Dear Student,

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 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 our classes 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 of time outside the classroom to prepare for and complete the course assignments. This varies between students and courses; however, students typically spend a minimum of nine-twelve hours per week on course material.

To participate in the IDEAL Program, it is expected that you will do the following:
1. Participate in and complete the online orientation prior to your first online course.
2. Obtain the required course materials prior to the course start date.
3. Login and participate in your course a minimum of three times per week.
4. Complete all assignments to the best of your ability.
5. Participate in the class discussions and demonstrate respect and consideration to the instructor and other students when they express themselves in discussion.
6. If you have any technical difficulties, you must contact the Office of Distance Education immediately at ubonline@bridgeport.edu.

If you cannot perform these six 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.

**IMPORTANT:**
- An absence (lack of participation) in any week of the course, 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”).
- An absence of two or more weeks will be cause for a failing grade.

Cheating and Plagiarism
It is the student’s responsibility to become familiar with and adhere to the standards set forth in the policies on cheating and plagiarism as defined in Chapters 2 and 5 of the Key to UB [http://www.bridgeport.edu/pages/2623.asp](http://www.bridgeport.edu/pages/2623.asp) or the appropriate graduate program handbook.

E-mail correspondence
It is imperative that you check your UB e-mail on a regular basis. All written correspondence, to include IDEAL and the University will be sent to you through his e-mail. The University can no longer correspond to your personal e-mail account(s).

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 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 advise the instructor. Arrangements should be made at that time for additional assignments if appropriate. 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:
- An absence (lack of participation) in any week of the course, 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”).
- An absence of two or more weeks will be cause for a failing grade.

Incomplete grade
An incomplete may be given, at the discretion of the instructor, to those students who fail to complete assignments due the last day of your course. These would include absence from a final examination or inability to complete terminal assignments (papers, presentations) due to illness, employment conflicts, etc.

Incompletes will not be given to a student who fails to complete any assignment during the term. At the discretion of the instructor, these assignments could be completed no later than the last scheduled day of your class.

Drop Procedures
To drop a course, you must complete and submit a Schedule Change Request Form. The form can be accessed at the following web page: http://www.bridgeport.edu/include/pdf/AddDropForm.pdf.

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 Academic Calendar to see the fees for a drop and the impact on tuition. The Academic Calendar can be found at: http://www.bridgeport.edu/pages/2595.asp

Cell Phones
Cell phones must be turned off while in the classroom. A cell phone call is disruptive and disrespectful to the other students in the class.

Academic Dishonesty
We are committed to intellectual integrity in our academic pursuits; therefore, 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 computer-programming course. He has co-workers who program in the same language as his final project. As the end of the term approaches, he wonders how he will find the time to get the project finished, and asks one of his co-workers for help. His co-worker hands him a disk with a complete program similar to the kind required for the course project. The student makes minor modifications to the program, and submits it under his own name.

Case #2: A student enrolled in a religious studies course has never taken a humanities or history course, and is unsure about how to structure a research paper. She is doing research on the World Wide Web, and comes across a paper written by a student from another university. Using her computer mouse, she copies and pastes the document 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 as well as in the library. 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 classes; 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

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://myub.bridgeport.edu/academics/academicrescenter/Pages/default.aspx The Center is located in the Wahlstrom Library, Room 506. Hours of operation are Mondays –Thursday 9am – 6pm and Fridays 9am – 1pm. 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 your grades, access library services, access online tutoring, access the computers in 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 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.

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. Information on WebAdvisor is password protected and requires you to use your UBNet username and password. To access WebAdvisor, go to: http://www.bridgeport.edu/webadvisor
1. Login in with your UBNet username and password.
2. Click on “Student Menu.”
3. Click on “My Grades.”
If you are carrying a financial balance, access to WebAdvisor will be restricted.

Using the Library
You can access the library through the library’s website: http://www.bridgeport.edu/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.
To access the online journals for research purposes, you will need a UBNet account (see above).
Using Computers
Open access computer labs are available at three campuses:
- 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/ Weather Policy
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. Please note each campus makes weather cancellations independently. You should always check with the specific campus staff. It is best to call the campus emergency phone.
Bridgeport – 203-576-4159
Waterbury - 203-573-8501
Stamford – 203-358-0700

IMPORTANT CONTACT INFORMATION

<table>
<thead>
<tr>
<th>Office</th>
<th>Contact</th>
<th>Telephone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bridgeport Campus Security</td>
<td>Robinson Hernandez</td>
<td>(203) 576-4692</td>
<td><a href="mailto:bursar@bridgeport.edu">bursar@bridgeport.edu</a></td>
</tr>
<tr>
<td>Bursar</td>
<td>Robinson Hernandez</td>
<td>(203) 576-4692</td>
<td><a href="mailto:bursar@bridgeport.edu">bursar@bridgeport.edu</a></td>
</tr>
<tr>
<td>Cashier</td>
<td>Lana Mistry</td>
<td>(203) 576-4682</td>
<td><a href="mailto:cashier@bridgeport.edu">cashier@bridgeport.edu</a></td>
</tr>
<tr>
<td>Financial Aid</td>
<td></td>
<td>(203) 576-4568</td>
<td><a href="mailto:sfs@bridgeport.edu">sfs@bridgeport.edu</a></td>
</tr>
<tr>
<td>Registrar</td>
<td></td>
<td>(203) 576-4642</td>
<td><a href="mailto:registrar@bridgeport.edu">registrar@bridgeport.edu</a></td>
</tr>
<tr>
<td>Emergency Notification Phone</td>
<td></td>
<td>(203) 576-4159</td>
<td></td>
</tr>
<tr>
<td>Distance Education Office</td>
<td></td>
<td>(203) 576-4853</td>
<td><a href="mailto:ubonline@bridgeport.edu">ubonline@bridgeport.edu</a></td>
</tr>
<tr>
<td>IDEAL Office</td>
<td></td>
<td>(203) 576-4800</td>
<td><a href="mailto:idealinfo@bridgeport.edu">idealinfo@bridgeport.edu</a></td>
</tr>
</tbody>
</table>

CAMPUS CONTACT INFORMATION

<table>
<thead>
<tr>
<th>Campus</th>
<th>Address</th>
<th>Telephone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bridgeport</td>
<td>126 Park Avenue Bridgeport, CT 06604</td>
<td>(203) 576-4800</td>
<td><a href="mailto:idealinfo@bridgeport.edu">idealinfo@bridgeport.edu</a></td>
</tr>
<tr>
<td>Stamford</td>
<td>5 Riverbend Drive Stamford, CT 06750</td>
<td>(203) 358-0700</td>
<td><a href="mailto:ubstamford@bridgeport.edu">ubstamford@bridgeport.edu</a></td>
</tr>
<tr>
<td>Waterbury</td>
<td>84 Progress Lane Waterbury, CT 06705</td>
<td>(203) 573-8501</td>
<td><a href="mailto:ubwaterbury@bridgeport.edu">ubwaterbury@bridgeport.edu</a></td>
</tr>
<tr>
<td>Woodbridge</td>
<td>6 Lunar Drive Woodbridge, CT 06525</td>
<td>(203) 576-4800</td>
<td><a href="mailto:idealinfo@bridgeport.edu">idealinfo@bridgeport.edu</a></td>
</tr>
<tr>
<td>IDEAL Office</td>
<td></td>
<td>(203) 576-4800</td>
<td><a href="mailto:idealinfo@bridgeport.edu">idealinfo@bridgeport.edu</a></td>
</tr>
</tbody>
</table>

Directions to IDEAL Campus locations | http://www.bridgeport.edu/pages/2260.asp

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
COURSE DESCRIPTION: This course explores the biological, psychological, and social context of health and illness, with a focus on such topics as stress, addictions, pain, nutrition, eating disorders, HIV/AIDS, cardiovascular disease, pediatric health and aging.


To order textbooks, go to the bookstore website at: ubcampusstore.com

SUGGESTED RESOURCES

American Psychological Association website for assistance with APA Style: http://www.apastyle.org

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

1. Describe the models and theories that are used to explain health risk and health-enhancing behaviors and be able to apply this knowledge in the analysis of prevention, recovery and healing processes.

2. Explain the biopsychosocial model and its relevance to the prevention, etiology, and treatment of disease. Apply the model to specific health issues such as stress, cancer, pain, addictions, eating disorders, HIV/AIDS, cardiovascular disease, etc.

4. Evaluate and synthesize research on factors involved in causing, maintaining, contributing to, preventing, and treating a specific health issue.

5. Review and articulate advances in the fields of health and coping as these advances relate to prevention, treatment and recovery, including alternative medical systems and approaches.

6. Explore his/her own health history and habits and describe a positive, proactive approach for healthy living.
INSTRUCTIONAL METHODS / ACTIVITIES / ASSESSMENTS

We will identify, analyze, discuss, and research various issues related to the relationship between health and human behavior. We will do this through online class discussions, student reflection and individual assignments, quizzes and a research project.

Students are responsible for obtaining all materials presented online, completing assigned readings from the textbook and all required assignments. Students are also REQUIRED to participate in class discussions online. Since this class is online, a major portion of time management is up to the student. Students are responsible for making sure assignments are submitted on time. Make-up policy is at the discretion of the instructor. Late completion of assignments or examinations will result in penalty of 2 points deducted for each day of tardiness.

ACCESS AND NAVIGATION

This course will be facilitated using Canvas, the Learning Management System used by the University of Bridgeport which requires you to use your UBNet username and password. For assistance, contact UB Help Desk at (203) 576-4606 or contact the Office of Distance Education immediately at ubonline@bridgeport.edu.

COMMUNICATION AND SUPPORT

The best way to reach me is via my Canvas Inbox or University email (kpalko@bridgeport.edu) which I will check daily. I will reply within 24 hours to your Canvas Inbox or official University of Bridgeport email.

COURSE REQUIREMENTS

- **Weekly Discussions (8)**
  - Format: Online
  - Content: See description
  - Due Dates: Fridays, posted before 11:59 pm

- **Quizzes (4)**
  - Format: Multiple choice and/or short answer
  - Content: Based on assigned readings from text and online class discussions
  - Due Dates: Sundays (7/5, 7/12, 7/19, 8/9) submitted before 11:59 pm

- **Assignments (2)**
  - Format: Online
  - Content: “Health Psychology in Everyday Life” & “Health Issues Interview” (See descriptions)
  - Due Dates: Saturday (7/18 & 8/15) submitted before 11:59 pm

- **Behavior Change Project and Reflection**
  - Format: 3 page minimum, APA style paper (references not required for this personal reflection-style assignment)
  - Content: See description
  - Due Dates: Target Behavior approved by instructor: Friday 7/3 submitted before 11:59 pm
  - Paper submitted: Saturday 8/1, submitted before 11:59 pm

- **Research Paper**
  - Format: APA style format, minimum 6-8 pages long (title page, abstract page and reference pages are in addition to the minimum 6 pages of text). The paper must reference no fewer than 4 academic quality references, with a minimum 2 peer reviewed journal articles and may also include books or chapters in edited books.
  - Content: Students are to choose and research a specific topic within health psychology for in-depth exploration. Considering the biopsychosocial model and the theories studied in the course, papers should discuss details such as prevalence, risk and protective factors, causes, methods of prevention, current interventions and their efficacy and/or emerging interventions. Students choose their own topic, however, all topics must be cleared by the instructor.
  - Due Dates: Topic submitted to instructor: Saturday 7/25 submitted before 11:59 pm
  - Paper submitted via Turnitin: Friday 8/21, submitted before 11:59 pm
GRADING CRITERIA:

<table>
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<tr>
<th>GRADES / EVALUATION</th>
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LETTER GRADING SCALE

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<td>C+</td>
<td>Below 60</td>
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COURSE ASSIGNMENT (DESCRIPTIONS)

**Weekly Discussions** (8 online discussions at 40 points = 40% of final grade)

Eight discussions will take place online during the term on topics related to the weekly readings from the text. Students are expected to participate in all 8 discussions and must read the assigned chapters by the scheduled due dates, before joining the corresponding discussion.

Students will be graded on the following: (1) quality of discussion that demonstrates understanding of the material as a result of thorough and critical reading of the text material; (2) thoughtful and engaged responses to other students’ posts; and (3) ability to apply the new knowledge/information by connecting it to “real-world” topics from the latest research, relevant news, current events.

* Students must contribute a **minimum of 3 posts per discussion** thread (at least 1 initial post answering the question and 2 response posts to fellow classmates that further the discussion.)
* Each initial post should be a minimum of 100 words. **Response posts should be a minimum of 50 words.**
* Where appropriate, students should **reference** the specific section, theorist or page related to their post.
* Initial posts must be **submitted Fridays before 11:59 pm deadlines** as outlined.
* Posts should be made **in your own words** using Standard American English with proper punctuation and rare misspellings. Comments should be logical and reflect critical thinking.

Each week’s discussion focus is given in the Canvas online module (example “Module 1: Week 1”) that lists the assigned text readings and related questions as well as supplementary articles, videos, etc. required to participate. Online discussion boards are also available as an outlet for student questions, clarifications and comments and instructor feedback. These will be reviewed by the instructor daily.
**Weekly Chapter Quizzes** (4 online quizzes at 5 points each = 20% of final grade)

Per the course schedule, 4 quizzes associated with key chapters will become available at 8:00 am Thursday mornings of the week they are due. These quizzes will assess your knowledge and comprehension of the week's assigned reading and related discussions. It is recommended that students re-read the Summary sections in each chapter and review chapters sufficiently to score well on the quizzes.

* Each quiz will be approximately 20 questions (multiple choice, short answer, matching formats) related to essential concepts, terms, and key points from the chapter.

* Quizzes are online and timed with 60 minutes for completion.

* Quizzes are only available during Quiz weeks from Thursday morning at 8:00 am until the following Sunday at 11:59 pm (see Course Schedule due dates: 7/5, 7/12, 7/19, 8/9)

**No extensions or make-ups are given.**

* Quizzes are closed-book and are to be done individually. Giving or receiving assistance on quizzes constitutes academic misconduct.

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**Assignments** (2 activities at 5 points each = 10% of final grade)

❖ **Assignment 1: “Health Psychology in Everyday Life”**

Students will identify articles “in the news” related to current events, news stories, healthcare policy and/or research findings as they relate to the broad topic of Health Psychology. These can include content on new discoveries/advances in the field, findings on risk factors, prevention, treatment and/or recovery outcomes.

* Students will post 2 articles online to share with class members along with a 3-6 sentence personal commentary/reaction to the article by the Saturday, 7/18 11:59 pm deadline.

* At least 1 article must reference an empirical research study and its findings. (In other words, they should come from quality sources versus an online quiz, “How Healthy are You?” or other entertainment-based content from Facebook, The Onion, DrPhil.com etc.)

❖ **Assignment 2: “Health Issues Interview”**

Students will interview a willing friend, co-worker or family member about a health issue they have and apply the Biopsychosocial Model in describing their case. **Note:** Students should only enlist a subject that is open to discussing his/her health history and should focus on a health issue that he/she is comfortable describing (example: weight loss, stopping smoking, hypertension, diabetes, insomnia, pain, allergies, etc.) Students will:

* Post a 500 word minimum case summary on line based on interview details by the Saturday, 8/15 11:59 pm deadline.

* Identify subjects by a first name pseudonym only and include only include general demographic information (age, sex, race) in the summary and describe from a wholistic biopsychosocial perspective general symptoms while proposing possible diagnosis, causes, risk and preventive factors as well as the subject’s efforts to address/manage the problem.
**Behavior Change Project and Reflection Paper** (10 points = 10% of final grade)

This project requires students to evaluate their own health history and habits while developing and enacting a concrete, achievable plan for change. The goal is to promote a positive, proactive attitude toward healthy living and for students to experience similar processes that health psychology patients undergo to change behavior and improve health. Students will:

* Identify a behavioral change that would contribute to their personal health (Examples: exercising regularly, eating more fruit/vegetables, better managing stress, quitting smoking, improving sleep, etc.) This behavior must be approved by the instructor and described/quantified & qualified using a “SMART Goals” approach as outlined in the Canvas Week 1 Module. Students must email the instructor the behavior they wish to change by the end of Week 1 (deadline Friday 7/3 by 11:59 pm).

* Keep a weekly log for 1 month during the semester based on concrete actions and behaviors while also monitoring the impact of emotions, motivation and environmental factors.

* Write a 3 page minimum, APA style paper describing the success (or lack thereof) in changing the target behavior. Deadline for paper submission is Saturday 8/1 by 11:59 pm.

* Note: References are not required for this personal reflection-style assignment.

**Research Paper** (20 points = 20% of final grade)

Students are to research a specific topic of their choice within the field of health psychology and conduct an in-depth, evidence-based exploration while considering the biopsychosocial model and the various theories studied in the course. The goal is for students to synthesize their new knowledge of the field, incorporating and applying research to critically evaluate a health-related topic. Grade will be based on your knowledge of the topic, quality of references and the accompanying document. Students will:

* Identify a topic for research and email the instructor for approval by the Saturday 7/25 11:59 pm deadline.

* Write an APA style paper, minimum 6-8 pages long (title page, abstract page and reference pages are in addition to the minimum 6 pages of text), discussing details such as prevalence, risk and protective factors, causes, methods of prevention, current interventions and their efficacy and emerging interventions.

* Reference no fewer than 4 references with at least 2 peer-reviewed journal articles and may include books or chapters in edited books.

* Submit the paper via TurnitIn before the Friday 8/21 11:59 pm deadline.
## COURSE & ASSIGNMENTS WEEKLY SCHEDULE

<table>
<thead>
<tr>
<th>Week of</th>
<th>Topic</th>
<th>Reading Due/Assignments</th>
</tr>
</thead>
</table>
| 6/29    | **Discussion:** Intro to Health Psychology & Research  
**Activity:** Intros, Syllabus & Course Overview | **Chapters 1 & 2** (read for this week’s discussion)  
* Study for Quiz 1 (Ch. 1 & 2) due by 7/5  
* Read Chapter 3 & 4 (for next week) |
| 7/6     | **Discussion:** Healthcare & Adherence to Treatment  
**Activity:** Assignment 1 Info | **Chapters 3 & 4** (read for this week’s discussion)  
* Study for Quiz 2 (Ch. 3 & 4) due by 7/12  
* Read Chapter 5 & 6 (for next week)  
* Complete Assignment 1 (due by 7/18) |
| 7/13    | **Discussion:** Stress, Immunity, Disease & Coping  
**Activity:** Assignment 1 Due | **Chapters 5 & 6** (read for this week’s discussion)  
* Study for Quiz 3 (Ch. 5 & 6) due by 7/19  
* Read Chapters 7 & 8 (for next week)  
* Choose Research Paper Topic |
| 7/20    | **Discussion:** Managing Pain & Alternative Approaches  
**Activity:** Research Paper Topics Due | **Chapters 7 & 8** (read for this week’s discussion)  
* Read Chapters 9, 10, 11 (for next week)  
* Finish Behavior Change Reflection (due by 8/1) |
| 7/27    | **Discussion:** Behavioral Factors in Cardiovascular Disease, Cancer & Other Chronic Illness  
**Activity:** Behavior Change Reflection Papers Due | **Chapters 9, 10,11** (read for this week's discussion)  
* Read Chapters 12 & 13 (for next week)  
* Work on Research Papers |
| 8/3     | **Discussion:** Tobacco, Alcohol & Other Drugs  
**Activity:** Discussion | **Chapters 12 & 13** (read for this week’s discussion)  
* Study for Quiz 4 (Ch. 12&13) due by 8/9  
* Read Chapters 14 & 15 (for next week)  
* Complete Assignment 2 (due by 8/15) |
| 8/10    | **Discussion:** Eating, Weight & Exercising  
**Activity:** Assignment 2 Due | **Chapters 14 & 15** (read for this week’s discussion)  
* Read Chapter 16 (for next week)  
* Study for Quiz 4 next week (Ch. 12 & 13)  
* Complete Research Papers (due by 8/21) |
| 8/17    | **Discussion:** Future Challenges in the Field of Health Psychology & Wrap Up  
**Activity:** Research Papers Due | **Chapter 16** (read for this week’s discussion) |

*NNN Please note that any late assignments will be subject to a 2 point deduction for each day it is late.*