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|  | <b>Department of Psychology</b><br><br><b>Psychology 4090 Special Studies in Health Psychology - Section 4</b><br><br><b>3 Units</b> |
| Fall 2022   |  |

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| <b>Instructor title and name:</b><br><b>Dr. Sirena Ibrahim Rabban, PhD</b>       | <b>Meeting days: Tuesday/Thursday</b>                        |
| <b>Meeting times: 3:00PM-4:15PM</b>  | <b>Meeting location: Zoom</b>                                |
| <b>Email: <a href="mailto:sibrahim@pointloma.edu">sibrahim@pointloma.edu</a></b> | <b>Office location and hours: Meet via Zoom upon request</b> |
| <b>Final Exam:</b><br><b>Tuesday, 12/13 4:30PM-7:00PM</b>                        | <b>Prerequisite: PSY 1003</b>                                |

### **PLNU Mission**

#### **To Teach ~ To Shape ~ To Send**

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

### **Foundational Explorations Mission**

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and culture.

### **COURSE DESCRIPTION**

This course is designed to give you a broad overview of the field of health psychology. Health psychology is a young and exciting field of study that examines the bi-directional relationship between psychology and health. We will try to answer such questions as: Are people with certain personality types more likely to get sick, or to get certain illnesses? What does stress do to your health? What psychological and social factors cause people to behave in unhealthy ways? What helps people adjust to illness? Does having a lot of friends affect your health? What can psychologists do to help cure illness? Who is healthier, men or women? Are there ethnic variations in health? How can we help people who are in pain without getting them addicted to painkillers? Does it matter how your doctor talks to you? Does being bereaved make you ill?

### **COURSE LEARNING OUTCOMES**

Upon completion of the course, students will be able to (1) understand and identify main topics of research on health psychology, (2) think critically via skills developed through readings assignments, and

discussions, (3) understand and critically analyze research methods and theories, (4) understand and apply research findings to health psychology issues, and (5) engage in discussion regarding health psychology topics with peers.

## **REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES**

*Health Psychology* by Shelley Taylor. For our class, you can use either the 11<sup>th</sup> Edition (ISBN: 9781260253900) or the 10<sup>th</sup> Edition (ISBN: 9781259870477) of the book.

## **COURSE CREDIT HOUR INFORMATION**

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3 unit class delivered over 16 weeks.

This is an online course, delivered via Canvas. Please carefully read through the entire syllabus so that you are familiar with all course expectations, requirements, and due dates. Assignments and course interactions will utilize digital and Internet technologies. On Canvas, you will access Learning Modules, which contain lectures, course readings, links to videos/films and resources. The Learning Modules will be made available before we meet to ensure students have time to look through the lecture and reading material. This course will require in depth reading of the textbook, as well as additional readings posted on Canvas. The content of the quizzes/final exam will come from a combination of the lecture notes, course textbook readings, supplemental readings, and films. In order to be prepared for the quizzes/final exam, students should attend all class sessions. Students should complete the reading assignments from the textbook for the day on which they appear on the schedule.

## **COURSE COMMUNICATION**

Course-related questions should be posted in the Help/General Questions Discussion Board Forum in the course Discussion board section of Canvas. This should be your first line of communication with me and with the course, with one exception: personal/private issues. For personal/private issues, please send me an email. I will respond to your email within 24 hours, likely sooner; however, please do not send a follow-up email until at least 24 hours have passed. In all email communications, please include “**Health Psychology**” at the beginning of the subject line so that I may quickly identify class emails and respond as soon as possible. Your university email must be used for all communications.

## **ONLINE ETIQUETTE**

Online classes require more effortful communication. It is important to remember that we will not have the non-verbal cues that occur in a face-to-face classroom. I may not be able to see the confused, frustrated, or unhappy expressions on your face if you encounter problems. You must communicate with me so that I can help. To make this experience go smoothly, remember that you are responsible for initiating contact and being direct, persistent, and vocal when you do not understand something.

## ASSESSMENT AND GRADING

### Assignments & Grading Policy

| <u>Graded Assignments</u>                                | <u>Points</u> |
|--|---------------|
| Introductions  | 3             |
| Syllabus Quiz  | 3             |
| Discussion Posts (6 x 2 points)                          | 12            |
| Responses to Classmate's Discussion Posts (6 x 2 points) | 12            |
| Quizzes (2 x 15 points)                                  | 20 (of 55)    |
| Final Exam   | 35 (of 55)    |
| Reflection Paper   | 15            |
| <b>Total Points</b>                                      | <b>100</b>    |

Grades will be based on the following:

#### Sample Standard Grade Scale Based on Percentages

| <b>A</b> | <b>B</b> | <b>C</b> | <b>D</b> | <b>F</b>       |
|----------|----------|----------|----------|----------------|
| A 93-100 | B+ 87-89 | C+ 77-79 | D+ 67-69 | F Less than 59 |
| A- 90-92 | B 83-86  | C 73-76  | D 63-66  |                |
|          | B- 80-82 | C- 70-72 | D- 60-62 |                |

**PLEASE NOTE:** To be fair to everyone, we need to use these exact cutoffs. Under no circumstances can we change the grade of any one particular student. There is no “curve”. The above is the grading scale used in this course.

1. **Introduction (3 points):** We'll be sharing a bit about ourselves the first day. Can't wait to learn more about you!
2. **Syllabus & Discussion Board Instructions and Guidelines Quiz (3 points):** There will be one quiz to help you get familiar with the syllabus and with the instructions for posting on our discussion board. The aims of this quiz are to ensure you read and understand these two critical documents; if you answer incorrectly, please do review these documents again. If you complete this assignment by its deadline, you will receive full credit
3. **Learning Module Discussion Posts and Responses to Classmates' Posts (24 points):** A discussion prompt/question will be posted on our discussion board. You will post one original response to this prompt (2 points each x 6 original responses) and you will post one response to a classmate's original response to the prompt (2 points each x 6 responses to classmates). To receive full credit, you must complete both parts of each discussion. Original discussion board posts are due by 11:55PM on the due date associated with that learning module.

Responses to classmates' posts are due 24 hours later, by 11:55PM on the day after the due date associated with that learning module.

**Detailed information about discussion board posts (e.g., instructions and grading rubrics) is posted in Canvas.**

#### **4. Quizzes and Final Exam (55 points):**

- We will have three (3), in-class quizzes during the semester. Only TWO quiz grades will count toward your final course grade. They will test your knowledge and understanding of topics within the corresponding section of the course. These will be multiple choice and will reflect information covered in readings, your textbook, lecture slides, videos, discussion boards, and any other course materials.
- If you take all three quizzes, the scores for your two (2) highest quiz grades will count toward your final course grade (the third quiz grade will be dropped).
- If you take only two quizzes, the scores on the two quizzes you take will count toward your final course grade.
- Make up quizzes and tests will not be offered. Exceptions are made for extreme circumstances. Contact the instructor as soon as possible to make arrangements. Documentation of the circumstance may be required.
- **The Final Exam is Mandatory! The final exam will be cumulative.** You will be tested on all of the material covered throughout the entire semester. The cumulative final exam will be given on the exam day determined by the registrar (Tuesday, Dec 13th beginning at 4:30PM sharp!). **NO MAKE-UP EXAMS ARE GIVEN FOR THE FINAL EXAM! THE FINAL EXAM IS MANDATORY AND THAT SCORE CANNOT BE DROPPED!!!**
  - The final will be comprised of multiple-choice items exclusively
  - Successful completion of this class requires taking the final examination on its scheduled day. No requests for early examinations or alternative days will be approved. In the rare case that a student is scheduled for more than three (3) final examinations on the same day, the student is authorized to contact each professor in order to work out an alternative time for one of those examinations. This professor needs to be contacted at least 2 weeks prior to finals for any and such arrangements.

#### **5. Paper (15 points):**

- Your final paper will describe your analysis/synthesis of research on a particular topic of interest to you. This assignment will allow you the opportunity to think deeply about a topic that interests you and to analyze/synthesize research on this topic. The paper should be 2-3 pages in length; these are strict cutoffs and your paper should be at least 2 pages and no more than 3 pages. Your paper should be double-spaced, Times New Roman 12-point font, with one-inch margins; a title page is not required but references (in APA style) are required if you use ideas or information from previous authors or from course materials.
- The prompts and requirements for your final reflection paper are posted on Canvas. **Late papers will accepted, but will result in a 10% deduction from your grade. The latest I am willing to accept papers is Tuesday, November 22nd, 2022.**

#### **6. Extra Credit:**

- In order to promote consistent attendance, participation, and active learning, unannounced activities will be conducted periodically throughout the semester. The activities will relate to the course material being discussed, and responses to the activities will be posted on Canvas.

You will receive extra credit points for submitting the activities (if you miss class on the day of an in-class activity, you cannot make it up). Extra credit can be used to boost a course grade if you are on the border between two grades. For example, a student with sufficient extra credit might receive an A rather than an A-, or a C+ rather than a C.

## **SPIRITUAL CARE**

PLNU strives to be a place where students grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If you have questions, a desire to meet with the chaplain, or if you have prayer requests, you can contact the [Office of Student Life and Formation](#).

## **STATE AUTHORIZATION**

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.

## **PLNU COPYRIGHT POLICY**

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

## **PLNU ACADEMIC HONESTY POLICY**

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

## **PLNU ACADEMIC ACCOMMODATIONS POLICY**

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center ([EAC@pointloma.edu](mailto:EAC@pointloma.edu) or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

## **SEXUAL MISCONDUCT AND DISCRIMINATION**

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. If you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that help and support are available through the Title IX Office at [pointloma.edu/Title-IX](http://pointloma.edu/Title-IX). Please be aware that under Title IX of the Education Amendments of 1972, it is required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at [counselingservices@pointloma.edu](mailto:counselingservices@pointloma.edu) or find a list of campus pastors at [pointloma.edu/title-ix](http://pointloma.edu/title-ix)

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation.

In some courses, a portion of the credit hour content will be delivered **asynchronously** and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](#) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

### **Asynchronous Attendance/Participation Definition**

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

## **USE OF TECHNOLOGY**

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams require a computer with a camera (tablets are not compatible) to complete exams online.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.