IDEAL PROGRAM - COURSE SYLLABUS

Dear Student,

Please read the following course syllabus carefully, especially the course dates, times and location. If you have any questions, please do not hesitate to communicate with the IDEAL office, your academic advisor, or the instructor.

The IDEAL degree-completion program is designed with the adult learner in mind. Adult learners approach learning with specific goals, want to be able to directly apply new learning to their work and personal lives, and tend to learn best when the coursework is problem-centered so that they are actively engaged in the learning process. In addition, adults bring rich and varied experience to the classroom, which becomes a valuable learning resource for other students.

The IDEAL Program assumes joint responsibility in the learning process. *The activities and assignments in our classes build on the shared experience of all learners in each class. This is why each student's preparation, participation and interaction in class activities and discussions are critical to the success of each course. The accelerated format of each course requires a significant amount of time outside the classroom to prepare for and complete the course assignments. This varies between students and courses; however, students typically spend a minimum of ten-twelve hours per week on course material.*

To participate in the IDEAL Program, it is expected that you will do the following:

1. Attend every class session. Be on time.
2. Obtain the required course materials prior to the first class session.
3. Complete the first assignment prior to the first class session and all subsequent assignments to the best of your ability.
4. Participate in the class discussions and demonstrate respect and consideration to the instructor and other students when they express themselves in discussion.

If you cannot perform these four expectations, **it is recommended that you drop the course**.

Missing one class session will drop the final grade by one letter grade (for example if the student earned a grade of "B" in the course, the final grade would be a "C"). If a student misses two or more classes a grade of F will be entered as their final grade.

Cheating and Plagiarism: *It is the student's responsibility to become familiar with and adhere to the standards set forth in the policies on cheating and plagiarism as defined in Chapters 2 and 5 of the Key to UB http://www.bridgeport.edu/pages/2623.asp or the appropriate graduate program handbook*

E-mail correspondence: *It is imperative that you check your UB e-mail on a regular basis. All written correspondence, to include IDEAL and the University will be sent to you through his e-mail.* ***The University can no longer correspond to your personal e-mail account(s).***

Ethics Statement of Confidentiality: *An integral component of an IDEAL course is student and faculty expression of personal experiences for the purpose of facilitating coursework. Students enrolled in the program are expected to honor confidentiality as it pertains to student disclosure. Shared information, comments, or opinions expressed by another student or the faculty member during the course of classroom discussion should never be used in a manner which is intended to humiliate, embarrass, harass, damage, or otherwise injure other students in their personal, public, or business lives. In addition, confidentiality must be upheld by not disclosing any information that would identify any particular individual.*

The IDEAL Program

Course No. & Title: *PSYC 345 WB8W2 Health Psychology*

Semester and Term: *Fall 2013*

Day and Dates: *Mondays 10/21/13 – 12/9/13*

Time: *6:00pm-9:00pm*

Campus Location: *Waterbury Campus*

Instructor & contact information:

Bev Knox, Ph.D.
beknox@bridgeport.edu
203-996-9819 (Text or Call Mon-Sun 9am-9pm)

COURSE DESCRIPTION:
This course focuses on health empowerment coping styles of resiliency and characteristics of invulnerability. It is designed to meet the needs of professionals, significant others and individuals themselves who are attempting to affect the quality of life outcomes of addiction, trauma, long-term stressors, and/or disease. This course brings awareness of factors and behavioral methods which facilitate a resilient, thriver mode of quality of life that is very different in nature and practice from that of the coping style of psychosocial survival.

Required Textbook:
Health Psychology, 8th ed., Brannon, L., Feist, J., & Updegraff, J. Wadsworth Cengage Learning. *ISBN-13: 9781133593072*

To order textbooks, go to the bookstore website at http://bridgeport.textbooktech.com/
Select IDEAL Campus and login to the bookstore. Select the course and follow instructions.

DESIRED STUDENT COMPETENCIES: Upon successful completion of the course, the student will be able to:

1. Review and articulate advances in the fields of health and coping as these advances relate to prevention of and recovery from addiction, trauma, stress, disease.
2. Differentiate deprivation psychology characteristics and theory from that of transcendental psychology and be able to utilize this body of knowledge to recognize, understand and act upon helpful and threatening factors affecting the healing process.
3. Apply and utilize dominant developmental models of psychological, social health and social psychology in their analysis of any prevention, recovery and healing process.
4. Identify medical research, theory and treatments for stress disorders.
5. Assess healing programs and needs within the framework of prominent developmental models of psychological and social health and well being, concentrating on models if G.H. Mead, Erik Erikson, and Abraham Maslow. Students will be able to asses problem areas and pinpoint possible treatment and intervention strategies within the frameworks of each of these models.

Grading Criteria:

Activity	**Weight**
Quizzes (2 @ 15pts each)	*30%*
Final	*20%*
Individual Assignments / Paper / Canvas (IA, 2 @ 5pts each)	*10%*
Group Work / Presentations / Canvas (LTA, 2@ 15pts each)	*30%*
Class Participation	*8%*
Current Events	*2%*

Letter Grading Scale:

% of Points Earned	Letter Grade
100-94	A
93-90	A-
89-87	B+
86-84	B
83-80	B-
79-77	C+

% of Points Earned	Letter Grade
76-74	C
73-70	C-
69-67	D+
66-64	D
63-60	D-
Below 60	F

Dr. Knox Grading Criteria

ASSIGNMENT	**MAX SCORE**	MY SCORE
IA #1 PAPER	5	
IA #2 PAPER	5	
GA #1	15	
GA #2	15	
CE	2	
QUIZ #1	15	
QUIZ #2	15	
FINAL EXAM	20	
CP #1	1	
CP #2	1	
CP #3	1	
CP #4	1	
CP #5	1	
CP #6	1	
CP #7	1	
CP #8	1	

TOTAL 100

Assignments: **Subject to Change**

10/21/13	***--Introductions*** ***--Review of Syllabus*** ***--APA Paper Format Review*** ***--Current Events*** ***--Lecture*** **ASSIGNMENTS** The following assignments are to be completed **prior** to this session: *--Review Chapter 1*
10/28/13	***--Current Events*** ***--Lecture*** **ASSIGNMENTS** The following assignments are to be completed **prior** to this session: ***---2 page paper summary of Chapter 2 (5pts) on CANVAS*** ***G1*** *– Chapter 3* ***G2*** *– Chapter 4*
11/4/13	**Quiz #1** ***--Current Events*** ***--Lecture*** *- Chapter 5- Stress*
11/11/13	***--Current Events*** ***--Lecture*** **ASSIGNMENTS** The following assignments are to be completed **prior** to this session: ***G3****– Chapter 6* ***G4*** *– Chapter 9*
11/18/13	***--Current Events*** ***--Lecture*** **ASSIGNMENTS** The following assignments are to be completed **prior** to this session: ***---2 page paper summary of Chapters 7 & 8 (5pts) on CANVAS*** ***G1*** *– Chapter 10* ***G2*** *– Chapter 11*
11/25/13	**Quiz #2** ***--Current Events*** ***G3*** *– Chapters 12 & 13*
12/2/13	***--Current Events*** ***--Lecture*** ***G4*** *Chapters 14 & 15* ******Discussion on Canvas on chapters 14 & 15******
12/9/13	**Final Exam**

Description of Assignments

***Quizzes**: Quizzes will contain information from reading assignments and information given by the instructor from prior classes.*

***Final Exam:** The final will be cumulative and will necessitate an understanding of the chapters completed. The final will contain information from reading assignments and information given by the instructor from prior classes.*

Group-work/Paper/Presentations**: Group-work are assigned by the instructor and may vary in the form of in-class group exercises, papers and/or presentations. A **two page Individual Paper** is due with each **Group Presentation** on assigned area of chapter/topic. APA Format. You MUST ALWAYS use citations, and cite your sources within the body of your paper, for ex. (Keith, 2006). You MUST use your text as a source as well as an additional source (journal article preferred) in your paper. Do not use Wikipedia or magazine articles as a source of reference in this class.* **Each group member must be part of the oral Presentation and is graded separately on his/her own effort**. *If you are not in class, you cannot earn your group-work or class participation points. **Presentation**: A **25-30 minute power-point presentation** of given "group assignment" will be graded on the following criteria: Content –* facts of topic, *Structure and Format -* clear introduction and stated purpose, logical presentation, *Delivery –* eye contact, speed of delivery, clarity of voice, movement, *Overall –* Objective of assignment achieved. ***A Video (Youtube.com) of your subject matter is required following each presentation.

***Individual Paper:** A basic two page summary of Chapters 2 & 7-8 weighing 5pts each. Students should show an understanding of the chapters completed. No other source is needed.*

As part of UB's effort to engage students in using Canvas, both class summary papers need to be turned in via dropbox on Canvas. I will go over this process more in detail on our first night of class. If further information is needed on UB's Learning Management System (LMS), Canvas, contact Claude Perrottet at ubonline@bridgeport.edu for training.

***Current Events:** Each student is to present 2 current event topics (in the news) throughout the class and demonstrate/tell how it relates to psychology. No paper needed.*

***Policies on Missed and Late Exams and Assignments:** Any missed or late assignments MUST be made up or emailed to me before the next scheduled class. A full letter grade will be deducted automatically with NO exceptions. If assignments are not made up or handed in by the time given, the grade for that assignment will be 0 (zero).*

***Class conduct** is expected to be ethical at all times. The instructor may ask you to leave if you are disruptive. A serious situation may be referred to the College Judicial System. (See STUDENT HANDBOOK). Please be respectful to your fellow classmates.*

STUDENT SUPPORT:
***If you have a documented learning disability or physical disability that may require special arrangements for support in this class, please advise the instructor immediately so appropriate accommodations can be made. Accommodations may be arranged through the Disabilities Support Specialist Coordinator.*

ACADEMIC POLICIES

Attendance Policy

Classroom attendance is an integral part of the academic experience; therefore, students are expected to attend all class sessions. If an absence is unavoidable, the student, prior to class, should advise the instructor. Arrangements should be made at that time for additional assignments if appropriate. It is also expected that students arrive on time and not leave until the class is dismissed. Tardiness will result in a reduced grade for the course. If you cannot attend every class session you should consider dropping the course.

If you must be absent, please make sure that you follow your course outline in your syllabus for assignments due. You may also want to contact your group members for class notes, etc. ***ALL electronic devices (ipods, cell phones, computers, tape recorders, etc) MUST be turned off in class, for they are very distracting. NO TEXTING in class.***

IMPORTANT:

- **Missing one class session will drop the final grade by one letter grade (for example if the student earned a grade of "B" in the course, the final grade would be a "C").**
- ***Missing two or more class sessions will be cause for a failing grade.***

Incomplete grade

An incomplete may be given, at the discretion of the instructor, to those students who fail to complete assignments due the last day of your course. These would include absence from a final examination or inability to complete terminal assignments (papers, presentations) due to illness, employment conflicts, etc.

Incompletes will not be given to a student who fails to complete any assignment during the term. At the discretion of the instructor, these assignments could be completed no later than the last scheduled day of your class.

Drop Procedures

To drop a course, you must complete and submit a Schedule Change Request Form. The form can be accessed at the following web page:

http://www.bridgeport.edu/pages/2595.asp

Starting Fall 2012

- Add and/or Drop a course after the start date.....$30.00 per transaction
- Drop prior to the start of classes.....100% Tuition Refund
- Drop prior to the second class session.....75% Tuition Refund
- Drop prior to the third class session.....50% Tuition Refund
- Drop after the third class session…….……....0% Tuition Refund

****Please note students will not be automatically dropped for missing the first class. Missing one class session will drop the final grade by one letter grade. If you have to miss the first class, or the first week of class for online classes, *you must contact your instructor* in writing before or after the first class/first week. However, a grade reduction will apply.**

Please print and complete the form and fax the form to the IDEAL Office: 203-576-4537. Prior to dropping a course, the student should contact their IDEAL Academic Advisor to understand the implications to financial aid and/or degree plan progress.

Please review the Academic Calendar to see the fees for a drop and the impact on tuition. The Academic Calendar can be found at: http://www.bridgeport.edu/pages/2595.asp

Cell Phones
Cell phones must be turned off while in the classroom. A cell phone call is disruptive and disrespectful to the other students in the class.

Academic Dishonesty
We are committed to intellectual integrity in our academic pursuits; therefore, the IDEAL program prohibits all forms of academic dishonesty. Academic dishonesty is normally defined as, but not limited to, the following two categories:

Cheating – Using inappropriate sources of information in an assignment or on a test. ******** Cheating on exams will not be tolerated. It will result in an "F" for the course and will be reported to the university.**
The following are examples of cheating taken from real student experiences:

> Case #1: A student is enrolled in an introductory computer-programming course. He has co-workers who program in the same language as his final project. As the end of the term approaches, he wonders how he will find the time to get the project finished, and asks one of his co-workers for help. His co-worker hands him a disk with a complete program similar to the kind required for the course project. The student makes minor modifications to the program, and submits it under his own name.
>
> Case #2: A student enrolled in a religious studies course has never taken a humanities or history course, and is unsure about how to structure a research paper. She is doing research on the World Wide Web, and comes across a paper written by a student from another university. Using her computer mouse, she copies and pastes the document into her word processor. She goes to great lengths to re-word the paper in her own style, but essentially leaves the content and organization the same.

Plagiarism – Intentional as well as unintentional failure to acknowledge sources as well as the use of commercially available so-called "research papers" without full recognition of the source. Presenting as one's own, the ideas, words, or products of another. The following are examples of plagiarism taken from real student experiences:

> Case #3: A student is conducting research for a Civil War research paper. He has reviewed work on the Internet as well as in the library. Finding helpful information, he has summarized his findings without citing his sources. He believes that minor paraphrasing is all that is necessary.
>
> Case #4: A student is writing a paper that requires her to address specific topics and problems in the assigned course textbook. She takes the information directly from the textbook with slight modification, without giving any citation. She thinks that since it is the course textbook, she doesn't have to use quotations or citations.

Academic dishonesty applies to all courses, assignments or exams completed by students and submitted as their own original work, whether in person or by electronic means. The University does not tolerate cheating in any form. It is a serious breach of conduct with serious consequences. Instructors have the right to determine the appropriate penalty for academic dishonesty in their own classes; generally, however, such acts will result in a failing grade for the assignment and/or the course. The penalty for subsequent acts of academic dishonesty may include expulsion.

More information on how to recognize plagiarism can be found at this site:
http://www.indiana.edu/~istd/plagiarism_test.html

ACADEMIC RESOURCE CENTER

The Academic Resource Center is available for IDEAL students seeking help in their studies. The Center is staffed by writing professionals and peer tutors. More information can be found at: http://myub.bridgeport.edu/academics/academicrescenter/Pages/default.aspx The Center is located in the Wahlstrom Library, Room 506. Hours of operation are Mondays –Thursday 9am – 6pm and Fridays 9am – 1pm. Make an appointment or walk-in: Telephone: 203-576-4290. **Online Tutoring** is available at: www.etutoring.org. To use this free service you must have a UBNet account.

Obtaining a UBNet Account

Every registered student should obtain a UBNet Account. The account allows you to access your grades, access library services, access online tutoring, access the computers in computer labs, and provides an email account in which the University sends out information. Go to: http://www.bridgeport.edu/ubnet - Click on "New UBNet Account" and follow the instructions.

The @bridgeport.edu email address is the official email the University uses to send information to you. You can have your Bridgeport.edu email forwarded to any other email account you use. Following the activation of your UBNet account (takes 24 hours), login at: http://www.bridgeport.edu/email and click on "forwards" at the top of the page. Follow the directions to forward email messages to your other account.

Accessing Your Grades & Schedule Online

The WebAdvisor online information system allows students to search for available classes, check grades, view semester class schedule and verify your personal profile. Grades are generally posted 2-3 weeks following the end of a course. Information on WebAdvisor is password protected and requires you to use your UBNet username and password. To access WebAdvisor, go to: http://www.bridgeport.edu/webadvisor

1. Login in with your UBNet username and password.
2. Click on "Student Menu."
3. Click on "My Grades."

If you are carrying a financial balance, access to WebAdvisor will be restricted.

Using the Library

You can access the library through the library's website: http://www.bridgeport.edu/library. Research tools available:

- Search for books held at the library.
- Search the online databases for your academic field; business, counseling, human services, psychology, etc.
- Send questions to the Reference Librarian for assistance in research topics and searching strategy.

To access the online journals for research purposes, you will need a UBNet account (see above).

Using Computers

Open access computer labs are available at three campuses:

- Bridgeport – 1st floor of the Wahlstrom library. Check library hours of operation at: http://www.bridgeport.edu/library.
- Stamford – Room D; Check open hours at: http://www.bridgeport.edu/stamford
- Waterbury – Computer Lab; Check open hours at: http://www.bridgeport.edu/waterbury

Course Cancellations/ Weather Policy

Any emergency necessitating the canceling of courses will be announced by the University through the Emergency Notification Telephone Line, (203) 576-4159. Please call this number for information on course cancellations. Also, information will be posted under "Latest News" on the

UB home page, (www.bridgeport.edu). Canceled classes will be made up either the week following the end of the course or in consultation between the instructor and the students as to day and time availability. Course cancellations are also announced on television and radio stations.
Please note each campus makes weather cancellations independently. You should always check with the specific campus staff. It is best to call the campus emergency phone.
Bridgeport – 203-576-4159
Waterbury - 203-573-8501
Stamford – 203-358-0700

IMPORTANT CONTACT INFORMATION

Office	Contact	Telephone	Email
Bridgeport Campus Security		(203) 576-4911	ubsecurity@bridgeport.edu
Bursar	Robinson Hernandez	(203) 576-4692	bursar@bridgeport.edu
Cashier	Lana Mistry	(203) 576-4682	cashier@bridgeport.edu
Financial Aid		(203) 576-4568	sfs@bridgeport.eud
Registrar		(203) 576-4642	registrar@bridgeport.edu
Emergency Notification Phone		(203) 576-4159	
Distance Education Office		(203) 576-4853	ubonline@bridgeport.edu
IDEAL Office		(203) 576-4800	idealinfo@bridgeport.edu

CAMPUS CONTACT INFORMATION

Campus	Address	Telephone	Email
Bridgeport	126 Park Avenue Bridgeport, CT 06604	(203) 576-4800	idealinfo@bridgeport.edu
Stamford	5 Riverbend Drive Stamford, CT 06750	(203) 358-0700	ubstamford@bridgeport.edu
Waterbury	84 Progress Lane Waterbury, CT 06705	(203) 573-8501	ubwaterbury@bridgeport.edu
Woodbridge	6 Lunar Drive Woodbridge, CT 06525	(203) 576-4800	idealinfo@bridgeport.edu
IDEAL Office		(203) 576-4800	idealinfo@bridgeport.edu

Directions to IDEAL Campus locations	http://www.bridgeport.edu/pages/2260.asp

To fill out your financial aid report to the Federal Government, please go online to www.fafsa.ed.gov. The school code for the University of Bridgeport is 001416. Federal Student Aid Information: 1-800-433-3243.