

Instructor: Angela Liegey Dougall, PhD
Office Location: 523 Life Science
Office Telephone Number: 817-272-0531
Email address: adougall@uta.edu
Faculty Profile: <https://www.uta.edu/profiles/angela-liegey-dougall>
Course Website: Please go to Blackboard at <http://www.uta.edu/blackboard/>

Office Hours: Tuesday & Thursday 11:00 AM-12:00 PM and by appointment

Time and Place of Class Meetings: LS119, Tuesday & Thursday 9:30-10:50 AM

Description of Course Content:

BIOL/HEED/PSYC4357- Health Psychology 3 hours credit

This course provides a broad introduction to health psychology and its interface with the medical world. The course provides a balanced presentation of the important issues in the field, as well as specific content topics that are especially relevant today to better understand health and illness. Offered as BIOL 4357, HEED 4357, and PSYC 4357. Students seeking science requirement credit must enroll in BIOL 4357; students seeking Certification in Health must enroll in HEED 4357. Prerequisite: PSYC 1315 or BIOL 1333 or BIOL 1441 or BIOL 2457; junior standing recommended.

PSYC5309 – Health Psychology 3 hours credit

A survey of current theory and research in health psychology, including basic research in health and behavior, biobehavioral contributions to illness and disability, and fundamental relationships among the brain, bodily function, and behavior that may affect health and well-being. It will also include clinical and translational topics including patient interventions in medically-ill populations, pain management, and disease prevention.

Student Learning Outcomes:

- The student will be able to summarize the theory and research of the field of Health Psychology by reviewing and discussing the fundamental and more recent contributions to the science.
- The student will be able to describe the science of the field of Health Psychology by identifying and discussing the interplay of psychological, biological, behavioral, and social factors in the study of health issues including mechanisms and pathways in disease processes such as the initiation, promotion, and management of disease.
- The student will be able to apply the basic tenets of Health Psychology to common health issues including both acute conditions and chronic concerns such as HIV disease, cancer, heart disease, arthritis, and diabetes.

Required Textbooks and Other Course Materials:

- Brannon, L., Feist, J., & Updegraff, J. A. (2018). *Health psychology: An introduction to behavior and health* (9th ed.). Belmont, CA: Wadsworth. (ISBN: 978-1337094641)
- Free Echo 360 account
- Personal smart device (laptop, smartphone, tablet, etc.)
- Access to a personal computer or UT Arlington computer lab with Respondus Lockdown Browser and Monitor and webcam
- Textbook is available as an eBook and as a rental at <https://www.cengage.com/student>
- Reserved readings will be available on the Blackboard site for the course.

In class this semester, I will be using the student response portion of the Echo360 software available for free through the University of Texas at Arlington. This will help me understand what you know, give everyone a chance to participate in class, and allow you to review the material after class. I'd like to share with you the steps you'll need to take to be ready to participate in class. Please go to the Blackboard site for this course, find "Echo360" on the left toolbar, and open the software. You will be directed to set up an account. Your username will be your email address and the password will be whatever you prefer (this account is not the same as your UTA account). You should also enter your cellphone number into your account information if you would like the option of texting responses to in-class polls. Please note: you **MUST** set up the initial connection between the course's Blackboard site and your Echo360 account on a desktop or laptop computer through Blackboard (NOT through an app). This is true even if you already have an Echo360 account. After you set up the Echo360 account, you will be able to download and use the Echo360 app on tablets or smartphones with iOS or android operating systems.

I will only be allowing the use of computers or smart devices to participate in polls. You will need to activate an Echo360 account for this course. For questions regarding Echo360, please visit the support website (<http://echo360.com>). If you do not have access to a smart device or laptop, you may check one out at the library (<http://library.uta.edu/technology/computers-tablets>).

Descriptions of major assignments and examinations:

In-class exams: There will be four (4) cumulative in-class exams. The format for exams will be multiple choice. You are required to take all four exams. Exam questions will be drawn from required reading, lecture material, assignments, and class activities. **If you are tardy on the day of the exam, you will not be permitted to take the exam if any class member has completed the exam and left the room.** (See the **tentative course schedule** for exam dates.)

Exams require the use of Scantron Form No. 4521 General Purpose Answer Sheet (Blue Form).

Assignments: You will need to read a research article or complete a short activity, take a quiz on Blackboard, and participate in discussion and activities in-class. Information covered in these assignments will be tested on the exams. You will be taking the quizzes on Blackboard using the Respondus Lockdown Browser and Monitor. Respondus locks down the testing environment in Blackboard and requires use of a webcam for students to record the quizzing session. Therefore, you will need a webcam and the Respondus software downloaded on your computer or use of a computer lab on campus that has Respondus. Before you start your quiz, please hold up your student ID for identification purposes. Please stay seated and remain appropriately attired the entire time. Your face (eyes, nose, mouth, etc.) must remain visible in the video recording during the entire quiz. You are prohibited from accessing other resources while taking the quiz (such as phone, tablet, notes, books, other people, etc.). You should not discuss the quiz questions with other class members or other people (in-person or on social media). If you do not adhere to these requirements for taking the quiz, you will receive a grade of zero (0) on the quiz. If you engage in any activities that violate the UT Arlington Honor Code, you also will receive a referral for scholastic dishonesty. Finally, please remember not to exit the exam until all questions are completed and submitted for grading. Once you hit submit, your responses are final. The Quick Start Guide is available here: <http://www.respondus.com/downloads/RLDB-Quick-Start-Guide-Bb-Student.pdf>.

The quizzes will be open for at least one week prior to the due date. Please allot enough time to take the quiz prior to the end of this period – do NOT wait until the last hour. If you do not take a quiz, it will be considered a missed quiz and will receive a grade of zero (0). **All assignments will be due at**

9:30 AM on the due date (this includes extra credit assignments). If you desire a midnight deadline, then you can submit the assignment before 11:59 PM the day BEFORE the assignment is due.

I highly recommend that you place all due dates in your calendar and schedule reminders for each. You are responsible for knowing all due dates and times.

Daily class engagement: The Echo360 system will be used to post lecture slides and to record daily class activities, specifically engagement (consisting of 10% for attendance and 90% for activity participation). The tentative schedule of assigned class topics is provided below. I expect you to come to class prepared with knowledge of the topic(s) indicated on the schedule. Therefore, I expect that all students will have read and reviewed the assigned material prior to class. During class, I will ask questions related to your knowledge on the topics, I will present supporting resources for the various topics, and we will engage in directed discussions and activities.

Online exams (GRADUATE students only): There will be four (4) online exams. The format for the exams will be essay and/or short answer. You are required to take all four exams. Exam questions will be drawn from required reading, lecture material, assignments, and class activities. You will be taking the exams on Blackboard using the Respondus Lockdown Browser and Monitor (see above for additional information regarding Respondus). The exams will be open for at least one week prior to the due date. Please allot enough time to take the exam prior to the end of this period – do NOT wait until the last hour.

Extra credit: Extra credit assignments will be offered during this course and are voluntary. The assignment must be completed correctly and submitted by the due date and time to receive extra credit. **All extra credit assignments will be due at 9:30 AM on the due date. I highly recommend that you place all due dates in your calendar and schedule reminders for each. You are responsible for knowing all due dates and times.**

On-campus service-learning extra credit assignment: As a completely voluntary, extra credit assignment, you may volunteer your time to aid in one (1) event with UT Arlington Health Services for at least one (1) hour. For one (1) hour of time, up to 10 extra credit points will be available.

This assignment benefits you by allowing you to observe first-hand the application of techniques that we will discuss in this course. If you continue to volunteer hours over the minimum required for extra credit (number of hours determined by Health Services), you also will have the opportunity to earn a certificate for your volunteer work that you can list on your resume or applications. This assignment also benefits the campus community. Your time and effort will help to make the events and programs that Health Services organizes be successful. Links for the online volunteer sign up lists will be posted on Blackboard for each event. Please note that some events are limited to 15 volunteers and some events are open to an unlimited number of volunteers. Please sign up early so you can serve at the event of your choice. A list of currently scheduled events is listed below with additional times available before and after the events for setup and cleanup. Other events may be announced as they occur.

National Drug and Alcohol Facts Week

WHEN: Monday, January 28, 2019

TIME: 11:00 AM-2:00 PM

WHERE: Palo Duro Lounge, UC

Volunteer time slots: 9:30 AM-2:30 PM

Women Go Red

WHEN: Monday, February 4, 2019

TIME: 11:00 AM-2:00 PM

WHERE: Palo Duro Lounge, UC

Volunteer time slots: 9:30 AM-2:30 PM

Consent is Sexy

WHEN: Wednesday, February 13, 2019
TIME: 11:00 AM-2:00 PM
WHERE: Palo Duro Lounge, UC
Volunteer time slots: 9:30 AM-2:30 PM

Health Fair

WHEN: Wednesday, March 6, 2019
TIME: 10:00 AM-2:00 PM
WHERE: Bluebonnet Ballroom, UC
Volunteer time slots: 7:30 AM-3:00 PM

When you attend an event, you must sign in with the time you arrived and sign out with the time you left on the form designated for this class (Dr. Liegey Dougall 4357 Health Psychology). There are other sign-in forms for volunteers across campus and for regular workers so make sure that you are signing in on the correct one. If you do not, we do not have proof of the time you spent volunteering.

No points will be given if all requested materials are not received and a hard copy of the sign in sheets from Health Services shall be kept for verification.

After your volunteer time is complete, you will need to answer a set of reflective questions for each event that you attended, describing your experiences and reflecting on what you learned. These questions are available on Blackboard for viewing, and you will be able to upload your responses on Blackboard throughout the semester.

If you have questions concerning any of these volunteer opportunities, please contact Latoya Oduniyi who is the Health Promotion and Substance Abuse Coordinator at 817-272-2716 or latoya.oduniyi@uta.edu.

Off-campus service-learning extra credit: This extra credit assignment requires submission of a waiver and a guidelines and limitations form as well as access to personal transportation for events that are located off-campus. Occasionally community organizations have health-related one-day events and need volunteers. As a completely voluntary, extra credit assignment, you may volunteer your time to help with health-related events that occur **OFF-CAMPUS**. It is expected that if you attend and help with one of these events that you will spend **more than** one (1) hour at the event. If you complete service at one (1) off-campus event, you will be eligible to receive a maximum of 10 extra credit points. If you complete service at a second off-campus event, you will be eligible to receive a maximum of 5 additional extra credit points. A total of 15 extra credit points are available (extra credit will only be given for service at two events). Note: these extra credit points are in addition to any extra credit points that are earned for volunteer service learning under the on-campus assignment.

Like the on-campus assignment, this assignment benefits you by allowing you to observe first-hand the application of techniques that we will discuss in this course. It also benefits the greater community outside of UT Arlington. Your time and effort will help to make these events and programs successful.

Off-campus events will be announced on Blackboard and in class. Unlike the on-campus events, we will not be managing your time commitments. You will have to sign up to volunteer for the events through the channels that are outlined in the announcements (i.e., you will have to directly contact the organization and register with them). You also will be responsible for your own transportation and completion of any waivers or forms. You will need to submit proof of your attendance, and we will verify your attendance with the event organizers. You can only receive extra credit for off-campus events that I have approved and posted or announced.

After you complete each off-campus volunteer service, you will then need to answer a set of reflective questions for the event that you attended describing your experiences and reflecting on what you learned. You will need to answer and submit reflection questions for each event that you attended. You will upload the reflection statements on Blackboard along with the documentation proving your attendance at the event.

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 course, **I expect that you will attend class, and I will take daily attendance using the Echo360 system, random selection for in-class activities, and periodic sign-in sheets.** By enrolling in this course you have made a commitment to attend at the scheduled meeting times. Research has shown that students who attend class regularly have higher course grades. Furthermore, students who actively listen and participate in lecture have higher course grades than students who attend class but engage in competing activities such as texting, surfing the internet, reading, sleeping, etc.

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:

Undergraduate student grading

4 In-class exams 100 points each	400 points
4 Assignments 10 points each	40 points
Daily in-class engagement	100 points
4 Exam extra credit 2 points each	8 points
Off-campus service-learning extra credit up to 15 points	15 points
On-Campus service-learning extra credit up to 10 points	10 points
Final grade based on 540 points (573 points possible)	

Graduate student grading

4 In-class exams 100 points each	400 points
4 On-line exams 25 points each	100 points
10 Assignments 10 points each	100 points
Daily in-class engagement	100 points
4 Exam extra credit 2 points each	8 points
Off-campus service-learning extra credit up to 15 points	15 points
On-Campus service-learning extra credit up to 10 points	10 points
Final grade based on 700 points (733 points possible)	

Missing exams, assignments, and engagement will receive a grade of zero (0) in the grade calculations. **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; see “Student Support Services,” below. Final course grades will be calculated by adding assignment, exam, and extra credit points together, dividing by the total course points (540 for undergraduate and 700 for graduate), and assigning final letter grades as follows:

Letter Grade	Percentage of Points	Undergraduate Points required	Graduate Points required
A	89.5-100.0%	483.3-540	626.5-700.0
B	79.5-89.4%	429.3-483.2	556.5-626.4
C	69.5-79.4%	375.3-429.2	486.5-556.4
D	59.5%-69.4%	321.3-375.2	416.5-486.4
F	0%-59.4%	0-321.2	0-416.4

I receive many questions asking what the best way to study for an exam is. I have learned over the years that each student learns material differently, but that effective studying starts with effective note taking. Many students make the mistake of trying to capture every word and write in full sentences. Your notes should be brief. If you miss information, you should contact a classmate. I recommend the 5 R's of note taking: record, reduce, recite, reflect, and review. There are certainly other strategies that work as well. You need to discover what works best for you. Fortunately, there are many resources available for how to take notes and how to study. Example resources include:

<http://www.howtostudy.org/>
<http://www.dartmouth.edu/~acskills/success/study.html>
<http://www.dartmouth.edu/~acskills/success/notes.html>

Make-up Policy: If you miss an exam, assignment quiz, or daily class engagement (attendance and class activities), a grade of zero will be given, respectively. There is no provision for making up daily class engagement (attendance and class activities). I will consider a request for a make-up exam or assignment quiz in this course only if documentation for a University-approved excuse (see Catalog <http://www.uta.edu/catalog/general/academicreg>), that covers the entire period for which the exam or quiz was available, is received within one week of the exam or assignment quiz 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 exams for a time during Final Review Week.

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.

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. For undergraduate courses, see <http://catalog.uta.edu/academicregulations/grades/#undergraduatetext>. For student complaints, see <http://www.uta.edu/deanofstudents/student-complaints/index.php>.

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.

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/>. Students are encouraged to review these guides on plagiarism: <http://libguides.uta.edu/researchprocess/plagiarism>
<http://libguides.uta.edu/copyright/plagiarism>

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 at the back of the room and move toward the nearest exit, which is located to the left or right in the hallway. 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.

All students are encouraged to subscribe to the MavAlert system that will send information in case of an emergency to their cell phones or email accounts. Anyone can subscribe at <https://mavalert.uta.edu/> or <https://mavalert.uta.edu/register.php>.

Active Shooter: The safety and security of our campus is the responsibility of everyone in our community. Each of us has an obligation to be prepared to appropriately respond to threats to our campus, such as an active aggressor. Please review the information provided by UTA Police regarding the options and strategies we can all use to stay safe during difficult situations.

<https://police.uta.edu/activeshooter>

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>.

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.

University Tutorial & Supplemental Instruction (Ransom Hall 205): UTSI offers a variety of academic support services for undergraduate students, including: 60 minute one-on-one [tutoring](#) sessions, [Start Strong](#) Freshman tutoring program, and [Supplemental Instruction](#). Office hours are Monday-Friday 8:00am-5:00pm. For more information visit www.uta.edu/utsi or call 817-272-2617.

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. Students can drop in, or check the schedule of available peer tutors at www.uta.edu/IDEAS, or call (817) 272-6593.

The English Writing Center (411LIBR): The Writing Center offers FREE tutoring in 15-, 30-, 45-, and 60-minute face-to-face and online sessions to all UTA students on any phase of their UTA coursework. Register and make appointments online at <https://uta.mywconline.com>. Classroom visits, workshops, and specialized services for graduate students and faculty 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 email (amherzog@uta.edu) or phone (817-272-7517). You will find useful information for psychology at <http://libguides.uta.edu/psychology>.

Tentative Course Schedule:

Week	Date	Lecture Topic	Reading Assignments
1	T 1/15	Course Introduction/ What Is Health Psychology?	Chapter 1
	R 1/17	What Is Health Psychology?/ Health Psychology Research	Chapter 1 Chapter 2
2	T 1/22	Health Psychology Research	Chapter 2
	R 1/24	Health Care Use	Chapter 3
3	T 1/39	Health Care Use	Chapter 3 Assignment 1 Quiz
	R 1/31	Adherence	Chapter 4
	F 2/1		Exam 1 Extra Credit Due
4	T 2/5	Adherence	Chapter 4 Grad Assignment 1 Due (GRAD only)
	R 2/7	EXAM 1	Online Exam 1 Due (GRAD only)
5	T 2/12	Energy Balance	Chapters 15
	R 2/14	Energy Balance	Chapters 15
6	T 2/19	Energy Balance	Chapter 14 Grad Assignment 2 Due (GRAD only)
	R 2/21	Energy Balance/Substance Use	Chapter 14
7	T 2/26	Substance Use	Chapters 12 Assignment 2 Quiz
	R 2/28	Substance Use	Chapter 12 & 13
	F 3/1		Exam 2 Extra Credit Due
8	T 3/5	Substance Use	Chapter 13 Grad Assignment 3 Due (GRAD only)
	R 3/7	EXAM 2	Online Exam 2 Due (GRAD only)
9	T 3/12	Spring Vacation	
	R 3/14	Spring Vacation	
10	T 3/19	Stress	Chapter 5, pp. 85-109
	R 3/21	Stress	Chapter 5, pp. 85-109

Week	Date	Lecture Topic	Reading Assignments
11	T 3/26	Stress and Disease	Chapter 6 Grad Assignment 4 Due (GRAD only)
	R 3/28	Stress and Disease	Chapter 6
12	T 4/2	Pain	Chapter 7, pp. 143-164 Assignment 3 Quiz
	R 4/4	Pain/ Management of Pain and Stress	Chapter 7 (all) Chapter 5, pp. 109-115 Chapter 8
	F 4/5		Exam 3 Extra Credit Due
13	T 4/9	Management of Pain and Stress	Chapter 7, pp. 164-170 Chapter 5, pp. 109-115 Chapter 8 Grad Assignment 5 Due (GRAD only)
	R 4/11	EXAM 3	Online Exam 3 Due (GRAD only)
14	T 4/16	Cardio-Metabolic Diseases	Chapter 9 Chapter 11 pp. 266-270
	R 4/18	Cardio-Metabolic Diseases	Chapters 9 Chapter 11 pp. 266-270 Grad Assignment 6 Due (GRAD only)
15	T 4/23	Immune-mediated Diseases	Chapter 10 Chapter 11 pp. 270-281
	R 4/25	Immune-mediated Diseases	Chapter 10 Chapter 11 pp. 270-281 Assignment 4 Quiz
16	T 4/30	Management of Chronic & Terminal Illnesses	Chapter 11 pp. 258-266; 281-283
	W 5/1		Exam 4 Extra Credit Due
	R 5/2	Management of Chronic & Terminal Illnesses	Chapter 11 pp. 253-262; 277-279
	F 5/3		On-Campus S-L Extra Credit Due Off-campus S-L Extra Credit Due
17	T 5/7		
	R 5/9	Exam 4: 11:00 AM-1:30 PM Thursday, 5/9/2019	Online Exam 4 Due (GRAD only)

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

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. Non-emergency number 817-272-3381.