

**UNIVERSITY OF VICTORIA
DEPARTMENT OF PSYCHOLOGY**

**PSYCHOLOGY 332 Health Psychology
January 10 to April 7, 2022**

Instructor:

COURSE OUTLINE: (subject to change as announced in class)

January 11

EVALUATION:

1. In-class Discussions: There will be **five** in-class assignments/projects (2% each). These will be in the format of Group Discussions (THE FORMAT MAY CHANGE WITH COVID PROTOCOLS). They will be held on **January 26, February 2, February 16, March 2, 16, 30, 2022. (These cannot be made up.)**

TOTAL VALUE: 10%

2. Assignments: There will be **three** written assignments (10% each), out of several topics given, due in class on the dates indicated below. Each assignment will involve preparing a short discussion paper using peer-reviewed information (**maximum = three** double-spaced pages). They are due on: **January 28, February 15, March 1, 15, 25, 2022. (Choose 3 of the 5 dates).**

TOTAL VALUE: 30%

3. Examinations: There will be **three** short answer examinations (15% each for Exam #1, #2, #3) covering information presented in class and via your in- class discussions.

TOTAL VALUE: 45%

4. Project: Choose one of the following options.

OPTION A

Major essay: It will involve preparing a discussion paper (**8 to 10** double- spaced pages) in response to a topic approved by the instructor. _____

_____ You must include 3 references for your topic with the request for approval. In addition, no late papers will be accepted.

Essay is due: **March 18 (or earlier), 2022.**

TOTAL VALUE: 15%

OPTION B

Experiential Learning Activity: Commencing at the beginning of the term, you will be required to choose a **health**-related behaviour you want to change (e.g., start a diet or stop eating junk food, change drinking habits) and then document your progress with that change through the duration of the course in a diary. Near the end of term you will be required to submit a report detailing the behaviour you choose to target, an overview of your progress and an analysis of these in relation to core concepts you learned from the course and other peer-reviewed resources (e.g., PsycInfo, MedLine). Because changing is not easy and should be done at your **own** pace, your progress will not be evaluated; what is important is to make an accurate observation of your behaviours and feelings during the project and find strategies to change behaviours. It should be 8 to 10 pages in length and follow A.P.A. writing guidelines. The report must be submitted to Dr. Bain by **March 23, 2022.**

TOTAL VALUE: 15%

A+ 90 – 100%	B+ 77 – 79%	C+ 65 – 69%	F < 49.5%
A 85 – 89%	B 73 – 76%	C 60 – 64%	
A- 80 – 84%	B- 70 – 72%	D 50 – 59%	

UNIVERSITY OF VICTORIA
Department of Psychology

Important Course Policy Information
Winter 2022

Prerequisites

Students who remain in courses for which they do not have the prerequisites do so at their own risk. Students who complete courses without prerequisites ARE NOT exempt from having to complete the prerequisite course(s) if such courses are required for the degree program.

Program Requirements

For more information see the UVic Calendar January 2022.

Registration Status

Students are responsible for verifying their registration status. Registration status may be verified using My Page, View Schedule

What to do if you miss the final exam scheduled during the formal exam period

Apply at Records Services for a "Request for Academic Concession", normally within 10 working days of the date of the exam. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation (for example, a deferred exam). Where a concession is not applied for or where such application is denied, an N grade will be entered on the student's academic record.

OR, you can download the Request for Academic Concession form here:
<http://www.uvic.ca/registrar/assets/docs/record-forms/rac.pdf>

- ***What to do if you miss an exam other than one scheduled during the formal exam period***

Do not apply at Records Services for a "Request for Academic Concession". Instead submit documentation of the illness, accident or family affliction directly to your course instructor (or designated teaching assistant).

- ***What to do if you require additional time to complete course requirements***

Apply at Records Services for a "Request for Academic Concession", normally within 10 working days of the end of the course. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation (for example, a deferred exam). Where a concession is not applied for or where such application is denied, an N grade will be entered on the student's academic record.

OR, you can download the Request for Academic Concession form here:
<http://www.uvic.ca/registrar/assets/docs/record-forms/rac.pdf>

Policy on Academic Integrity including Plagiarism and Cheating

The Department of Psychology fully endorses and intends to enforce rigorously the Senate Policy on Academic integrity

https://www.uvic.ca/calendar/future/undergrad/#/policy/Sk_0xsM_V?bc=true&bcCurrent=08%20-%20Policy%20on%20Academic%20Integrity&bcGroup=Undergraduate%20Academic%20Regulations&bcItemType=policies. It is of utmost importance that students who do their work honestly be protected from

those who do not. Because this policy is in place to ensure that students carry out and benefit from the learning activities assigned in each course, it is expected that students will cooperate in its implementation.

The offences defined by the policy can be summarized briefly as follows:

1. **Plagiarism.** You must make sure that the work you submit is your work and not someone else's. There are proper procedures for citing the works of others. The student is responsible for being aware of and using these procedures.
2. **Unauthorized Use of an Editor.** The use of an editor is prohibited unless the instructor grants explicit written authorization.
3. **Multiple Submission.** Only under exceptional circumstances may a work submitted to fulfill an academic requirement be used to satisfy another similar requirement. The student is responsible for clarifying this with the instructor(s) involved.
4. **Falsifying Materials Subject to Academic Evaluation.** This includes falsification of data, use of commercially prepared essays, using information from the Internet without proper citation, citing sources from which material is not actually obtained, etc.
5. **Cheating on Assignments, Tests, and Examinations.** You may not copy the work of others in or out of class; you may not give your work to others for the purpose of copying; you may not use unauthorized material or equipment during examinations or tests; and you may not impersonate or allow yourself to be impersonated by another at an examination. The Department of Psychology has

BE WELL



A note to remind you to take care of yourself. Do your best to maintain a healthy lifestyle this semester by eating well, exercising, getting enough sleep and taking some time to relax. This will help you achieve your goals and cope with stress. All of us benefit from support during times of struggle. You are not alone.

Social Life, Friends, & Community at UVic:

Having a social network is an extremely important foundation for positive mental health. There are lots of benefits to joining clubs, course unions, intramurals and teams on campus.

<https://www.uvic.ca/mentalhealth/undergraduate/connecting/index.php>

Counselling Services:

Counselling Services can help you make the most of your university experience. They offer free professional, confidential, inclusive support to currently registered UVic students. www.uvic.ca/services/counselling/

Health Services:

University Health Services (UHS) provides a full service primary health clinic for students, and coordinates healthy student and campus initiatives.

www.uvic.ca/services/health/

Centre for Accessible Learning

The CAL staff are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations www.uvic.ca/services/cal/. The sooner you let us know your needs, the quicker we can assist you in achieving your learning goals in this course.

Elders' Voices:

The Office of Indigenous Academic and Community Engagement (IACE) has the privilege of assembling a group of Elders from local communities to guide students, staff, faculty and administration in Indigenous ways of knowing and being.

www.uvic.ca/services/indigenous/students/programming/elders/
