

PSY 4310 SPECIAL TOPIC: HEALTH PSYCHOLOGY*M & W 2:00 – 3:15pm, Lawrence Hall 200*

Professor:	Dr. Bibiana M. Gutierrez	Office Hours:	T 1:30-4pm, R 12:30-4pm, & by appointment
Office:	Lawrence Hall 210	Office Phone:	432.837.8163
Email:	bibiana.gutierrez@sulross.edu	Course Website:	http://sulross.blackboard.com

Required Textbook: Harrington, Rick (2013). *Stress, health, and well-being: Thriving in the 21st century*. ISBN-10: 1-111-83161-0.

Prerequisite: PSY 1302 or consent of the instructor.

Course Purpose: By the end of this course Students will be able to demonstrate an understanding of:

1. Stress, health, and positive psychology.
2. The biology of stress and illness.
3. How stress influences personality, emotions, interpersonal relationships, and job performance.
4. Approaches used to handle stress such as emotion and behavioral self-regulation, mind-body strategies, stress-management, and well-being enhancement.
5. The value of learning about health psychology for personal health and well-being and to help others.

Psychology Learning Objectives: The graduating psychology student will attain a level of competency in the areas of . . .

- a. Biological psychology, as understood through the lens of culture, indicating that value has been added over the course of their psychology education.
- b. Clinical-personality psychology, as understood through the lens of culture, indicating that value has been added of the course of their psychology education.
- c. Social psychology, as understood through the lens of culture, indicating that value has been added over the course of their psychology education.
- d. Experimental methods, as understood through the lens of culture, indicating that value has been added over the course of their psychology education.
- e. Approaches and standards in psychological assessment, as understood through the lens of culture, indicating that value has been added over the course of their psychology education.

Course Policies:**1. Attendance and Class preparation:**

This is a course based heavily on class participation, so it is essential that you attend class regularly in order to be successful. Class attendance is governed by the SRSU policy stated in the schedule of classes. Students will be dropped with an "F" by the professor when you have accumulated six absences. You are expected to have completed the assigned readings by the beginning of the first class day for which they are assigned. See details in below section regarding students with excused absences.

2. Late Work and Make-Up Assignments:

If you need to be out of class for an emergency, excused-absence, or university-authorized absence, inform me of the situation as soon as possible. Late or make-up assignments will only be allowed in the case of an emergency or excused absence with appropriate documentation (doctor's note, etc.). A university-authorized absence may include a university sponsored event such as a game, tournament, or event). **However, arrangements for missing class due to an excused or university-authorized absence must be made with the**

instructor BEFORE the absence. It is your responsibility to speak with me about classes that you will miss well in advance.

3. Students with Special Needs:

Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the Student's responsibility to initiate a request. **Please contact Ms. Mary Schwartz, Counselor, Accessibility Services Coordinator, Ferguson Hall (Room 112) at 432.837.8363; mailing address is P.O. Box C-171 Sul Ross State University, Alpine, Texas 79832. Students should then contact the instructor as soon as possible to initiate the recommended accommodations.**

4. Religious Observance:

Any student who is absent from classes for the observance of a religious holy day will be allowed to take an exam or complete an assignment scheduled for that day. Arrangements for missing class due to a religious observance must be made with the instructor prior to that absence.

5. Classroom Respect and Disruptions:

You are encouraged and expected to openly engage in class discussions, ask questions, share ideas, and express your thoughts. Please treat each other with dignity and respect and avoid disruptive behaviors. You are responsible for knowing what behaviors are acceptable versus unacceptable as referred to in the Student Conduct and Discipline section of the SRSU Student Handbook

(http://www.sulross.edu/sites/default/files//sites/default/files/users/docs/stulife/student_conduct_discipline.pdf).

6. Academic Integrity:

Any instance of academic misconduct such as turning in an identical written assignment for another course without approval, cheating and plagiarizing written assignments, collusion, or misrepresenting facts will be punished to the full extent of the university's disciplinary policy and/or through legal action if indicated. You are responsible for reading the statement on *Academic Honesty* in the SRSU Student Handbook

(http://www.sulross.edu/sites/default/files//sites/default/files/users/docs/stulife/student_conduct_discipline.pdf). The faculty considers academic dishonesty to be a serious matter and will act accordingly. Students caught engaging in any form of academic dishonesty will receive no credit for assignments/exams and more severe penalties may be pursued, including but not limited to failing the course.

7. Technology Policy:

Out of respect for your fellow students, your professor, and the educational process, all technology devices (cell/smart phones, i-pods, tablets, laptops, etc.) must be powered down and put away, not on the desk or in your pocket, or on your lap, during class. Do not come to class if texting, using social media, and attending to tasks other than the class material is more important than being fully present (this is NOT an excused absence). If you feel you have an emergency situation that requires your phone to be on vibrate, please inform me before class begins. Students who disregard the policy will be asked to leave class and will be considered absent that day.

8. Communicating with the Professor:

The best way to contact me is through email at bibiana.gutierrez@sulross.edu. I will try to respond as soon as possible. If you do not receive a reply within 24 hours, please resend your email or call my office at 432.837.8163 and leave a message if I am unavailable. During weekends there may be a longer delay in my responding.

Course Requirements:

1. **Attendance and Class Participation (ACP = 50pts)** (being attentive, asking/responding to questions, engaging in discussions, indicating you have read assignments, participating group activities, etc.). This is a subjective judgment on my part.

2. Six (6) **Exams (EXM)** each worth 100 points; *drop the lowest grade*. All Exams will be administered via Black Board at scheduled times, **NOT IN CLASS** (see schedule below). *You may use your textbook, notes, copies of the Power Point, etc. during exams.*
3. Develop and write your own personalized **Stress Management and Well-Being Plan (SMWP = 50points)** using the format of Chapter 15 in the textbook. Refer to **SMWP Grade Sheet**.
4. **Research Paper (RP = 100 points)** on any current topic related to health psychology that is of interest to you. Up to 10 pages (minimum of 8 up to maximum of 12) excluding reference and cover pages. Follow APA guidelines (Publication Manual of the American Psychological Association, 6th ed., 2nd printing). Feel free to use this website (<https://owl.english.purdue.edu/owl/resource/664/01/>), or another reputable website, go to the library, or purchase your own copy if you plan to go to graduate school. You will need at least 10 references that are articles from peer-reviewed (refereed) journals. Research the most recent literature on your topic and write an integrated. Refer to **Research Paper Grade Sheet**.
5. Earn up to 10 additional points (5pts/activity), to add to your final grade before averaging, by attending maximum of 2 **Extra-Curricular (EC)** activities.

GRADE SCALE:

90–100 = A; 80 –89 = B; 70–79 = C; 60-69 = D; 0-59 = F

Example (maximum total points = 700/7 = 100 – A+):

$(50 \text{ pts-ACP}) + [(EXM1 - 60\text{pts})DROP] + (EXM2-85\text{pts}) + (EXM3-93\text{pts}) + (EXM4 - 85\text{pts}) + (EXM5 - 87\text{pts}) + (EXM6-100\text{pts}) + (RP-85\text{pts}) + (SMWP-45\text{pts}) + (EC -10\text{pts}) = 640/7 = 91.4 = "A"$

Extra-Curricular (EC) activity points may be received for participating in up to two of the following activities (5pts/activity; 10pts maximum):

1. Attend Academic Enhancement Seminars (<http://www.sulross.edu/page/939/academic-enhancement-seminars>).
2. Take a career self-assessment, Meyers-Briggs or SIGI (<http://www.sulross.edu/page/111/career-services>), if you have not already completed these.
3. Attend a public lecture or activity related to psychology, such as drug/alcohol abuse, domestic violence, mental health awareness, a cultural event, religious activity different than your own, etc. Submit a summary to me via email of your attendance at the activity and what you learned from it.
4. Keep a Dream Journal. For 30 days write down upon awakening what you dreamt. Submit a summary to me via email of what you learned upon completing; do not turn in the journal.
5. Participate as a research subject in a psychology experiment or other SRSU study.
6. Suggest something that we can discuss/negotiate.

PLEASE READ: During the course of this class, Students may have strong emotional/psychological reactions to the course material and/or discussions. If you feel that you are having difficulty with the learning environment, please discuss this with me immediately before continuing the course. Counseling and Accessibility Services (<http://www.sulross.edu/section/2408/counseling-accessibility-services>) can provide brief, short-term individual and group counseling or refer you to off-campus providers. You have already paid for these services through your Student Service Fee, whether you use them or not.

If you have any issue or concern, I would appreciate you speaking with me first. If you feel we cannot come to a reasonable resolution, know that you can speak with the BASS Department Chair, Dr. Mark Saka (432.837.8157) regarding your concerns.

I endeavor to maintain a safe learning environment for all and expect the highest standard of conduct from each one of us and the collective. I welcome constructive feedback in the service of this goal.

This syllabus is accurate to the best of my ability, but I reserve the right to modify it at any time and will inform you as soon as possible. If I do make any changes, I aspire to do so for the reasons of student fairness and/or circumstances beyond my control.

DISCLAIMER:

The material presented in this course will be of a general nature. It is provided for the sole purpose of exploring and providing a cursory view of an advanced topic in the field of psychology at Sul Ross State University (SRSU). It is NOT in any fashion rendering professional health advice. Before relying on the material in any important matter, Students should carefully evaluate its accuracy, currency, completeness and relevance for their purposes, and should obtain appropriate professional advice relevant to their particular circumstances. The information provided in this course is absolutely NOT a substitute for the health advice or treatment provided by a licensed mental/health professional. Students should regularly consult a professionally licensed provider in matters relating to their mental and physical health and particularly with respect to any symptoms that may require diagnosis or medical attention. In some cases the material may incorporate or summarize views, guidelines or recommendations, but does not necessarily reflect the views of the instructor, or indicate a commitment to a particular course of action. Information covered in this course does NOT constitute an endorsement of or serve as a substitute for treatment. This content of this course DOES NOT in any form or fashion include any training to Students for the purpose of providing therapeutic services to others.

COURSE SCHEDULE

Date	Chapter	Topic	Assignments
W - 1/20		Syllabus	Course Overview
M - 1/25	1	Stress and Health	pp. 1 - 31
W - 1/27	1	Stress and Health (cont.)	pp. 1 - 31
M-2/1	2	Positive Psychology	pp. 33 - 65
[W - 2/3	<i>LAST DAY TO DROP WITHOUT CREATING AN ACADEMIC RECORD]</i>		
W - 2/3	2	Positive Psychology (cont.)	pp. 33 - 65
M- 2/8	3	Stress and the Nervous System	pp. 67 - 93
W - 2/10	3	Stress and the Nervous System (cont.)	pp. 67 - 93
M - 2/15	4	Stress, Illness, and the Immune System	pp. 95 - 130
W- 2/17	4	Stress, Illness, and the Immune System (cont.)	pp. 95 - 130
*W - 2/17	EXAM 1	Chapters 1-3	Available on Black Board
		Open from 8am (2/9) closes 8am (2/10)	75minutes to complete
M - 2/22	5	Impact of Stress on Health Conditions	pp. 130 - 170
W - 2/24	5	Impact of Stress on Health Conditions (cont.)	pp. 130 - 170
M - 2/29	6	Personality and Stress	pp. 171 - 208
*M- 2/29	EXAM 2	Chapters 4 & 5	Available on Black Board
		Open from 8am (2/9) closes 8am (2/10)	75minutes to complete
W - 3/2	6	Personality and Stress	pp. 171 - 208
M - 3/7	7	Anxiety, Anger, and Depression	pp. 209 - 242
*M - 3/7	RESEARCH PAPER TOPIC DUE - SUBMIT VIA EMAIL		
W - 3/9	7	Anxiety, Anger, and Depression (cont.)	pp. 209 - 242
*W - 3/9	STRESS MANAGEMENT & WELL-BEING PLAN DUE SUBMIT VIA EMAIL - FILE ATTACHED BY MIDNIGHT		
[W - 3/9	<i>LAST DAY FOR PROFESSOR INITIATED DROP FOR EXCESSIVE ABSENCES]</i>		
M, W - 3/14 & 16	<i>~SPRING BREAK NO CLASS~</i>		
M - 3/21	8	Interpersonal Stress	pp. 243 - 270
*M- 3/21	EXAM 3	Chapters 6 & 7	Available on Black Board
		Open from 8am (2/9) closes 8am (2/10)	75minutes to complete
W - 3/23	8	Interpersonal Stress (cont.)	pp. 243 - 270

COURSE SCHEDULE (cont.)

Date	Chapter	Topic	Assignments
<i>[W - 3/23</i>		<i>LAST DAY TO WITHDRAW WITH GRADE OF "W"]</i>	
*3/28 -4/6		COMPLETE STUDENT APPRAISAL OF FACULTY (FORM FE-2)	Available on Black Board
M - 3/28	9	Job Stress	pp. 271 - 300
W - 3/30	9	Job Stress (cont.)	pp. 271 - 300
M - 4/4	10	Cognitive and Behavioral Approaches	pp. 301 - 327
<i>[M - 4/4</i>		<i>LAST DAY FOR INSTRUCTOR INITIATED DROP FOR EXCESSIVE ABSENCES]</i>	
W - 4/6	10	Cognitive and Behavioral Approaches (cont.)	pp. 301 - 327
*W- 4/6	EXAM 4	Chapters 8 & 9	Available on Black Board
		Open from 8am (2/9) closes 8am (2/10)	75minutes to complete
<i>[F - 4/8</i>		<i>LAST DAY TO WITHDRAW FROM UNIVERISTY OR TO DROP COURSES WITH A GRADE OF "W"]</i>	
M - 4/11	11	Physical Activity and Exercise	pp. 329 -360
W - 4/13	11	Physical Activity and Exercise (cont.)	pp. 329 -360
M - 4/18	12	Nutrition	pp. 361 - 396
*M - 4/18		RESEARCH PAPER DUE SUBMIT VIA EMAIL WITH FILE ATTACHED BY MIDNIGHT	
W - 4/20	12	Nutrition (cont.)	pp. 361 - 396
M - 4/25	13	Self-Regulation Relaxation Strategies	pp. 397 - 418
W - 4/27	13	Self-Regulation Relaxation Strategies (cont.)	pp. 397 - 418
*W- 4/27	EXAM 5	Chapters 10 - 12	Available on Black Board
		Open from 8am (2/9) closes 8am (2/10)	75minutes to complete
M - 5/2	14	Meditation, Yoga, and Biofeedback	pp. 419 - 451
*W - 5/4	14	Meditation, Yoga, and Biofeedback (cont.)	pp. 419 - 451
<i>R&F - 5/6 & 7</i>		<i>DEAD DAYS (NO CLASSES)</i>	
*M- 5/9	FINAL EXAM 6	Chapters 13 & 14	**Available on Black Board <u>10:15am-12:15p ONLY</u>
<i>[M - 5/13</i>		<i>FINAL GRADES DUE FOR GRADUATING STUDENTS DUE BY NOON]</i>	
<i>[M - 5/16</i>		<i>FINAL GRADES DUE FOR CONTINUING STUDENTS DUE BY NOON]</i>	

***REQUIRES YOU TO TAKE ACTION ON BLACKBOARD BY SPECIFIC DATE & TIME**

PSY 4310 Health Psychology

STRESS MANAGEMENT & WELL-BEING (SMWB) PLAN GRADE SHEET

Develop and write your own personalized SMWB Plan. Follow the outline in Chapter 15 of the text to guide you.

Although you will be turning this in as a graded class assignment, this is ultimately for your own personal use. It does not need to be written in APA style. BUT you will still be graded on the content and clarity of your writing, including spelling, grammar, and typos.

Plan must be type-written and may be enhanced creatively if you wish. Choose activities that you may already be using or aspire to use in the future.

SMWB PLAN DUE WEDNESDAY, 3/9/16 BY MIDNIGHT - SUBMIT VIA EMAIL - FILE ATTACHED

You can submit a draft to me any reasonable time before the due date if you wish to receive feedback prior to turning in the final draft.

SMWB PLAN GRADE SHEET

A. PAPER CONTENT

1) Nutrition	5 POINTS - _____
2) Physical Exercise	5 POINTS - _____
3) Restoration	5 POINTS - _____
4) Coping and Self-regulation coping strategies	9 POINTS - _____
5) Fostering positive relationships	8 POINTS - _____
6) Enhancing happiness and well-being	8 POINTS - _____
7) Content, organization, creativity	5 POINTS - _____
7) Spelling, grammar, writing style	5 POINTS - _____
	TOTAL - _____/50pts = _____ GRADEPSY 4310

Comments:

PSY 4310 Health Psychology

RESEARCH PAPER GUIDELINES & GRADE SHEET

Choose a current topic of interest to you in health psychology.

Up to 10 pages (minimum of 8 up to maximum of 12) excluding reference and cover pages. Follow APA guidelines (Publication Manual of the American Psychological Association, 6th ed., 2nd printing). Feel free to use this website <https://owl.english.purdue.edu/owl/resource/664/01>, another reputable website, go to the SRSU Librarians for help, and/or purchase your own copy if you plan to go to graduate school.

You will need at least 10 references that are articles from peer-reviewed journals. Research the most recent literature on your topic and write an integrated paper of your findings from the readings you have completed.

Papers will be graded on both the content of your ideas, the clarity of your writing style, and following APA format. Try to use active voice, person-first language, organize your ideas carefully, and be sure that your grammar, punctuation, and spelling are correct before handing in your papers. Late papers will not be accepted as I need sufficient time to grade them.

***RESEARCH PAPER TOPIC DUE MONDAY, 3/7/16 BY MIDNIGHT – SUBMIT VIA EMAIL**

***RESEARCH PAPER DUE MONDAY, 4/18/16 BY MIDNIGHT - SUBMIT VIA EMAIL WITH FILE ATTACHED**

You can submit a draft to me any reasonable time before the due date if you wish to receive feedback prior to turning in the final draft.

RESEARCH PAPER GRADE SHEET

A. PAPER CONTENT

1) Exploration of current topic chosen in health psychology	10 POINTS - _____
2) Content	15 POINTS - _____
3) Organization and clarity of concepts	10 POINTS - _____
4) Recent literature used	10 POINTS - _____
5) 10 Quality referred journals	10 POINTS - _____
6) Length 8 – 12 pages	10 POINTS - _____
7) Spelling, grammar, writing style	10 POINTS - _____
	Subtotal - _____/75pts

B. APA WRITING STYLE (APA)

• Running head, abstract, title page	5 POINTS - _____
• References correctly cited in body of paper	5 POINTS - _____
• Reference page	5 POINTS - _____
• Technical writing style (see APA guidelines)	5 POINTS - _____
• Overall APA style formatting	5 POINTS - _____
	Subtotal - _____/25pts
	TOTAL - _____/100pts = _____ GRADE

Comments:

B. GUTIERREZ, 1/18/2016