Time: 6pm – 9pm

Campus Location: Bridgeport

Course Description:

Biological, psychological, and social context of health and illness, with a focus on such topics as stress, addictions, nutrition, eating disorders, AIDS, coronary disease, pain, cancer, pediatric health, and aging.

Prerequisite Course: PSYC 103 and 201 or 202

Course Code: HS-PE, LA, PSY-PE, SsC

Instructor & contact information: Herb Storck hstorck@bridgeport.edu

Required Textbook:

Health Psychology: An Introduction to Behavior and Health, 8th Edition

• Linda Brannon, Jess Feist, John Updegraff

• ISBN-10: 1133593070 ISBN-13: 9781133593072

To order textbooks, go to the bookstore website at <http://bridgeport.textbooktech.com/>

Select IDEAL Campus and login to the bookstore. Select the course and follow instructions.

Learning Outcomes:

Upon completion of this course the student should be able to:

1. Review and articulate advances in the fields of health and coping as these advances relate to prevention of and recovery from addiction, trauma, stress, disease.
2. Differentiate deprivation psychology characteristics and theory from that of transcendental psychology and be able to utilize this body of knowledge to recognize, understand and act upon helpful and threatening factors affecting the healing process.
3. Apply and utilize dominant developmental models of psychological, social health and social psychology in their analysis of any prevention, recovery and healing process.
4. Identify medical research, theory and treatments for stress disorders.
5. Assess healing programs and needs within the framework of prominent developmental models of psychological and social health and well-being, concentrating on models of G.H. Mead, Erik Erikson, and Abraham Maslow. Students will be able to assess problem areas and pinpoint possible treatment and intervention strategies within the frameworks of each of these models.

Instructor's Personal Message:

I believe that the study of Psychology is one of the most relevant and interesting areas of study in the educational experience. It seeks to understand how we gain awareness of ourselves, our development as human beings, our perception of the world around us, the accuracy of that awareness, why we feel the way we do, why we think the way we do, how and why we interact with those around us, the disorders in our thinking and social behavior that may occur, the influence of biological and physical aspects of development, the challenges we will face during our lifetimes that may affect our psychological and physical health, - - - essentially everything regarding the experience of "our life". This is all fascinating and essential information.

I hope to make the class fun, interesting, and rewarding. The best way to accomplish this is for me to make the subject "real" for you, and for you to actively participate and share your experiences, thoughts, and feelings. While the lectures will form a framework for the subject, you'll find that interactive discussion and group activities will deepen the learning. Please feel free to see me privately to clarify or enrich your education in Psychology.

Classroom Etiquette:

Classroom etiquette is an important objective. In the college environment, freedom of speech and expression is encouraged and a refreshing experience. However, common courtesy is our guideline. This is generally defined as behavior that is not discriminatory or offensive and does not interrupt the other students' right to peaceful and productive education. Any student engaging in behavior that is inconsistent with classroom etiquette or common courtesy toward the teacher or other students will be asked to leave the classroom immediately. Repeated behaviors will lead to ejection from the course. This is a zero tolerance event.

Method of Evaluation:

	Points
Written Assignments	10
Quiz 1	20
Canvas Assignments (5x4pts)	20
Midterm Exam	25
Final Exam	25

Make-up Policy: **There are no make-ups.**

The format for this class emphasizes class discussion. It is essential that you read the chapters BEFORE coming to class. Otherwise, (1) you will not know what we're talking about, (2) you will not be able to participate, and (3) if very few students have read that chapter, we will have to resort to a lecture. And nobody wants that.

Assignments:

First Assignment Prior to the First Class:

- BRING TO CLASS (i.e. it is due at the time of the first class) a 3-page paper, 1 inch margins, double space, defining stress and discussing how stress causes disease.
 - Be sure to make your paper "fact-based" rather than opinions. Your paper should demonstrate that you have good comprehension of the science behind stress and disease. Provide a couple of examples of diseases caused by stress.
 - **IN FAIRNESS TO ALL STUDENTS WHO MAKE THE EFFORT TO COMPLETE THE ASSIGNMENT ON TIME, LATE PAPERS WILL NOT BE ACCEPTED FOR ANY REASON. IF YOU DO NOT YET HAVE THE TEXTBOOK, PLEASE USE OTHER SOURCES, SUCH AS OTHER TEXTBOOKS FROM THE LIBRARY, INTERNET SOURCES, ETC. THANK YOU.**

Description of Weekly Sessions:

CANVAS >>>>>>>>> PLEASE NOTE: The Ideal Program now requires us to include a Canvas on-line assignment each week. Don't let this freak you out, we'll discuss the scope of the assignments during the first class.

Week 1: Jan 17

Please read Chapters 1-4, describing the basics of Health Psychology.

(It sounds like a lot, DO NOT read for details, but rather for the general ideas. It's a basic description of the new field of Health Psychology.) The whole idea behind Health Psychology is that traditional disease is not only a medical problem, but also a psychological problem in terms of the behaviors that lead to medical disease.

CANVAS ASSIGNMENT (Post due Tuesday, replies due Thursday): Choose a chronic medical disease that you think actually has a psychological/behavioral cause and discuss how you think the medical community should handle this type of situation. Reply to at least one other student's post.

Week 2: Jan 24

Please read Chapter 9, describing the effects of behavior on heart disease.

Give some thought to friends and family you know who have suffered coronary disease and their behaviors that may have contributed to the disease. Share your examples with the class.

CANVAS ASSIGNMENT (Post due Tuesday, replies due Thursday):

QUIZ on Weeks 1 & 2 in-class and reading material.

Week 3: Jan 31

Please read Chapters 10 & 11 describing the connection between human behavior and the medical conditions of cancer and other chronic illness.

Again, give some thought to friends and family you know who have suffered coronary disease and their behaviors that may have contributed to the disease. Share your examples with the class.

CANVAS ASSIGNMENT (Post due Tuesday, replies due Thursday): Discuss the connection between psychological disorders (mental illness) and cognitive issues that effect a specific medical health illness. Reply to at least one other student's post.

Week 4: Feb 7

Please read Chapters 5 & 6 on the effect of stress on the body.

CANVAS ASSIGNMENT (Canvas is open all week for this activity): This week we will use the benefits of Canvas to provide an interactive "study group". You may post questions, provide answers to student questions, whatever interactive study activity you find useful.

Week 5: Feb 14

Midterm Exam

Chapters 1 – 6, 9, 10, 11

CANVAS ASSIGNMENT (Post due Tuesday, replies due Thursday):

Share how stress has affected your own health!! Reply to at least one other student's post.

Week 6: Feb 21

Please read Chapters 13 & 14 on Substance Abuse, Addiction, Eating, and Weight. These are among the most deadly behaviors humans engage in.

CANVAS ASSIGNMENT (Post due Tuesday, replies due Thursday):

Please post some thoughts about specific medical effects from Substance Abuse, Addiction, Eating, and Weight *that you have observed*. Reply to at least one other student's post.

Week 7: Feb 28

Please read Chapters 7&8 on the issues surrounding chronic pain.

CANVAS ASSIGNMENT (Post due Tuesday, replies due Thursday):

What do you think is an important effect of chronic pain on human behavior? Reply to at least one other student's post.

Also, online study group is available again for Final Exam.

Week 8 Mar 7

Final Exam: Chapters 1- 14

Grading Criteria:

Letter Grading Scale:

% of Points Earned	Letter Grade	% of Points Earned	Letter Grade
100-94	A	76-74	C
93-90	A-	73-70	C-
89-87	B+	69-67	D+
86-84	B	66-64	D
83-80	B-	63-60	D-
79-77	C+	Below 60	F

ACADEMIC POLICIES

Attendance Policy

Classroom attendance is an integral part of the academic experience; therefore, students are expected to attend all class sessions. If an absence is unavoidable, the student, prior to class, should communicate with the instructor. Arrangements should be made at that time for submission of any missed assignments. It is also expected that students arrive on time and not leave until the class is dismissed. Tardiness will result in a reduced grade for the course. If you cannot attend every class session you should consider dropping the course.

IMPORTANT:

- Missing one class session will drop the final grade by one letter grade (for example if a student earns a grade of "B" in the course, the final grade would be a "C").
- Missing two or more class sessions will be cause for a failing grade.
- Note: For 15-week courses; missing two class sessions will result in a letter grade drop and three or more will cause a failing grade.

Drop Procedures

To drop a course, you must complete and submit a Schedule Change Request Form. The form can be accessed at the IDEAL Course Schedule webpage:

<http://www.bridgeport.edu/academics/continuinged/ideal-academic-degree-programs-and-certificates/ideal-course-schedule/>.

Please print and complete the form and fax the form to the IDEAL Office: 203-576-4537. Prior to dropping a course, the student should contact their IDEAL Academic Advisor to understand the implications to financial aid and/or degree plan progress.

Please review the drop fees and tuition refunds at the Academic Calendar; accessed at the IDEAL Course Schedule webpage (same link above).

Cell Phones

Cell phones must be turned off (or placed on “vibrate”) while in the classroom. A cell phone call is disruptive and disrespectful to the other students in the class.

Academic Dishonesty

The IDEAL program prohibits all forms of academic dishonesty. Academic dishonesty is normally defined as, but not limited to, the following two categories:

Cheating – Using inappropriate sources of information in an assignment or on a test. The following are examples of cheating taken from real student experiences:

Case #1: A student is enrolled in an introductory psychology course. He has co-workers who have taken the same course. As the end of the course approaches, he wonders how he will find the time to get the research paper finished, and asks one of his co-workers for help. His co-worker hands him a research paper that he submitted in a similar course. The student makes minor modifications to the paper, and submits it under his own name.

Case #2: A student enrolled in a humanities course is unsure about how to structure an essay. She is doing research on the World Wide Web, and comes across an essay written by a student from another university. Using her computer mouse, she copies and pastes the essay into her word processor. She goes to great lengths to re-word the paper in her own style, but essentially leaves the content and organization the same.

Plagiarism – Intentional as well as unintentional failure to acknowledge sources as well as the use of commercially available so-called “research papers” without full recognition of the source. Presenting as one’s own, the ideas, words, or products of another. The following are examples of plagiarism taken from real student experiences:

Case #3: A student is conducting research for a Civil War research paper. He has reviewed work on the Internet. Finding helpful information, he has summarized his findings without citing his sources. He believes that minor paraphrasing is all that is necessary.

Case #4: A student is writing a paper that requires her to address specific topics and problems in the assigned course textbook. She takes the information directly from the textbook with slight modification, without giving any citation. She thinks that since it is the course textbook, she doesn’t have to use quotations or citations.

Academic dishonesty applies to all courses, assignments or exams completed by students and submitted as their own original work, whether in person or by electronic means. The University does not tolerate cheating in any form. It is a serious breach of conduct with serious consequences. Instructors have the right to determine the appropriate penalty for academic dishonesty in their own courses; generally, however, such acts will result in a failing grade for the assignment and/or the course. The penalty for subsequent acts of academic dishonesty may include expulsion.

More information on how to recognize plagiarism can be found at this site:
http://www.indiana.edu/~istd/plagiarism_test.html

Ethics Statement of Confidentiality

An integral component of an IDEAL course is student and faculty expression of personal experiences for the purpose of facilitating coursework. Students enrolled in the program are expected to honor confidentiality as it pertains to student disclosure. Shared information, comments, or opinions expressed by another student or the faculty member during the course of classroom discussion should never be used in a manner which is intended to humiliate, embarrass, harass, damage, or otherwise injure other students in their personal, public, or business lives. In addition, confidentiality must be upheld by not disclosing any information that would identify any particular individual.

ACADEMIC RESOURCE CENTER

The Academic Resource Center is available for IDEAL students seeking help in their studies. The Center is staffed by writing professionals and peer tutors. More information can be found at: <http://www.bridgeport.edu/pages/2209.asp> The Center is located on the 5th Floor of the Wahlstrom Library. Make an appointment or walk-in: Telephone: 203-576-4290. **Online Tutoring** is available at: www.etutoring.org. To use this free service you must have a UBNet account.

Obtaining a UBNet Account

Every registered student should obtain a UBNet Account. The account allows you to access MyUB; the portal for grades, library services, Canvas online learning system. Also, the account allows you access to computers in the Library and computer labs, and provides an email account in which the University sends out information. Go to: <http://www.bridgeport.edu/ubnet> - Click on "New UBNet Account" and follow the instructions.

The @bridgeport.edu email address is the official email the University uses to send information to you. You can have your bridgeport.edu email forwarded to any other private email account you use. Following the activation of your UBNet account (takes 24 hours), login at: <http://www.bridgeport.edu/email> and click on "forwards" at the top of the page. Follow the directions to forward email messages to your other account.

Learning Management System (LMS) - Canvas

For all courses that use Canvas, you can access Canvas through the portal by using the myUB link. Faculty post class documents on Canvas e.g. syllabus, power points, discussion questions, case studies, current event articles, papers, reports etc. (save some trees). All students have access, and can download and copy the documents.

Canvas Tutorial For Students: <https://bridgeport.instructure.com/courses/985903>

For assistance contact the UB Help Desk at 203-576-4606 or email helpdesk@bridgeport.edu
<https://bridgeport.instructure.com/courses/829447/>

Accessing Your Grades & Schedule Online

The WebAdvisor online information system allows students to search for available classes, check grades, view semester class schedule and verify your personal profile. Grades are generally posted 2-3 weeks following the end of a course. To access WebAdvisor, login in to MyUB and follow the WebAdvisor menu on the right. If you are carrying a financial balance, access to WebAdvisor will be restricted.

Using the Library

Access to the Digital Library is through MyUB. On the MyUB home, in the central column, click on “myEureka Digital Library.” Research tools available:

- Search for books held at the library.
- Search the online databases for your academic field; business, counseling, human services, psychology, etc.
- Send questions to the Reference Librarian for assistance in research topics and searching strategy.

Using Computers

Open access computer labs are available at three locations:

- Bridgeport – 1st floor of the Wahlstrom library. Check library hours of operation at: <http://www.bridgeport.edu/library>.
- Stamford – Room D; Check open hours at: <http://www.bridgeport.edu/stamford>
- Waterbury – Computer Lab; Check open hours at: <http://www.bridgeport.edu/waterbury>

Course Cancellations

Any emergency necessitating the canceling of courses will be announced by the University through the Emergency Notification Telephone Line, (203) 576-4159. Please call this number for information on course cancellations. Also, information will be posted under “Latest News” on the UB home page, (www.bridgeport.edu). Canceled classes will be made up either the week following the end of the course or in consultation between the instructor and the students as to day and time availability. Course cancellations are also announced on television and radio stations.

IMPORTANT CONTACT INFORMATION

Office	Telephone	Email
Bridgeport Campus Security	(203) 576-4911	ubsecurity@bridgeport.edu
Bursar	(203) 576-4692	bursar@bridgeport.edu
Cashier	(203) 576-4682	cashier@bridgeport.edu
Financial Aid	(203) 576-4568	sfs@bridgeport.edu
Registrar	(203) 576-4635	registrar@bridgeport.edu
Emergency Notification Phone	(203) 576-4159	
IDEAL Office	(203) 576-4800	idealinfo@bridgeport.edu

CAMPUS CONTACT INFORMATION

Campus	Address	Telephone	Email
Bridgeport	126 Park Avenue Bridgeport, CT 06604	(203) 576-4800	idealinfo@bridgeport.edu
Stamford	5 Riverbend Drive Stamford, CT 06750	(203) 358-0700	ubstamford@bridgeport.edu
Waterbury	84 Progress Lane Waterbury, CT 06705	(203) 573-8501	ubwaterbury@bridgeport.edu

Directions to IDEAL Campus locations	http://www.bridgeport.edu/pages/2260.asp
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To fill out your financial aid report to the Federal Government, please go online to www.fafsa.ed.gov. The school code for the University of Bridgeport is 001416.
Federal Student Aid Information: 1-800-433-3243