

PSY3311 – W01 HEALTH PSYCHOLOGY

WEB-BASE COURSE

Professor:	Dr. Bibiana M. Gutierrez	Office Hours:	Only by appointment requested via email
Office:	Only scheduled appointments via telephone/video	Office Phone:	432.386.3223 (must leave message for return call)
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, 1st Edition*. ISBN-10: 1-111-83161-0.

Prerequisite: PSY 1302 or consent of the professor.

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.

Student Learning Outcomes: 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.

Psychology Program Marketable Skills:

- f. Speaking Effectively: Students will demonstrate competency in public speaking and communicating scientific information to diverse audiences.
- g. Describing Feelings: Students will demonstrate empathic or active listening and conversational skills, and/or write clearly about their affective stance, respectfully attuned to the needs of their audiences.
- h. Identifying Resources: Students will demonstrate the aptitude to locate, organize and evaluate the credibility of information from multiple sources.
- i. Analyzing: Students will demonstrate ability to examine the underlying issues of scientific problems, attending to the pertinent details and creating action plans, recognizing ambiguity and complexity as essential components.

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. Attendance and Class preparation:

Class attendance is governed by the SRSU policy stated in the schedule of classes. Students will be dropped with an "F" when you have accumulated six (6) or more absences OR the equivalent in a web-based course. Class attendance in this course includes logging onto Black Board during the first week of class, taking exams on time,

2. Late Work and Make-Up Assignments:

If you cannot participate in this web-based class due to an emergency, excused-absence, or university-authorized absence, inform the professor as soon as possible *via email* of the situation. Late or make-up assignments and exams will only be accepted in the case of an emergency or excused absence with appropriate documentation (doctor's note, etc.)

Student absent for a university-authorized activity (such as a game, tournament, or event) will be allowed to make up the missed exam and/or complete the assignment scheduled for that day. **However**, it is the Student's responsibility to make these **arrangements for make-up exams/assignments with the professor BEFORE the absence via email request**. This DOES NOT INCLUDE absences related to paid (SRSU or otherwise) employment.

4. If You Get/Are Sick:

Student health services (<https://www.sulross.edu/page/343/student-health-services>) is staffed by a **registered nurse** located in University Center Suite 211 from 8 am- 5 pm Monday through Friday. Minor treatments, **over-the-counter medication** and basic first-aid supplies are available at no cost to Students. SRSU has a Student medical agreement with **Preventive Care Health Services (PCHS)** to provide limited outpatient care, see **covered services**. The clinic is **located opposite Alpine High School** across State highway 118 North with parking off Anson Avenue from 8 am to 5 pm Monday through Friday and the 2nd Saturday of each month from 9 am to 3 pm. To schedule an appointment, call (432) 837-4555. Your current Student ID card will be requested at check-in.

5. 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 and it is the Student's responsibility to initiate the request. **Please contact the Accessibility Services Coordinator, Ferguson Hall (Room 112) at 432.837.8203; 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.**

6. Religious Observance:

Any student absent from classes for the observance of a religious holy day will be allowed to take make-up the exam/assignment scheduled for that day. Arrangements for missing class due to a religious observance must be made with the professor via email **BEFORE** that absence.

7. Course Behaviors - Respect and Disruptions:

Watch the **VIDEO on NETIQUETTE** on Black Board. You are encouraged and expected to openly engage in discussions, ask questions, share ideas, and express your thoughts in this web-based course in the same manner as in a face-to-face course. 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).

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). 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.

9. Communicating with the Professor:

The best way to contact me is through email at bmg15th@sulross.edu. I strive to respond as soon as possible. If you do not receive a reply within 24 to 48 hours, please resend your email or call my cell 432.386.3223 and leave a message. If you text you must identify yourself and what course/section you are in for a response. During weekends, holidays, and breaks there may be a longer delay in a response until the next regular work day.

COURSE REQUIREMENTS:

1. **Regular and active Black Board Participation (BP = 100 points).** Your individual activity on black board will be monitored via logs maintained by Black Board. It is your responsibility to check your email daily and for any announcements related to this course. (This is a subjective judgment on the part of the professors regarding the quality of Student's participation, taking exams when scheduled, submitting assignments on time, and posting as required by due dates).
2. **Fourteen (14) Exams (each EXM = 100 points; 13 X 100 = 1300 points; lowest exam grade is dropped).** ***There are ABSOLUTELY NO MAKE-UPS on the Final Exam. It is NOT cumulative.*** All EXAMS are open book and notes. All Exams will be administered via Black Board at scheduled times. You may use your textbook, notes, copies of the Power Point, etc. during exams.
3. **Discussion Posts (DP = 20 points/post; 14 x 20 = 280 points)** (paragraph in the range of 3 to 4 sentences or more if you wish) of your thoughts, feelings, ideas, and/or reactions to your chapter readings as related to your experience and/or other things you have learned. ***These summaries will be posted publicly for all students in the course to view*** for the purpose of creating a sense of universality of experience and enhancing shared learning. It can also be a spring-board to encourage conversations (threads) among students if you wish. ***Please be mindful that once posted, your posts cannot be changed or deleted, and are monitored by the professor.***

4. Develop and write your own personalized **Stress Management and Well-Being Plan (SMWP = 100points)** using the format of Chapter 15 in the textbook. Refer to SMWP Rubric.

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 (1780 total points).

EXTRA CREDIT: No extra credit offered in this course.

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 Behavioral and Social Sciences 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. The 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**WEEK 1 (8/22-8/28)**

REVIEW Syllabus, get oriented to Black Board for course, obtain required textbook as quickly as you can.

POST Introduce yourself to the class and what you hope to learn from the course (by Sunday 8/28)

READ Chapter 1 Stress and Health (by 9/2)

Week 2 (8/29-9/4)

READ Chapter 1 Stress and Health (by Friday 9/2)

POST1 Over Chapter 1 by Sunday 9/4 *midnight*

Week 3 (9/5-9/11)

READ Chapter 2 Positive Psychology (by Friday 9/9)

POST2 over Chapter 2 (by Sunday 9/11 *midnight*)

EXAM1 over Chapter 1 on Black Board (75 mins to complete) **Open from 8am (Monday 9/5) CLOSES midnight (Friday 9/9)** (75minutes to complete)

Week 4 (9/12-9/18)

READ Chapter 3 Stress and the Nervous System (by Friday 9/16)

POST3 Over Chapter 3 (by Sunday 9/18 *midnight*)

EXAM2 over Chapter 2 on Black Board (75 mins to complete) **Open from 8am (Monday 9/12) CLOSES midnight (Friday 9/16)** (75minutes to complete)

Week 5 (9/19-9/25)

READ Chapter 4 Stress, Illness, and the Immune System (by Friday 9/24)

POST4 Over Chapter 4 (by Sunday 9/25 *midnight*)

EXAM3 over Chapter 3 on Black Board (75 mins to complete) **Open from 8am (Monday 9/19) CLOSES midnight (Friday 9/23)** (75minutes to complete)

Week 6 (9/26-10/2)

READ Chapter 5 Impact of Stress on Health Conditions (by Friday 9/30)

POST5 Over Chapter 5 (by Sunday 10/2 *midnight*)

EXAM4 over Chapter 4 on Black Board (75 mins to complete) **Open from 8am (Monday 9/26) CLOSES midnight (Friday 9/30)** (75minutes to complete)

Week 7 (10/3-10/9)

READ Chapter 6 Personality and Stress (by Friday 10/7)

POST6 Over Chapter 6 (by Sunday 10/9 *midnight*)

EXAM5 over Chapter 5 on Black Board (75 mins to complete) **Open from 8am (Monday 10/3) CLOSES midnight (Friday 10/7)** (75minutes to complete)

Week 8 (10/10-10/16)

READ Chapter 7 Anxiety, Anger, and Depression (by Friday 10/14)

POST7 Over Chapter 7 (by Sunday 10/16 *midnight*)

EXAM6 over Chapter 6 on Black Board (75 mins to complete) **Open from 8am (Monday 10/10) CLOSES midnight (Friday 10/14)** (75minutes to complete)

Week 9 (10/17-10/23)

READ Chapter 8 Interpersonal Stress (by Friday 10/21)

POST8 Over Chapter 8 (by Sunday 10/23 *midnight*)

EXAM7 over Chapter 7 on Black Board (75 mins to complete) **Open from 8am (Monday 10/17) CLOSES midnight (Friday 10/19)** (75minutes to complete)

~ SKIP CHAPTERS 9 & 10 ~**Week 10 (10/24-10/30)**

READ Chapter 15 Guidelines for Stress Management and Well Being Enhancement (by Friday 10/28)

POST9 Over Chapter 15 (by Sunday 10/30 *midnight*)

EXAM8 over Chapter 8 on Black Board (75 mins to complete) **Open from 8am (Monday 10/24) CLOSES midnight (Friday 10/28)** (75minutes to complete)

****UPLOAD STRESS MANAGEMENT & WELL-BEING PLAN** (by Monday 10/31 *midnight*)

Week 11 (10/31-11/6)**~ NO POST10 ~ NO EXAM10 ~**

READ Chapter 11 Physical Activity and Exercise (by Friday 11/4)

POST11 Over Chapter 11 (by Sunday 11/6 *midnight*)

EXAM9 over Chapter 15 on Black Board (75 mins to complete) **Open from 8am (Monday 10/31) CLOSES midnight (Friday 11/4)** (75minutes to complete)

Week 12 (11/7-11/13)**~ NO POST10 ~ NO EXAM10 ~**

READ Chapter 12 Nutrition (by Friday 11/11)

POST12 Over Chapter 12 (by Sunday 11/13 *midnight*)

EXAM11 over Chapter 11 on Black Board (75 mins to complete) **Open from 8am (Monday 11/7) CLOSES midnight (Friday 11/11)** (75minutes to complete)

Week 13 (11/14-11/20)

READ Chapter 13 Self-Regulation Relaxation Strategies (by Friday 11/18)

POST13 Over Chapter 13 (by Sunday 11/20 *midnight*)

EXAM12 over Chapter 12 on Black Board (75 mins to complete) **Open from 8am (Monday 11/14) CLOSES midnight (Friday 11/18)** (75minutes to complete)

Week 14 (11/21-11/27)

READ Chapter 14 Meditation, Yoga, and Biofeedback (by Friday 11/25)

POST14 Over Chapter 14 (by Sunday 11/27 *midnight*)

Thanksgiving Holiday -- 11/23-25

Week 15 (11/28 -12/4)

Dead Day 12/1, Thursday

POST15 Over what you have learned in this course and will take with you (due Sunday 12/4 *midnight*)

FINAL EXAM14 over Chapter 14 on Black Board (120 mins to complete) Open from 8am (Monday 11/28) CLOSES MidNigT (Monday 12/5) (NO EXAM13) ABSOLUTELY NO MAKE UP EXAMS – NO EXCEPTIONS

Week 16 (12/5-12/11)

It is your responsibility to make sure you have completed all your Discussion Posts, Exams, etc. verify in My Grades in Black Board BY 12/5 MiDNigT

Your lowest exam grade will be dropped based on what you have submitted by the 12/5 deadline.

[12/8 FINAL GRADES DUE FOR GRADUATING STUDENTS DUE BY NOON] – Email to remind me!

[12/12 FINAL GRADES DUE FOR CONTINUING STUDENTS DUE BY NOON]

THE MOST CURRENT VERSION OF THIS SYLLABUS WILL ALWAYS BE LOCATED ON THE BLACK BOARD ASSOCIATED WITH THIS COURSE

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 our control.

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.

UPLOAD TO BLACK BOARD AS PER INSTRUCTIONS – No emailed copies will be accepted.

You can submit a draft to professor 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	20 POINTS - _____
2) Physical Exercise	20 POINTS - _____
3) Restoration	20 POINTS - _____
4) Coping and Self-regulation coping strategies	40 POINTS - _____
5) Fostering positive relationships	30 POINTS - _____
6) Enhancing happiness and well-being	30 POINTS - _____
7) Content, organization, creativity	20 POINTS - _____
7) Spelling, grammar, writing style	20 POINTS - _____
	TOTAL - _____/200pts = _____ GRADE

Comments: