

**Health Psychology (PSY-3740-921)
Summer 2017**

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Course Description

The objective of this course is to provide an overview of the scientific field of Health Psychology, which explores the behavioral, psychological, social, and biological factors that affect stress and illness. More specifically, this area of study applies psychological sciences to

Course Requirements and Materials

Exams

There will be **6 small exams over the course of the semester—1 per week—worth 30 points each (180 total)**. Each exam will consist of 30 multiple-choice questions. The

expectations about definitions, research designs, theories, and results, but many of the

Activity 2: Tiny Habits (due 8/2 by 5pm)

The goal of this project is to provide insights into the process of behavior change.

Course Website and Computer Skills Requirements

Course Policies

Absenteeism

This is a summer class and a distance learning class which means that the structure and

timing are unconventional. Content will be released a week at a time and students are responsible for accessing and consuming a large amount of content in a short period of time in preparation for an exam that same week. If you have an illness or other university-appropriate excuse that interferes with your ability to meet deadlines in this class, notify me ASAP and provide appropriate documentation. Such events may necessitate your dropping the course, particularly given the nature of the class.

Email

Course Materials

As indicated above, you will take 6 exams throughout the semester corresponding to each week of the term. When it comes to material for each of the 6 weeks/sections (e.g., lectures, articles), I will release each set of materials one week at a time just like the exams (see above). This is to allow you to pace yourself throughout the course and permit you to create habits of consuming the material and demonstrating your knowledge.

Tentative Course Schedule (Subject to change based on announcements)

Week of	Topic & Readings	Assignments
6/26	---Introducing Health Psychology (Ch. 1) ---Conducting Health Research (Ch. 2)	--- Exam 1 (available 6/26 through 7/2)