

**PSY 4310 – W02 HEALTH PSYCHOLOGY***M & W 2:00 – 3:15pm, Lawrence Hall 200*

<b>Professor:</b>	Dr. Bibiana M. Gutierrez	<b>Office Hours:</b>	M & W – 9:30 – 11am T – 1:30-3:00pm R – 12:30-2:00pm or by appt.
<b>Office:</b>	Lawrence Hall 210	<b>Office Phone:</b>	432.837.8163
<b>Email:</b>	<a href="mailto:bibiana.gutierrez@sulross.edu">bibiana.gutierrez@sulross.edu</a>	<b>Course Website:</b>	<a href="http://sulross.blackboard.com">http://sulross.blackboard.com</a>

**Required Textbook:** Harrington, Rick (2013). *Stress, health, and well-being: Thriving in the 21<sup>st</sup> 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:**

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

- a. **Biological psychology indicating that value has been added over the course of their psychology education.**
- b. **Clinical-personality psychology indicating that value has been added over the course of their psychology education.**
- c. **Social psychology indicating that value has been added over the course of their psychology education.**
- d. **Experimental methods indicating that value has been added over the course of their psychology education.**

***Distance Education Statement:*** *Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.*

#### **Course Policies:**

##### **1. Participation:**

This is a web-based course so there are no regular classroom meetings. However, your active, daily participation in this course is essential and required in order to be successful. Because there are no classroom meetings this course will require you as the Student to be disciplined and responsible for staying up to date with daily reading and video viewing, written assignments, and posting summary reflections on Black Board. There is absolutely no time to procrastinate; once you get behind it is extremely unlikely that you will be able to catch up. You must check your email and Black Board daily for announcements regarding this course. Your activity on Black Board will be monitored daily and be reflected in your participation points.

##### **2. Assignments:**

There are no exams in this course. Therefore, the majority of your grade will be based on daily writing assignments in response to daily reading/video assignments. Daily Writing Assignments must be uploaded to BLACK BOARD via posted instructions on BLACK BOARD BASICS. Make sure you absolutely know how to do this well before the due date. Ask for help from the Black Board Staff if you have any question. (sbogus@sulross.edu or 432-837-8523 on M-F 9am-6pm; [rklein@sulross.edu](mailto:rklein@sulross.edu) or 432-837-8595 Sat & Sun 11am-6pm)

##### **3. Regular communications with the professor:**

**It is essential that you keep the professor current on your progress and any difficulties you may be having so that I can respond in real time to support your success. ([bmg15th@sulross.edu](mailto:bmg15th@sulross.edu) or 432-386-3223).**

##### **4. In-person office hours are available by appointment only, so scheduling requests should be made via email and/or phone call.**

##### **5. Students with Special Needs:**

Sul Ross State University (SRSU) is committed to equal access in compliance with the 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 Schwartze, Counselor, Accessibility Services Coordinator, Ferguson Hall (Room 112) at 432.837.8363; the mailing address is P.O. Box C-171 Sul Ross State University, Alpine, Texas 79832. Students should then contact the professor as soon as possible to initiate the recommended accommodations.

##### **6. Religious Observance:**

Any Student who is absent from class for the observance of a religious holy day will be allowed to complete the assignment scheduled for that day on the following calendar day. Arrangements for missing class participation/assignments due to a religious observance must be made with the professor prior to that absence.

### 7. Respect and Disruptions:

Although there are no class meetings, you are still expected to treat others with dignity and respect and avoid any disruptive behaviors. This includes but is not limited to your behaviors associated with daily posting requirement on Black Board. 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](http://www.sulross.edu/sites/default/files/sites/default/files/users/docs/stulife/student_conduct_discipline.pdf)).

### 8. 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](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 and more severe penalties may be pursued, including but not limited to failing the course.

### 9. Communicating with the Professor:

The best way to contact me is via email at [bibiana.gutierrez@sulross.edu](mailto: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 me at 432.386.3223 and leave a message if I am unavailable. During weekends there may be a longer delay in my responding.

## COURSE REQUIREMENTS:

### 1. Regular and active Black Board Participation (BP = 100pts; 10pts/day).

- a. Your individual activity on black board will be monitored via logs maintained by Black Board.
- b. It is your responsibility to check your email daily and for any announcements relevant to this course.
- c. This is a subjective judgment on my part of the quality of your participation.

### 2. Completion of the GETTING STARTED QUIZ on Black Board (GSQ = 20pts)

### 3. Ten (10) Daily Writing Assignments (DWA = 500pts; 50pts/assignment).

## GRADES:

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

All grades will be averaged together to equal your final grade. Example:

$(BP = 90pts) + (GSQ = 20pts) + (DWA = 450pts) + (BRS = 90) = 650/720 \times 100 = 90.3\% = A$

- If you use other source/reference material, you absolutely need to give credit to these sources in your assignment. For example, if you use a website, video, book, or journal article, it needs to be listed at the end of the assignment. Otherwise this copying of ideas, etc. without giving credit to the sources is considered plagiarism (<http://www.plagiarism.org/plagiarism-101/what-is-plagiarism>).

**NO EXTRA CREDIT:**

There is NO extra credit offered. Please make sure to commit your full effort to the syllabus requirements to increase your success in this course. There will be NO additional credit or opportunities offered at the end of the course for you to raise your grade. Maintain and sustain your full effort for the entire 2 weeks in order to make the grade to which you aspire.

**PLEASE READ:** During the course of this class, Students may have strong emotional/psychological reactions to the intense nature of the course material, readings, videos, 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.

**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.

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**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**

<b>Date</b>	<b>Chapter</b>	<b>Topic</b>	<b>Assignments</b>
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
<b>*W - 2/17</b>	<b>EXAM 1</b>	<b>Chapters 1-3</b>	<b>Available on Black Board</b>
		<b>Open from 8am (2/9) closes 8am (2/10)</b>	<b>75minutes to complete</b>
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
<b>*M- 2/29</b>	<b>EXAM 2</b>	<b>Chapters 4 &amp; 5</b>	<b>Available on Black Board</b>
		<b>Open from 8am (2/29) closes 8am (3/1)</b>	<b>75minutes to complete</b>
W - 3/2	6	Personality and Stress	pp. 171 - 208
M - 3/7	7	Anxiety, Anger, and Depression	pp. 209 - 242
<b>*M - 3/7</b>	<b>RESEARCH PAPER TOPIC DUE - SUBMIT VIA EMAIL</b>		
W - 3/9	7	Anxiety, Anger, and Depression (cont.)	pp. 209 - 242
<b>*W - 3/9</b>	<b>STRESS MANAGEMENT &amp; WELL-BEING PLAN DUE SUBMIT VIA EMAIL - FILE ATTACHED BY MIDNIGHT</b>		
[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
<b>*M- 3/21</b>	<b>EXAM 3</b>	<b>Chapters 6 &amp; 7</b>	<b>Available on Black Board</b>
		<b>Open from 8am (3/21) closes 8am (3/22)</b>	<b>75minutes to complete</b>
W - 3/23	8	Interpersonal Stress (cont.)	pp. 243 - 270

**COURSE SCHEDULE (cont.)**

<b>Date</b>	<b>Chapter</b>	<b>Topic</b>	<b>Assignments</b>
[W - 3/23		<i>LAST DAY TO WITHDRAW WITH GRADE OF "W"]</i>	
<b>*3/28 -4/6</b>	<b>COMPLETE STUDENT APPRAISAL OF FACULTY (FORM FE-2)</b>		<b>Available on Black Board</b>
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
[M - 4/4		<i>LAST DAY FOR INSTRUCTOR INITIATED DROP FOR EXCESSIVE ABSENCES]</i>	
W - 4/6	10	Cognitive and Behavioral Approaches (cont.)	pp. 301 - 327
<b>*W- 4/6</b>	<b>EXAM 4</b>	<b>Chapters 8 &amp; 9</b>	<b>Available on Black Board</b>
		<b>Open from 8am (4/6) closes 8am (4/7)</b>	<b>75minutes to complete</b>
[F - 4/8		<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
<b>*M - 4/18</b>	<b>RESEARCH PAPER DUE SUBMIT VIA EMAIL WITH FILE ATTACHED BY MIDNIGHT</b>		
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
<b>*W- 4/27</b>	<b>EXAM 5</b>	<b>Chapters 10 - 12</b>	<b>Available on Black Board</b>
		<b>Open from 8am (4/27) closes 8am (4/28)</b>	<b>75minutes to complete</b>
M - 5/2	14	Meditation, Yoga, and Biofeedback	pp. 419 - 451
*W - 5/4	14	Meditation, Yoga, and Biofeedback (cont.)	pp. 419 - 451
R&F - 5/6 & 7		<i>DEAD DAYS (NO CLASSES)</i>	
<b>*W- 5/11</b>	<b>FINAL EXAM 6</b>	<b>Chapters 13 &amp; 14</b>	<b>**Available on Black Board <u>3pm to 5pm ONLY</u></b>
[M - 5/13		<i>FINAL GRADES DUE FOR GRADUATING STUDENTS DUE BY NOON]</i>	
[M - 5/16		<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, 1/12/2017