

PSYC 3310 HEALTH PSYCHOLOGY

Spring 2025 Syllabus

Course Logistics and Instructor Contact Information

Course Title: **Health Psychology**

Course Number and Section: **PSYC 3310-061**

Instructor Name: Anna Newman

Office Location: Zoom

Email: alittle@uttyler.edu

Best way to contact: **Email**

Office Hours: **Tuesdays from 9am-12pm on Zoom**

Office Zoom Link:

Text: Sarafino, E.P. & Smith, T.W. (2017). Health Psychology: Biopsychosocial interactions. 10th Edition. Wiley SBN: 978-1-119-57782-9

NOTE: There is an open access 7th edition version of the textbook online. [Please feel free to use this option.](#)

Course Overview:

This course focuses on health care systems and patient-physician relations, and how psychological research informs the understanding, prevention and treatment of a variety of health concerns, including stress, traumatic injury, pain management, addictions, and chronic illness. The course will enable students to describe the science of the field of Health Psychology by identifying and discussing the interplay of psychological, biological, behavioral, and social factors (the biopsychosocial model) in the study of health issues including mechanisms and pathways in disease processes such as the initiation, promotion, and management of disease. Students will review and discuss the fundamental and recent contributions to the field of Health Psychology and will learn to critique and synthesize research on the factors involved in causing, maintaining, contributing to, preventing, and treating a specific health issue.

This is a face to face, in person class. I will lecture on each chapter and specific topics related to Health Psychology. Students will be encouraged to actively engage in conversation related to the lecture topic with myself and their peers throughout the class period. Active student attendance and participation will be required. **Classes will be delivered in person and will not be streamed on zoom.**

Required Canvas Use

Check the course Canvas page daily: you are responsible for any information I convey through Canvas, UT-Tyler email, or in class, as well as information contained in documents in the

“Modules” tab. Pay special attention to the Course Calendar and the Assignments and Activities descriptions. Go to Canvas settings and set up your notifications to “subscribe” to such announcements and comments from me so you will not miss anything. I give feedback on some assignments through the comments feature. You will find those in the same place you submitted an online assignment on the right-hand side reading “comments.” I often attach drafts of documents here with tracked changes and comments; make sure you know how to view tracked changes and comments in Word if they are not automatically visible for you.

Technology

It is recommended that you have access to a personal computer. With enough “legwork”, you can complete this course utilizing public access computers (libraries, labs, etc.)

You will need to submit some assignments in .doc format. Use of Microsoft Word is strongly encouraged instead of Apple’s Pages, Google Drive documents, or any other programs. If you do not have Microsoft Word, please visit the following page for instructions for how to download it for free: <https://www.utt Tyler.edu/it/office365/365-proplus-students.php>

E-mail

Please check e-mail and Canvas **daily** on weekdays. Before asking a question via e-mail,

always check the syllabus and recent Canvas announcements first. E-mail me using your patriot mail, or Canvas inbox messaging. I check my e-mail 8-5 on weekdays and usually avoid it in the evenings or weekends. I will do my best to return emails within one to two business days and I expect a similar turnaround time from you. I get hundreds of emails a week. If you have questions concerning this course, please put PSYC 3310 in the subject line.

Course Policies

Contacting Me

Personal meetings To meet with me, please attend one of my office hours. I will hold office hours virtually each week at the designated time. I can meet in-person in some circumstances and will work out a time to meet in-person if necessary. You do not have to attend office hours if you do not need the help. The easiest way to get ahold of me is over email.

Class Grade Breakdown:

Assignment	Points	Number	Category Total
Quizzes	10	14	140 (28% of overall course grade)
Exams	100	2	200 (40% of overall course grade)
Behavioral Change project	160	1	160 (32% of overall course grade)
			= 500 total

Extra Credit **Varies** **Varies** **30 max (3% of overall letter grade)**

Final grades:

A=90.0-100%, B=80.0-89.9%, C=70.0-79.9%, D=60-69.9%, F=0-59.9%

I do not round grades. You will have plenty of opportunities to earn points in this course and your final grade is one you earn. The last opportunity to earn points is the final exam day. If you have a concern about a grade at any time, please email me ASAP about your issue and type up the justification (with textbook or other evidence) for why I should count your answer I marked wrong. **Grade change requests without a full paragraph of written justification with evidence will be ignored.**

SONA participation: You are required to earn 6 SONA credits (3 hours total) by participating in SONA research studies. You must complete 3 out of 6 credits by the midterm date. You must register with SONA during the first week of class. Please contact me if you are having trouble. If you cannot complete SONA requirements, you will be required to write a research paper on a topic of your choosing related to health psychology.

Extra credit. You may earn extra credit by participating in the following ways:

1. Participation in the Psychology & Counseling Training Clinic—for every hour of counseling that you participate in you will receive 5 extra credit points. The clinic requires that you participate for a minimum of 5 hours to receive. If by chance you are deemed “inappropriate” for the clinic, you will not be able to receive extra credit for counseling services.

Assignments

1. Quizzes (10 points each, 14 total): Each quiz will cover the week’s chapter in the textbook. Quizzes will be completed in-person, in class on Canvas. Students will be permitted to bring handwritten notes to utilize when taking quizzes. The quizzes will not be open book, and student will not be permitted to discuss any quiz questions with their classmates during the quiz. Canvas will automatically drop your lowest quiz grade.
2. Exams (100 points each, 2 total): A midterm and final exam will occur. Both will be in-person, in-class on Canvas. Students will be permitted to bring handwritten notes to utilize during the exams. Students will not be permitted to use their textbook during the exams or consult with their classmates during the exams. The Midterm exam will cover Chapters 1-7, and the Final Exam will cover Chapters 8-14.
3. Behavioral Change Project (160 points, 1 total): You will be asked to complete a personal behavioral change project in which you are asked to change one health related habit of your own during the semester. You will document throughout the semester how this habit change is progressing. The week before Spring Break, you will have the opportunity to check-in with me about how the assignment is going.

Make-up and Late Work

Deadlines and times are firm. Late assignments will not be accepted or awarded any credit. Extensions may be granted at the discretion of the instructor if requested by the student prior to the due date of the assignment. No extensions will be granted the day an assignment is due or after the due date.

Attendance

Attendance in the class is mandatory to fully digest the material. However, adverse circumstances are the nature of life, and I understand that everyone may experience circumstances that require a missed class. Students are allowed to miss 2 classes, no questions asked, that will not result in a 0-quiz grade. A third absence will result in a 0, as will any subsequent absences. Of note, students' lowest quiz grade will be dropped at the end of the semester. If additional circumstances arise requiring prolonged absences, please contact me so that we can work together to find a solution.

Course AI Policy

UT Tyler is committed to exploring and using artificial intelligence (AI) tools as appropriate for the discipline and task undertaken. We encourage discussing AI tools' ethical, societal, philosophical, and disciplinary implications. All uses of AI should be acknowledged as this aligns with our commitment to honor and integrity, as noted in UT Tyler's Honor Code. Faculty and students must not use protected information, data, or copyrighted materials when using any AI tool. Additionally, users should be aware that AI tools rely on predictive models to generate content that may appear correct but is sometimes shown to be incomplete, inaccurate, taken without attribution from other sources, and/or biased. Consequently, an AI tool should not be considered a substitute for traditional approaches to research. You are ultimately responsible for the quality and content of the information you submit. Misusing AI tools that violate the guidelines specified for this course (see below) is considered a breach of academic integrity. The student will be subject to disciplinary actions as outlined in UT Tyler's Academic Integrity Policy.

For this course, students can use AI programs (ChatGPT, Copilot, etc.). These programs can be powerful tools for learning and other productive pursuits, including completing assignments in less time, helping you generate new ideas, or serving as a personalized learning tool. However, your ethical responsibilities as a student remain the same. You must follow UT Tyler's Honor Code and uphold the highest standards of academic honesty. You can use AI tools to revise and edit your work (e.g., identify flaws in reasoning, spot confusing or underdeveloped paragraphs, or correct citations). When submitting work, students must identify any writing, text, or media generated by AI. In this course, sections of assignments generated by AI should appear in a different colored font, and the relationship between those sections and student contributions should be discussed in a cover letter that accompanies the assignment when submitted.

PSYCHOLOGY 4353: COURSE OUTLINE

WEEK	TOPIC	READINGS and assignments
Jan 13-17	Syllabus & Intro to the course and assignments	Syllabus
Jan 20-24		Ch. 1

	Basic Issues and Processes in Health Psychology	Quiz Chapter 1
Jan 27-31	Basic Issues and Processes in Health Psychology	Ch. 2
		Quiz Chapter 2
Feb 3-7	Stress, Illness, and Coping	Ch. 3
		Quiz Chapter 3
Feb 10-14	Stress, Illness, and Coping	Ch. 4
		Quiz Chapter 4
Feb 17-21	Stress, Illness, and Coping	Ch. 5
		Quiz Chapter 5
Feb 24-28	Lifestyles to Enhance Health and Prevent Illness	Ch. 6
		Quiz Chapter 6
		Ch. 7
		Quiz Chapter 7
March 3-7	Lifestyles to Enhance Health and Prevent Illness	Midterm
		Behavioral Change Project Check-In
March 10-14	Spring Break: No Class	
March 17-21	Lifestyles to Enhance Health and Prevent Illness	Ch. 8
		Quiz Chapter 8
March 24-28	Becoming Ill and Getting Treatment	Ch. 9
		Quiz Chapter 9
March 31-Apr 4	Becoming Ill and Getting Medical Treatment	Ch. 10
		Quiz Chapter 10
Apr 7-11	Pain & Discomfort	Ch. 11 & 12
		Quiz Chapters 11&12
Apr 14-18	Chronic & Life-Threatening Illness	Ch. 13
		Quiz Chapter 13
Apr 21-25	Chronic and Life-Threatening Illness Continues & Looking Towards the Future	Ch. 14
		Weekly Quiz Chapter 14
		Final Exam

Behavioral Change Project Due

University Policies

UT Tyler Honor Code

Every member of the UT Tyler community joins together to embrace: Honor and integrity that will not allow me to lie, cheat, or steal, nor to accept the actions of those who do.

Campus Carry

We respect the right and privacy of students 21 and over who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at <http://www.uttyler.edu/about/campus-carry/index.php>

UT Tyler is a Tobacco-Free University

All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors.

Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products.

There are several cessation programs available to students looking to quit smoking, including counseling, quitlines, and group support. For more information on cessation programs, please visit www.uttyler.edu/tobacco-free.

Student Rights and Responsibilities

To know and understand the policies that affect your right and responsibilities as a student at UT Tyler, please follow this link: <http://www2.uttyler.edu/wellness/rightsresponsibilities.php>

Grade Replacement/Forgiveness and Census Date Policies

Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or <http://www.uttyler.edu/registrar>. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract. The Census Date is the deadline for any forms and enrollment actions that students need to be aware of. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refund for partial (There is no refund for these after the Census Date)
- Schedule adjustments (session changes, adding a new class, dropping without a "W" grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions for waivers through Financial

State-Mandated Course Drop Policy

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date). Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

Disability/Accessibility Services: In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University of Tyler at Texas offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including non-visible a diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or you have a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler> and fill out the New Student application. The **Student Accessibility and Resources (SAR)** office will contact you when your application has been submitted and an appointment with an Accessibility Case Manager. For more information, including filling out an application for services, please visit the SAR webpage at

<http://www.uttyler.edu/disabilityservices>, the SAR office located in the University Center, # 3150 or call 903.566.7079.

Student Absence due to Religious Observance

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

Student Absence for University-Sponsored Events and Activities

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least 2 weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

Social Security and FERPA Statement:

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

Emergency Exits and Evacuation:

Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.

Student Standards of Academic Conduct

Disciplinary proceedings may be initiated against any students who engages in scholastic dishonesty, 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.

- “Cheating” includes, but is not limited to:
- Copying from another students’ test paper;
- Using during a test, materials not authorized by the person giving the test;
- Failure to comply with instructions given by the person administering the test;
- Possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically designed “crib notes.” The presence of textbooks constitutes a violation if they have been specifically prohibited by the person administering the test;

- Using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key, homework solution, or computer program;
 - Collaborating with or seeking aid from another student during a test or other assignment without authority;
 - Discussing the contents of an examination with another student who will take the examination;
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- Divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructor has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student;
 - Substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any course-related assignment;
 - Paying or offering money or other valuable things to, or coercing another person to obtain an unadministered test, test key, homework solution, or computer program, or information about an unadministered test, test key, homework solution or computer program;
 - Falsifying research data, laboratory reports, and/or other academic work offered for credit;
 - Taking, keeping, misplacing, or damaging the property of T. Tyler, or of another, if the student knows or reasonably should know that an unfair academic advantage would be gained by such conduct; and,
 - Misrepresenting facts, including providing false grades or resumés, for the purpose of obtaining an academic or financial benefit or injuring another student academically or
 - “Plagiarism” includes, but is not limited to, the appropriation, buying, receiving as a gift, or obtaining by any means another’s work and the submission of it as one’s own academic work offered for credit.
 - “Collusion” includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignment offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.
 - All written work that is submitted will be subject to review by plagiarism

College of Education and Psychology Vision and Mission and Program Standards

Vision. The College of Education and Psychology is nationally recognized and respected for its academic programs and opportunities. It is a center of academic excellence, scholarly inquiry, and public service. The College prepares leaders to meet the critical challenges of the 21st Century, to make significant contributions to local and global communities, and to work toward individual and cultural equity.

Mission. The mission of the College of Education and Psychology is to provide a positive environment that fosters the acquisition of knowledge and skills. The mission is individually and collectively realized through a community of scholars that contributes to knowledge through scholarly inquiry; organizes knowledge for application, understanding and communication; and provides leadership and service. Additionally, the College is committed to affirming and promoting global perspectives, cultural diversity, and respect for individual differences as a means of enhancing learning, service, and scholarship.

UT Tyler Resources for Students

- UT Tyler Writing Center (903.565.5995), writingcenter@uttyler.edu

- UT Tyler Tutoring Center (903.565.5964), tutoring@uttyler.edu
- The Mathematics Learning Center, RBN This is the open-access computer lab for math students, with tutors on duty to assist students who are enrolled in early-career courses.
- UT Tyler Counseling Center (903.566.7254)

Note: this document is subject to change at the discretion of the instructor. Changes will be announced.