

BIOL 3331/PSYC 4361

**Peer Leaders in Health
Psychology Service-Learning**

Spring 2014

Instructor: Angela Liegey Dougall, PhD
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Course Website: Please go to Blackboard at
<http://www.uta.edu/blackboard/>

Office Hours: Tuesday & Thursday 10:30-11:30 AM and by appointment

Time and Place of Class Meetings: TBD

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Office Hours: Tuesday & Thursday 3:30-4:30 PM

Description of Course Content: BIOL 3331-064/ PSYC 4361-016- Peer Leaders in Health Psychology Service-Learning 3 hours credit

This course provides learning through service as a peer leader in a larger health psychology service-learning project. Students engage in classroom activities, assignments, and discussions and in addition, integrate course content and learning outcomes with genuine community needs or issues. Collaborations with the community result in relationship building and partnerships through intentional, structured service experiences. Students are required to analyze and evaluate these experiences by engaging in reflective activities, such as discussion and journaling. This process of structured service and learning in the community promote a sense of civic responsibility and commitment to others. Students commit to serve weekly time agreed upon by student, faculty, and community agency. Offered as BIOL 3331 and PSYC 4361. Prerequisite: BIOL/HEED/PSYC 4357.

Student Learning Outcomes:

- The student will be able to summarize the theory and research related to service-learning.
- The student will develop leadership skills in conducting service by being a mentor for students who are engaging in service-learning as part of the BIOL/HEED/PSYC 4357 Health Psychology course.
- The student will be able to work with community partners to organize and conduct service-learning activities on topics related to Health Psychology, such as chronic diseases, exercise, diet, preventive medicine, and many more.

Required Textbooks and Other Course Materials:

- Reserved readings will be available in the Science Education and Career Center in LS106 or a link will be available on the Blackboard site for the course.

Descriptions of major assignments and examinations: There will be 14 assignments, completion of service hours, and participation at class meetings. (See the **tentative course schedule** for assignment due dates.)

For Assignments 1 and 14, you will need to think about the learning objectives for this course and provide feedback related to your thoughts and experiences through online assignments worth 5 points each. For Assignments 2-13, you will need to complete reflection statements about your experiences during the preceding week (worth 10 points each). Readings will be assigned and discussed during class meeting times. Participation during class meeting times will be worth 70 points.

There are three (3) options for completing the service-learning project worth 150 points. Both options require submission of a waiver and access to personal transportation for events that are located off-campus, outside of normal class time.

Option 1: The first opportunity for off-campus service-learning is with the Boys and Girls Club of Arlington at the Roquemore Branch. Students will volunteer at the center and serve as peer leaders for a group of students in BIOL/HEED/PSYC 4357 Health Psychology. Students will also work with Donielle Smith from UTA Health Services to organize and deliver health oriented programming at the center. Hours during which students may volunteer include Monday through Friday 3:30-7:00 pm and Saturday (for sports). Volunteers must be willing to commit to a schedule of service that includes six hours a week for a minimum of 75 hours and complete reflection statements.

Option 2: The second opportunity is to volunteer with Mission Arlington through their outreach services including the medical and dental clinics. . Students will volunteer at the Mission and serve as peer leaders for a group of students in BIOL/HEED/PSYC 4357 Health Psychology. Mission Arlington is off-campus but conveniently located within walking distance. Students may volunteer throughout the day and some evenings. **Mission Arlington has requested that students spend at least two (2) hours volunteering per visit.** Volunteers must be willing to commit to a schedule of service that includes six hours a week for a minimum of 75 hours and complete reflection statements.

Option 3: The third opportunity is to volunteer with the Salvation Army Arlington Corps through their Youth Education Town (YET) or Family Life Center. The YET serves Arlington children from elementary school through high school. Volunteer hours are primarily Monday through Friday 3:30-7:00 pm. There are also opportunities to become involved in their school outreach program during the day and programming on Saturdays before 2:00 pm. The Family Life Center delivers family-oriented programming during the day and evenings in which students may also volunteer. The Salvation Army is conveniently located within walking distance of campus. Volunteers must be willing to commit to a schedule of

service that includes six hours a week for a minimum of 75 hours and complete reflection statements.

Make-up Assignment Policy: If you miss an assignment, a grade of zero will be given. There is no provision for taking a make-up assignment in this course unless documentation for a University-approved excuse (see Catalog <http://www.uta.edu/catalog/general/academicreg>) is received within one week of the assignment date. Routine scheduled activities, such as work, doctor's appointments, vacations, weddings, or other conflicting appointments, will not be considered excused absences. It is the responsibility of the student to schedule any make-up assignments.

Grading Policy: You will have the opportunity to earn **350** points. There will be two assignments (Assignments 1 & 14) worth 5 points each, 12 assignments (Assignments 2-13) worth 10 points each, completion of a minimum of 75 service hours worth 150 points, and class participation worth 70 points. **Students are expected to keep track of their performance throughout the semester and seek guidance from available sources (including the instructor) if their performance drops below satisfactory levels.** Final course grades will be calculated by adding assignment, service-learning project, and participation together, dividing by 350, and assigning final letter grades as follows:

Letter Grade	Percentage of Points	Points required
A	89.5-100.0%	313.25-350
B	79.5-89.4%	278.25-313.24
C	69.5-79.4%	243.25-278.24
D	59.5%-69.4%	208.25-243.24
F	0%-59.4%	0-208.24

Grade Grievance Policy: The University Grade Grievance Policy will be followed. Any appeal of a grade in this course must follow the procedures and deadlines for grade-related grievances as published in the current undergraduate catalog. (See Grade Grievance Policy in the Undergraduate Catalog.)

Attendance Policy: By enrolling in this course you have made a commitment to attend at the scheduled meeting times. Regular attendance at weekly class meetings and community service sites is expected and counts toward the participation grade. Routine scheduled activities, such as work, doctor's appointments, vacations, weddings, or other conflicting appointments, will not be considered excused absences. If you are dropped from this class for non-payment of tuition, you may secure an Enrollment Loan through the Bursar's Office. You may not continue to attend class until your Enrollment Loan has been applied to outstanding tuition fees.

Expectations for Out-of-Class Study: A general rule of thumb is this: for every credit hour earned, a student should spend 3 hours per week working outside of class. Hence, a 3-credit course might have a minimum expectation of 9 hours of reading, study, etc. Beyond the time required to attend each class meeting, students enrolled in this course

should expect to spend at least an additional 9 hours per week of their own time in course-related activities, including reading required materials, completing assignments (including service-learning), preparing for exams, etc.

Drop Policy: Students may drop or swap (adding and dropping a class concurrently) classes through self-service in MyMav from the beginning of the registration period through the late registration period. After the late registration period, students must see their academic advisor to drop a class or withdraw. Undeclared students must see an advisor in the University Advising Center. Drops can continue through a point two-thirds of the way through the term or session. It is the student's responsibility to officially withdraw if they do not plan to attend after registering. **Students will not be automatically dropped for non-attendance.** Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. For more information, contact the Office of Financial Aid and Scholarships (<http://www.uta.edu/ses/fao>). Please refer to university drop policy. Please also refer to the academic calendar (<http://www.uta.edu/uta/acadcal/>).

Americans With Disabilities Act: The University of Texas at Arlington is on record as being committed to both the spirit and letter of all federal equal opportunity legislation, including the *Americans with Disabilities Act (ADA)*. All instructors at UT Arlington are required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Any student requiring an accommodation for this course must provide the instructor with official documentation in the form of a letter certified by the staff in the Office for Students with Disabilities, University Hall 102. Only those students who have officially documented a need for an accommodation will have their request honored. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at www.uta.edu/disability or by calling the Office for Students with Disabilities at (817) 272-3364.

Academic Integrity: Students enrolled in this course are expected to adhere to the UT Arlington Honor Code:

I pledge, on my honor, to uphold UT Arlington's tradition of academic integrity, a tradition that values hard work and honest effort in the pursuit of academic excellence.

I promise that I will submit only work that I personally create or contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the highest standards of integrity and uphold the spirit of the Honor Code.

At UT Arlington, academic dishonesty is completely unacceptable and will not be tolerated in any form, including (but not limited to) "cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts" (UT System Regents'

Rule 50101, §2.2). Suspected violations of university's standards for academic integrity (including the Honor Code) will be referred to the Office of Student Conduct. Violators will be disciplined in accordance with University policy, which may result in the student's suspension or expulsion from the University.

Sections of your work for which scholastic dishonesty has been detected will receive zero points and a disciplinary report will be filed.

Student Support Services Available: UT Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. Resources include tutoring, major-based learning centers, developmental education, advising and mentoring, personal counseling, and federally funded programs. For individualized referrals, students may contact the Maverick Resource Hotline by calling 817-272-6107, sending a message to resources@uta.edu, or visiting www.uta.edu/resources.

Electronic Communication: UT Arlington has adopted MavMail as its official means to communicate with students about important deadlines and events, as well as to transact university-related business regarding financial aid, tuition, grades, graduation, etc. All students are assigned a MavMail account and are responsible for checking the inbox regularly. There is no additional charge to students for using this account, which remains active even after graduation. Information about activating and using MavMail is available at <http://www.uta.edu/oit/cs/email/mavmail.php>.

Student Feedback Survey: At the end of each term, students enrolled in classes categorized as "lecture," "seminar," or "laboratory" shall be directed to complete an online Student Feedback Survey (SFS). Instructions on how to access the SFS for this course will be sent directly to each student through MavMail approximately 10 days before the end of the term. Each student's feedback enters the SFS database anonymously and is aggregated with that of other students enrolled in the course. UT Arlington's effort to solicit, gather, tabulate, and publish student feedback is required by state law; students are strongly urged to participate. For more information, visit <http://www.uta.edu/sfs>.

Final Review Week: A period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week *unless specified in the class syllabus*. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. During this week, **classes are held as scheduled**. In addition, instructors are not required to limit content

to topics that have been previously covered; they may introduce new concepts as appropriate.

Emergency Exit Procedures: Should we experience an emergency event that requires us to vacate the building, students should exit the room and move toward the nearest exit or emergency exit. When exiting the building during an emergency, one should never take an elevator but should use the stairwells. Faculty members and instructional staff will assist students in selecting the safest route for evacuation and will make arrangements to assist handicapped individuals.

Librarian to Contact: Library information can be obtained through Suzanne Beckett, Psychology Librarian. Please contact her by phone (817-272-0923) or by email (sbeckett@uta.edu). You will find useful information for psychology at <http://libguides.uta.edu/psychology>.

Tentative Course Schedule:

Week	Date	Lecture Topic	Reading Assignments
1	1/13-17	Overview	
2	1/20-24	Overview	TBN Assignment 1 Due
3	1/27-31	What is Service Learning?	TBN Assignment 2 Due
4	2/3-7	Being a Peer Leader	TBN Assignment 3 Due
5	2/10-14	Service-Learning Theory	TBN Assignment 4 Due
6	2/17-21	Service-Learning Theory	TBN Assignment 5 Due
7	2/24-28	Reflective Learning	TBN Assignment 6 Due Service Log 20 Hours Due
8	3/3-7	Reflective Learning	TBN Assignment 7 Due
9	3/10-14	<i>Spring Holiday</i>	
10	3/17-21	Reflective Learning	TBN Assignment 8 Due
11	3/24-28	Examples of Service-Learning	TBN Assignment 9 Due Service Log 45 Hours Due
12	3/31-4/4	Reflective Learning	TBN Assignment 10 Due
13	4/7-11	Examples of Service-Learning	TBN Assignment 11 Due Service Log 60 Hours Due
14	4/14-18	Reflective Learning	TBN Assignment 12 Due
15	4/21-25	Examples of Service-Learning	TBN Assignment 13 Due
16	4/28-5/2	Examples of Service-Learning	TBN Service Log 75 Hours Due
17	5/5-9	<i>Finals Week – NO CLASS</i>	Assignment 14 Due

As the instructor for this course, I reserve the right to adjust this schedule in any way that serves the educational needs of the students enrolled in this course. – Angela Liegey Dougall, PhD