

*As written by: Sayma Akbter*

Class Notes of Jan 29<sup>th</sup> 2015

- Everyone must Sign Up for **Open Lab**.
- About the Course
  - By the end of the class we will understand health psychology and health behavior change. Behavior change isn't something that happens over night. In this course we will start thinking about and modifying our old behavior using technology that's been developing in the field of health psychology.
  - Will understand different research methods and how are these used to understand race and culture.
  - Understand different disease processes and behaviors related to these diseases. Most diseases that will be discussed in class are chronic, e.g. Rheumatoid Arthritis, cancer, HIV/ AIDS
  - We will be learning about health psychology concepts and real world diseases. We will also be discussing the role of a health psychologist. There are different types of health psychologist. 1. Research 2. Clinical Health Psychologist
  - One important thing about this course is to getting comfortable with having no answer to having too many answers to a question or topic.
  - Read the **Academic Integrity** section of the course syllabus. If an idea is inherited from someone else's article, it's important to let the professor or the class know about it.
  - There are different learning methods, which can be very unique from person to person. Therefore whatever the learning method is, the professor is willing to work with you.
- **Absences:** 3 absences are allowed. More than 3 absences can affect the grade regardless if it's an excused absence. Email the professor in case your going to miss the lecture.
- **Quizzes:**
  - There will be 3 quizzes, which counts as 25% of yours grade.
  - The quizzes will be taken through Blackboard.
  - 1<sup>st</sup> Quiz is on Research Methods
  - 2<sup>nd</sup> risky health behavior
  - 3<sup>rd</sup> template for understanding chronic illness.
- Interacting **LiveWell** is 25% of the grade.
- **Papers:** 3 papers which are worth 25% of the overall grade
  - 1 page Reflection paper on computer application called I'm positive. Due week 8.
  - 5 Page reflection paper on Race: The Power of an Illusion. Due week 9
  - 2 page reflection paper on your experience with LiveWell. Due week 12.

**NO LATE PAPERS. Early papers however are acceptable.**  
**No citation. It's completely a Reflection paper.**  
**Must be handed in through Blackboard.**  
**I.e. all papers go though an automatic plagiarism check**

- **Projects:** There will be group project consisting of approximately 6 people. The project is to create an electronic poster identifying couple of different websites that targeting specifically minorities and health conditions and critique it
- 15% is interacting with **OpenLab**, asking and answering questions.
- 5% is **attendance**.

#### **Behavior modification program**

- This is an interactive website that is designed for college students
- This is expected to do every three weeks.
  - 1<sup>st</sup> exercising regularly
  - 2<sup>nd</sup> stress management
  - 3<sup>rd</sup> eating healthy
- At the end we are required to write a 2 page paper on the process stating your experience with the website.
- At the end of each week class notes from 2 of the students and the professor will be posted under the documents. That's supposed to help prepare for quizzes.
- There will be a discussion before every class and every guest talk. Everyone is responsible to writing questions and generating responses. We will be provided with specific details about when to do this and what details is expected.

**Assignment For Tuesday:** Read the policies. Either add a new policy or pick on and elaborate. Tell us why you like it. You can also reply to the students from other class too.

- Need a **YouTube** Account. Need 1 consented adult to make a 30 sec video. The person will be given a few sets of words to see and memorize then recite them to see how many they remember. And repeat it again.

**Final will be in class, a series of short answer essays. 5 questions will be given, 1-2 paragraph each question.**