

BIOL/PSYC 3331

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

Spring 2017

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

Description of Course Content: BIOL 3331-064/ PSYC 3331-016- 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 3331. 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 13 assignments, completion of service hours, and participation at class meetings. (See the **tentative course schedule** for assignment due dates.)

<p>Emergency Phone Numbers: In case of an on-campus emergency, call the UT Arlington Police Department at 817-272-3003 (non-campus phone), 2-3003 (campus phone). You may also dial 911.</p>

For each of the Assignments, 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 Clubs of Arlington North Branch at Peach Elementary (2020 Baird Farm Rd. Arlington, 76006). Students will volunteer at the center and serve as peer leaders for a group of students in BIOL/HEED/PSYC 4357 Health Psychology. Students may also help 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). **Students are required to 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 2: The second opportunity is to volunteer with Mission Arlington through their outreach services, including the medical and dental clinics and other areas of Mission Arlington. 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. **Students are required to 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 Freedom Hospice. Students will volunteer with hospice patients as well as serve as peer leaders for a group of students in BIOL/HEED/PSYC 4357 Health Psychology. Freedom Hospice has patients in nursing care facilities in our communities who are receiving hospice support. Students may volunteer by going to a facility and visiting with designated hospice care patients. **Students are required to attend an orientation session and 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.

Other options may become available during the course for service.

Attendance: At The University of Texas at Arlington, taking attendance is not required but attendance is a critical indicator in student success. Each faculty member is free to develop his or her own methods of evaluating students' academic performance, which includes establishing course-specific policies on attendance. **As the instructor of this**

section, I will take attendance. 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.

However, while UT Arlington does not require instructors to take attendance in their courses, the U.S. Department of Education requires that the University have a mechanism in place to mark when Federal Student Aid recipients "begin attendance in a course." UT Arlington instructors will report when students begin attendance in a course as part of the final grading process. Specifically, when assigning a student a grade of F, faculty report the last date a student attended their class based on evidence such as a test, participation in a class project or presentation, or an engagement online via Blackboard. This date is reported to the Department of Education for federal financial aid recipients.

Grading Policy: You will have the opportunity to earn **350** points. There will be 13 assignments (Assignments 1-13) 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

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.

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. You are responsible for scheduling your service times and getting to and from your service site.

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 University Catalog. (See <http://catalog.uta.edu/academicregulations/grades/#undergraduatetext>)

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/aao/fao/>).

Disability Accommodations: UT 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), The Americans with Disabilities Amendments Act (ADAAA), and Section 504 of the Rehabilitation Act. 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 disability. Students are responsible for providing the instructor with official notification in the form of a letter certified by the **Office for Students with Disabilities (OSD)**. Only those students who have officially documented a need for an accommodation will have their request honored. Students experiencing a range of conditions (Physical, Learning, Chronic Health, Mental Health, and Sensory) that may cause diminished academic performance or other barriers to learning may seek services and/or accommodations by contacting:

The Office for Students with Disabilities, (OSD) www.uta.edu/disability or calling 817-272-3364. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at www.uta.edu/disability.

Counseling and Psychological Services, (CAPS) www.uta.edu/caps/ or calling 817-272-3671 is also available to all students to help increase their understanding of personal issues, address mental and behavioral health problems and make positive changes in their lives.

Non-Discrimination Policy: The University of Texas at Arlington does not discriminate on the basis of race, color, national origin, religion, age, gender, sexual orientation,

disabilities, genetic information, and/or veteran status in its educational programs or activities it operates. For more information, visit uta.edu/eos.

Title IX Policy: The University of Texas at Arlington ("University") is committed to maintaining a learning and working environment that is free from discrimination based on sex in accordance with Title IX of the Higher Education Amendments of 1972 (Title IX), which prohibits discrimination on the basis of sex in educational programs or activities; Title VII of the Civil Rights Act of 1964 (Title VII), which prohibits sex discrimination in employment; and the Campus Sexual Violence Elimination Act (SaVE Act). Sexual misconduct is a form of sex discrimination and will not be tolerated. For information regarding Title IX, visit www.uta.edu/titleIX or contact Ms. Jean Hood, Vice President and Title IX Coordinator at (817) 272-7091 or jmhood@uta.edu.

Academic Integrity: Students enrolled all UT Arlington courses 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.

UT Arlington faculty members may employ the Honor Code in their courses by having students acknowledge the honor code as part of an examination or requiring students to incorporate the honor code into any work submitted. Per 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. Additional information is available at <https://www.uta.edu/conduct/>.

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

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>.

Campus Carry: Effective August 1, 2016, the Campus Carry law (Senate Bill 11) allows those licensed individuals to carry a concealed handgun in buildings on public university campuses, except in locations the University establishes as prohibited. Under the new law, openly carrying handguns is not allowed on college campuses. For more information, visit <http://www.uta.edu/news/info/campus-carry/>

Student Feedback Survey: At the end of each term, students enrolled in face-to-face and online classes categorized as “lecture,” “seminar,” or “laboratory” are 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 via the SFS database is aggregated with that of other students enrolled in the course. Students’ anonymity will be protected to the extent that the law allows. UT Arlington’s effort to solicit, gather, tabulate, and publish student feedback is required by state law and aggregate results are posted online. Data from SFS is also used for faculty and program evaluations. For more information, visit <http://www.uta.edu/sfs>.

Final Review Week: For semester-long courses, 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, which is located down the stairwell outside the classroom. 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 individuals with disabilities.

Student Support Services: 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 visit the reception desk at University College (Ransom Hall), call the Maverick Resource Hotline at 817-272-6107, send a message to

resources@uta.edu, or view the information at <http://www.uta.edu/universitycollege/resources/index.php>.

The IDEAS Center (2nd Floor of Central Library) offers **free** tutoring to all students with a focus on transfer students, sophomores, veterans and others undergoing a transition to UT Arlington. To schedule an appointment with a peer tutor or mentor email IDEAS@uta.edu or call (817) 272-6593.

The English Writing Center (411LIBR): The Writing Center Offers free tutoring in 20-, 40-, or 60-minute face-to-face and online sessions to all UTA students on any phase of their UTA coursework. Our hours are 9 am to 8 pm Mon.-Thurs., 9 am-3 pm Fri. and Noon-6 pm Sat. and Sun. Register and make appointments online at <http://uta.mywconline.com>. Classroom Visits, workshops, and specialized services for graduate students are also available. Please see www.uta.edu/owl for detailed information on all our programs and services.

The Library's 2nd floor Academic Plaza offers students a central hub of support services, including IDEAS Center, University Advising Services, Transfer UTA and various college/school advising hours. Services are available during the library's hours of operation. <http://library.uta.edu/academic-plaza>

Librarian to Contact: Library information can be obtained through Andy Herzog, Psychology Librarian. Please contact him by phone (817-272-7517) or by email (amherzog@uta.edu). You will find useful information for psychology at <http://libguides.uta.edu/PsychologyInfo>.

Tentative Course Schedule:

Week	Date	Lecture Topic	Reading Assignments
1	1/17-20	Overview	
2	1/23-27	Overview	TBN
3	1/30-2/3	What is Service Learning?	TBN Assignment 1 Due
4	2/6-10	Being a Peer Leader	TBN Assignment 2 Due
5	2/13-17	Engaged Community	TBN Assignment 3 Due
6	2/20-24	Service-Learning Theory	TBN Assignment 4 Due
7	2/27-3/3	Examples of Service-Learning	TBN Assignment 5 Due Service Log 20 Hours Due
8	3/6-10	Service-Learning Research	TBN Assignment 6 Due
9	3/13-17	<i>Spring Holiday</i>	
10	3/20-24	Examples of Service-Learning	TBN Assignment 7 Due
11	3/27-31	Service-Learning Research	TBN Assignment 8 Due Service Log 45 Hours Due
12	4/3-7	Reflective Learning	TBN Assignment 9 Due
13	4/10-14	Service-Learning Research	TBN Assignment 10 Due Service Log 60 Hours Due
14	4/17-21	Examples of Service-Learning	TBN Assignment 11 Due
15	4/24-28	Examples of Service-Learning	TBN Assignment 12 Due
16	5/1-5	Examples of Service-Learning	TBN Service Log 75 Hours Due
17	5/8-12	<i>Finals Week – NO CLASS</i>	Assignment 13 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