

PSY 218 - HEALTH PSYCHOLOGY

Spring 2005

Section: 4434	Professor: Dr. B. A. Gray
Class Times: TR 9:00-10:15 am	Phone: 423-6777
Room: SB 144	E-mail: dr.gray@sccmail.maricopa.edu
	Office: SB 146
	Office Hours:
	MWF: 8:00-8:30 am & 10:20-10:50 am
	TR: 8:00 am - 9:00 am
	Other times by appointment

TEXT:

No text book will be used during this semester. Dr. Gray will provide you with study guides for each chapter.

COURSE OBJECTIVES:

1. To introduce you to the concepts, theories, terminology, principles, and research which make up the disciplines of health psychology and behavioral medicine.
2. To make you more aware of the behavioral and the mental foundations which underlie health, wellness, illness, and disease; and the role psychology plays in these processes (e.g., the mind-body connection).
3. To introduce you to the practice of health psychology and behavioral medicine in terms of the psychological dimensions of medical intervention.

ATTENDANCE:

Attendance will be taken each class meeting and will be considered in determining final course grades, especially borderline grades. Students are responsible for attending class. Class lectures and activities are an important part of the learning process and it is expected that students will make every reasonable effort to attend all lectures. If for some reason it is necessary for you to miss a class, I suggest you obtain lecture notes from another student.

ASSIGNMENTS AND EXTRA CREDIT:

Assignments consisting of short papers, projects, and/or other formats, may be assigned periodically. Due dates will be given and one (1) point will be deducted for each class period an assignment is turned in late.

You can obtain extra credit by completing crossword puzzles which are related to topics covered in this course. You will receive one (1) point for each puzzle you complete correctly and turn in to Dr. Gray. You can also obtain extra credit by attending a lecture on a psychology topic or watching a video related to psychology and completing a write up which you hand in to Dr. Gray.

Please refer to the handout which explains in detail the requirements, the formats, and the due dates for assignments and for extra credit.

FORMAT:

All assignments and extra credit must be **typed, double-spaced** on 8½ " x 11" white paper. Place your name in the upper right-hand corner of your paper. If there are multiple pages, then the pages must be **stapled** in the upper left-hand corner. Plagiarism (copying from another source) is grounds for a paper to be rejected. Papers that do not follow these format criteria will not be accepted.

PAPERS:

No papers will be accepted after Thursday, April 28th, 2005.

EXAMS:

- * There will be *approximately* three (3) exams during the duration of this course. You **must** take all exams that are given. You can **not** drop any of your exam scores. Grades are raised by mastering the material taught in the class as evidenced by performing well on exams and assignments.
- * Exams will consist of multiple-choice, matching, true-false, fill-in-the-blank, and/or short answer questions. You will always be informed of exam formats prior to taking exams.
- * Each exam will be announced at least one (1) class period before being given. I will give you **tentative** exam dates ahead of time to help you plan your studying.

EXAMS – continued:

Exam 1	Chapters 1 and 2	≈ Thursday, February 10 th , 2005
Exam 2	Chapters 3 and 4	≈ Tuesday, March 8 th , 2005
Exam 3	Chapters 5, 9 and 10	≈ Thursday, April 14 th , 2005

- * You are expected to take each exam on the day that it is scheduled. If you are sick or have an emergency that prevents you from taking an exam on the day it is scheduled you must contact me within 48 hours from the time of the exam to make arrangements to make up the missed exam. **ALL REQUESTS AFTER 48 HOURS WILL BE DENIED.** Being inadequately prepared is **NOT** an acceptable excuse. You are expected to be prepared at all times.
- * With instructor approval, make-up exams can be arranged by appointment if they are taken **BY THE END OF THE SECOND SCHOOL DAY FROM THE DATE OF THE EXAM (not class periods).**
- * There will be no comprehensive midterm or comprehensive final exam. There will only be the approximately three (3) exams covering the assigned chapters and lectures.
- * The final exam **must** be taken **on the date it is scheduled**; there will be **NO make-up exam for the final exam without PRIOR permission.**
- * **Tape recorders are NOT permitted when reviewing for, or discussing exams.**

FINAL PROJECT:

A final project will be assigned at the end of the semester. Students will work in groups on assigned topics and prepare both a verbal presentation to the class and a written paper on their topic. **Class presentations will take place on Tuesday, May 3rd and Thursday, May 5th, 2005. The final paper is due on Thursday, May 5th, 2005.** More information will be provided about the final project in class toward the middle of the semester. See handout for details.

GUEST SPEAKERS:

Throughout the semester special guest speakers will come to class to share information with you about their field of interest. These speakers are very talented and sought after, and come voluntarily to our class to talk to all of you. As such, you should make every effort to be present when speakers come to talk. Without an acceptable excuse, **3 points will be deducted from your total score for each guest speakers you miss.**

GRADE:

Your course grade is based on the total number of points you obtain during the entire semester (exams, assignments, and projects). Exams are scored at one (1) point per exam item. Your grade is calculated as a percentage of the points you obtained out of the total points possible according to the following scale:

A = 90% and above

B = 80 - 89%

C = 70 - 79%

D = 60 - 69%

F = 59% and below

COURSE WITHDRAWAL:

The instructor has the option of withdrawing a student who has accumulated unofficial absences in excess of the number of times a class meets per week. For example, if the course meets three (3) times a week, the instructor can withdraw a student if he/she has more than three (3) unexcused absences.

Although students may be withdrawn at the discretion of the instructor, it is not the responsibility of the instructor to withdraw any student for nonattendance. If you decide to drop the course, you must withdraw from the course administratively. Students who quit attending class but do not drop the course administratively may receive a failing grade.

HELP:

If you have any questions, difficulties, and/or would like help learning to study, please contact me at my office. I am willing to make any reasonable and appropriate accommodations for limitations due to any disability, including learning disabilities. If you have a special need, please come by my office so we can discuss the situation.

PROFESSOR'S STATEMENT:

As a tenured faculty member of the Department of Behavioral Science, I place a high priority on providing for students an academic environment that is rich in intellectual stimulation and that is conducive for learning to occur. Within this environment I am here in a facilitative role, to provide opportunities for learning and to be a resource for you to draw upon. While I strive to create a learner-centered environment, the ultimate responsibility for the acquisition of knowledge rests with you. I encourage you to take out of this class the most you possibly can.

This syllabus may be modified by the professor at any time! Modifications to the course syllabus and exact exam dates will be announced in class. It is the student's responsibility to keep abreast of modifications made in the course syllabus as well as to be informed of exact exam dates!