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 of 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 RB8W1, Health Psychology
Semester and Term: SPRING 2015
Class Meetings: Wednesdays, 1/14/2015 - 3/4/2015
Time: 6pm - 9pm
Campus Location: Stamford
Instructor: Dima Grozeva, UB e-mail: dgrozeva@bridgeport.edu

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.
The course is a comprehensive study of the relationship between behavior and health, including psychological factors in the development of diseases. It utilizes the biopsychosocial model in examining the course topics.

Prerequisite Courses: PSYC 103 and PSYC 201 or 202
Course Code: HS-PE, LA, PSY-PE, SsC

Required Textbook:
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 if 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.
First Assignment to be Completed Prior to the First Class Meeting:
In addition to reading the syllabus for the course, students are trusted to read the first two chapters of the textbook, Health Psychology, 8th edition. Based on the readings, answer the questions posted on Canvas, under Module 1. Answer the questions in your own words (3 to 6 full sentences), demonstrating your understanding of the material. The assignment is to be handed in at the beginning of the first class, **Wednesday, 1/14/2015**.

Assignments:

- **Research Paper:** Students are to introduce a specific topic within health psychology (narrow it down as much as possible) and propose methods of prevention and different interventions. The paper should be based on the theories studied in the course, as well as our understanding of prevention (primary, secondary and tertiary) and existing intervention methods and their effectivity. Students choose their own topic, however, all topics must be cleared by the instructor no later than class meeting on **Wednesday, 02/11/2015**. This paper should be formatted in APA Style, and should be between 9-15 pages long (title page, abstract page and reference pages are in addition to the minimum 9 pages of text). The paper has to reference no fewer than 3 peer reviewed journal articles. Detailed information and instructions on APA format will be provided online and in class.

- **In-class Presentation on Research Paper:** Students are expected to present the key aspects of their research project in a brief PowerPoint Presentation (5-10 minutes) on **Wednesday, 02/11/2015**. This is an opportunity for everyone to share their findings with peers, while demonstrating their mastery of the concepts and knowledge they have acquired during the course of the class, their individual research and prior experience.

- **Online Quizzes:** Students are trusted to complete a total of three online quizzes, where questions are based on the textbook readings assigned for the class. Quizzes compose of multiple choice questions and must be completed prior to the assigned due date (please see the class schedule for specific due dates). While students are allowed to use the textbook while completing the Quizzes, the best way to prepare for this approach of testing is to try and anticipate multiple choice questions, as you read through the material (this will also help you remember material and key concepts better).

- **Reading and Short Answers:** Students are expected to read **chapter 1** and three additional readings (posted on Canvas) and subsequently answer questions, based on the information and the conclusions of the authors. Students should answer questions in their own words (3 to 6 full sentences). These assignments should be completed prior to the beginning of class on the due date (please, see the class schedule). In addition to bringing a hard copy of their Commentary and Critique, students should also e-mail their paper to the instructor. Feedback will be provided for all submitted assignments.
Description of Weekly Sessions:
Each weekly session utilizes class time by combining lecture, PowerPoint Presentations and video material, as well as in-class discussions and participation. Each course is represented by an online module that provides the assigned readings or quizzes for class. In addition, students can find many additional readings, worksheets, video links and audio materials that are not mandatory, but provide an opportunity for further enrichment. Online discussion boards are also available as an outlet for questions, concerns and comments. Those will be reviewed by the instructor daily. Students are expected to demonstrate dedication and professionalism and respect to the learning process.

Grading Criteria:

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Research Paper</td>
<td>40%</td>
</tr>
<tr>
<td>Brief in-class presentation</td>
<td>5%</td>
</tr>
<tr>
<td>3 Online Quizzes</td>
<td>20%</td>
</tr>
<tr>
<td>3 Short answer assignments</td>
<td>25%</td>
</tr>
<tr>
<td>Participation</td>
<td>10%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

Letter Grading Scale:

<table>
<thead>
<tr>
<th>% of Points Earned</th>
<th>Letter Grade</th>
<th>% of Points Earned</th>
<th>Letter Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>100-94</td>
<td>A</td>
<td>76-74</td>
<td>C</td>
</tr>
<tr>
<td>93-90</td>
<td>A-</td>
<td>73-70</td>
<td>C-</td>
</tr>
<tr>
<td>89-87</td>
<td>B+</td>
<td>69-67</td>
<td>D+</td>
</tr>
<tr>
<td>86-84</td>
<td>B</td>
<td>66-64</td>
<td>D</td>
</tr>
<tr>
<td>83-80</td>
<td>B-</td>
<td>63-60</td>
<td>D-</td>
</tr>
<tr>
<td>79-77</td>
<td>C+</td>
<td>Below 60</td>
<td>F</td>
</tr>
</tbody>
</table>
## Class Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Class Assignment</th>
<th>Online Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/14/15</td>
<td>Introduction to Health Psychology and Research</td>
<td>Textbook: Ch: 1, 2</td>
<td>Short Answer Assignment #1 (Ch1)</td>
</tr>
<tr>
<td>1/21/15</td>
<td>Healthcare and Adherence to Treatment</td>
<td>Textbook: Ch: 3, 4</td>
<td>Short Answer Assignment #2 (Online reading 1)</td>
</tr>
<tr>
<td>1/28/15</td>
<td>Stress, Pain, Coping, Immunity and Disease</td>
<td>Textbook: Ch: 5, 6</td>
<td>Short Answer Assignment #3 (Online reading 2)</td>
</tr>
<tr>
<td>2/04/15</td>
<td>Managing Pain and Alternative Approaches</td>
<td>Textbook: Ch: 7, 8</td>
<td>Short Answer Assignment #4 (Online reading 3)</td>
</tr>
<tr>
<td>2/11/15</td>
<td>Behavioral Factors in Cardiovascular Disease, Cancer and Other Chronic Illnesses</td>
<td>Textbook: Ch: 9, 10, 11 Finalize Research Paper Topic</td>
<td>Online Quiz #1</td>
</tr>
<tr>
<td>2/18/15</td>
<td>Smoking Tobacco, Using Alcohol and Other Drugs</td>
<td>Textbook: Ch: 12, 13</td>
<td>Online Quiz #2</td>
</tr>
<tr>
<td>2/25/15</td>
<td>Eating, Weight and Exercising</td>
<td>Textbook: Ch: 14, 15</td>
<td>Online Quiz #3</td>
</tr>
<tr>
<td>3/04/15</td>
<td>Future Challenges in The Field of Health Psychology; Career choices</td>
<td>Textbook: Ch: 16 Literature Review Paper Due &amp; Presentation</td>
<td>Review APA Guidelines carefully before you submit your final paper</td>
</tr>
</tbody>
</table>

### 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

<table>
<thead>
<tr>
<th>Office</th>
<th>Telephone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bridgeport Campus Security</td>
<td>(203) 576-4911</td>
<td><a href="mailto:ubsecurity@bridgeport.edu">ubsecurity@bridgeport.edu</a></td>
</tr>
<tr>
<td>Bursar</td>
<td>(203) 576-4692</td>
<td><a href="mailto:bursar@bridgeport.edu">bursar@bridgeport.edu</a></td>
</tr>
<tr>
<td>Cashier</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>(203) 576-4568</td>
<td><a href="mailto:sfs@bridgeport.edu">sfs@bridgeport.edu</a></td>
</tr>
<tr>
<td>Registrar</td>
<td>(203) 576-4635</td>
<td><a href="mailto:registrar@bridgeport.edu">registrar@bridgeport.edu</a></td>
</tr>
<tr>
<td>Emergency Notification Phone</td>
<td>(203) 576-4159</td>
<td></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</td>
<td>(203) 576-4800</td>
<td><a href="mailto:idealinfo@bridgeport.edu">idealinfo@bridgeport.edu</a></td>
</tr>
<tr>
<td></td>
<td>Bridgeport, CT 06604</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stamford</td>
<td>5 Riverbend Drive</td>
<td>(203) 358-0700</td>
<td><a href="mailto:ubstamford@bridgeport.edu">ubstamford@bridgeport.edu</a></td>
</tr>
<tr>
<td></td>
<td>Stamford, CT 06750</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Waterbury</td>
<td>84 Progress Lane</td>
<td>(203) 573-8501</td>
<td><a href="mailto:ubwaterbury@bridgeport.edu">ubwaterbury@bridgeport.edu</a></td>
</tr>
<tr>
<td></td>
<td>Waterbury, CT 06705</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Directions to IDEAL Campus locations [http://www.bridgeport.edu/pages/2260.asp](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](http://www.fafsa.ed.gov). The school code for the University of Bridgeport is **001416**.

Federal Student Aid Information: 1-800-433-3243