COUGARS

Syllabus for Course Prefix and Section(s)
PBHE 230 Emotional Health and Stress Management
Asynchronous Online
Department of Applied Health
Winter session 2023

About the Instructor
Name: Moluba Ebali Geonel, MPH
Email: gmoluba@siue.edu
Office Hours: Per request via Zoom

Communicating with the instructor
Professor Moluba will be joinable via email. Please allow 24 hrs. for a response to your email.

Course description
This course explores a variety of types of emotions and their determinants in addition to their contributions to an individual's overall health and wellbeing. Applying emotional management skills within a social-ecological framework, which consist of individuals, families, communities, and broader environments, is emphasized.

Course goals and objectives
- Define the concepts of different types of emotions.
- Identify the characteristics of both positive and negative emotions.
- Explain the physiological and psychosocial impact of emotional health on overall health.
- Apply emotional management skills to achieve positive emotional health.
- Understand the social and economic cost of negative emotions.
- Practice emotional management skills in health education.
- Understand the mind-body connection.

Course textbooks
Required Textbook and Other Readings
Required: Karren, K.J., Smth, N. L., Hafen, B. Q., & Jenkin, K. J. (2010). *Mind/body health: The effect of attitudes, emotions and relationships (5th ed.).* San Francisco, CA: Benjamin Cummings.

Undergraduate students can rent textbooks from SIUE. Please visit the [Textbook Service website](#) for more information. For off-campus classes, the textbook may be shipped to you. Look for the option "Off-Campus Classes have special instructions, click here for these." Note: shipping time may take up to two weeks.

Other course materials
Links to videos and reading materials will be provided each week.

Course Requirements

1. **Course activities/assessments** All course materials will be presented in weekly folders. Weekly folders will open on Saturdays at 6:00 am and will close the following Friday at 11:59 pm. This is not a self-paced course.
2. Emailed work will not be accepted. Hand-written work will not be accepted. No extra credit available. Late work will not be accepted.
3. APA format is required for writing assignments. All writing assignments must be double-spaced, 12 Font, New Roman Times, 1-inch margins required. **Microsoft Word format is required for all documents**. Documents submitted in any other format will receive a zero.
4. Each student is responsible for being fully involved in any class activity/assignments.
5. **Please adhere to the due dates of your assignments. There will be no extensions except in case of an emergency such as death and illness, "official university business," or a religious event. The instructor must be notified in advance.**
6. All exams will be on Blackboard and will be timed. Exams will open on Wednesdays at noon and close on Fridays at 11:59pm. All exams are timed and one attempt only. The final exam will be comprehensive and is one attempt only. See timeline.

Submitting work

All your work will be typed and submitted via Blackboard. **No emailed work will be accepted**.

Online discussions

[Clear message to students about your expectations/requirements/weekly deadlines for posting and replying to discussion boards. Explicitly describe your involvement in the discussions so students understand what to expect. Additional examples of statements about]

Online class behavior

- **Reflect** before you post an emotional response and reread what you have written to be sure it is professional. Communicate as if your comments are printed in a newspaper.
- **Communicate** effectively**.**
  - Do not use all caps or multiple punctuation marks (!!!, ???, etc.).
  - Be sure to define or explain acronyms, jargon or uncommon terms so everyone can understand and participate in the discussion.
- **Sign your name.** Take responsibility for your comments in order to build a strong classroom community.
- **Foster community.** Share your ideas and contribute to ongoing discussions. Make comments that add to, not detract from, a positive learning environment for the course.
- **Be constructive.** Challenge ideas and the course content, but do so in positive ways. It's fine to disagree, but when done politely you stimulate and encourage helpful discussion, and you maintain positive relationships with fellow students.
- **Keep the conversation on the topic**. Online dialogue is like a conversation. If there is a particular dialogue going on, please add to it, but if you have something new to say, start a new thread.

Technology requirements

Technical requirements for students can be found in this [ITS Knowledgebase article](#).

Technology capabilities

Students in an online course should be able to:

- Use a word processor, such as MS Word, to compose assignments and communicate with others in the class
- Attach files to emails or course areas
- Navigate websites and course materials
- Reach out to tech support staff when issues arise and troubleshoot to resolve problems

Additional guidance for taking online courses can be found on the Online at SIUE site.

Course Policies and University Policies

Academic integrity/plagiarism
Students are reminded that the expectations and academic standards outlined in the Student Academic Code (3C2) apply to all courses, field experiences and educational experiences at the University, regardless of modality or location. Plagiarism is the use of another person's words or ideas without crediting that person. Plagiarism and cheating will not be tolerated and may lead to failure on an assignment, in the class, or dismissal from the University, per the SIUE academic dishonesty policy. Students are responsible for complying with University policies about academic honesty as stated in the University's Student Academic Conduct Code.

Unless expressly allowed by the instructor, the use of artificial intelligence (AI) tools and applications (including ChatGPT, DALL-E, and others) to produce content for course assignments and assessments is a violation of SIUE's academic policy and is prohibited.

Turnitin
This course will utilize the Turnitin plagiarism detection software. A Turnitin link will be available anywhere written work is to be submitted in the course. Find out more about using Turnitin.

Grading
1. Introduction video- **20pts.** Students will record a 5 min video introducing themselves to the class.
2. Online exams - **150 points** -There will be 3 online exams at 50 points each. There will be no make-up opportunities. All exams are timed for 50 minutes & allow one attempt only. Exams will open on Wednesday at noon and close on Friday at 11:59pm. Students must take the exam during this time.
3. Movie Reflection – **50 points**. 600-word minimum movie reflection paper. 1-inch margins, double spaced, cover page & reference page (not included in length requirement). APA format required. No abstract necessary. Posted to Blackboard on due date. See instructions.
4. Writing Assignments – **45 points** (15x3) – Students will complete various writing assignments. Instructions will be provided for each.
5. Discussion Boards – **60 points total** (20 x 3) -Students will complete discussion boards on selected readings and videos. See Blackboard and follow instructions accordingly.

Grading scale
- A: 90 to 100%
- B: 80 to 89%
- C: 70 to 79%
- D: 60 to 69%
- F: 59% or below

Feedback and grading timeline
Discussion board grades with rubric feedback will be posted within 72 hours of the discussion due date. Other assignments may take longer to grade. You can find your grade by clicking the My Grades link on the left menu of the Blackboard course. If there is a rubric attached to the assignment, you can click your score to see my personal feedback on the rubric.

Late or Missed Assignments

This class has a no late or missed assignment policy.

Participation

It is vitally important that our classroom environment promotes the respectful exchange of ideas, including being sensitive to the views and beliefs expressed during online discussions. Your success in this course will depend on your communication, consistent engagement, and active participation in all course activities. Success in this course requires that adhere to the deadlines given below as your complete assignments, discussions, and other course activities. Timely participation in online discussions is very important and is not optional. You are expected to post and reply to discussions in a timely manner consistent with the requirements contained within the course syllabus and discussion rubric.

Regular and Substantive Interaction

Regular and substantive interaction (RSI) is required as part of new U.S. Department of Education regulations for distance (online) education and it supports student learning in all learning environments (online, face-to-face, hybrid, hyflex, etc.). SIUE faculty participate in RSI by initiating frequent and timely opportunities to engage with students. Because there are several ways to implement RSI, such as facilitating online discussions, scheduling a Zoom conference with a student, or holding regularly scheduled review sessions before tests, RSI may look different in every class. To learn more about RSI, use the Online Tips links for Faculty and Students in your Blackboard course websites or visit the [Faculty Resources for Regular and Substantive Interaction webpage](#).

Diversity and Inclusion

SIUE is committed to respecting everyone's dignity at all times. In order to learn, exchange ideas, and support one another, our virtual and physical classrooms must be places where students and teachers feel safe and supported. Systems of oppression permeate our institutions and our classrooms. All students and faculty have the responsibility to co-create a classroom that affirms inclusion, equity, and social justice, where racism, sexism, classism, ableism, heterosexism, xenophobia, and other social pathologies are not tolerated.

The [Inclusive Excellence, Education, and Development Hub](#) is an excellent resource for students for support and community. Any person who believes they have experienced or witnessed discrimination or harassment can contact the Office of EOA/Title IX Coordination (618) 650-2333 or [eoa-titleix@siue.edu](#).

Pregnancy and Newly Parenting Policy

This policy and procedure are established to ensure the protection and equal treatment of pregnant students, students with pregnancy-related medical conditions including as a result of the termination of pregnancy, and students who become new parents including parents adopting or fostering to adopt for the first 12 weeks a child is in the home, in accordance with Federal and State guidelines and regulations. "New Parents" refers to a parent who has recently welcomed a newborn or adopted a child or is fostering to adopt a child and needs support to mitigate the disruption in academic progress within the first 12 weeks of parenting or a parent that needs support due to medical necessity attributed to pregnancy or delivery of a child; care of newborn; or lactation within the first year of child's life or legal adoption/fostering. Visit [Policies & Procedures - Student Rights and Conduct - Newly Parenting Policy - 3C15](#) to view the full policy and learn how to request accommodations through the Office of Equal Opportunity, Access, and Title IX Coordination (EOA).

Technology Privacy Information

[Sample: According to [OSCQR Standard #14](#), the course should include links to privacy policies for technology tools to let students know what data may be collected and if their data is secure. If you are using Blackboard, keep the privacy statement below. Add links to privacy statements for any other technology tools you are using in the course.]

We will be using Blackboard in this course. View the [Anthology Blackboard Privacy Statement](#) to review how your data is being used and stored.

Additional Support

Services for Students Needing Accommodations

It is the policy and practice of Southern Illinois University Edwardsville to create inclusive learning environments. If there are aspects of the instruction or design of this course that result in barriers to your inclusion or to accurate assessment of achievement—such as time-limited exams, inaccessible web content or the use of non-captioned videos—please contact Accessible Campus Community and Equitable Student Support (ACCESS) as soon as possible. In order to properly determine reasonable accommodations, students must register with ACCESS either online at siue.edu/access or in person in the Student Success Center, Room 1203. You can also reach the office by emailing us at myaccess@siue.edu or by calling 618-650-3726.

If you feel you would need additional help in the event of an emergency situation, please notify your instructor to be shown the evacuation route and discuss specific needs for assistance.

Academic and Other Student Services
As an enrolled SIUE student, you have a variety of support available to you, including:

- Lovejoy Library Resources
- Academic Success Sessions
- Tutoring Resource Center
- The Writing Center
- Academic Advising
- Financial Aid
- Campus Events
- Counseling Services

If you find that you need additional support, please reach out to me and let me know.

Cougar Care
Dealing with the fast-paced life of a college student can be challenging, and I always support a student's decisions to prioritize mental health. Students have access to counseling services on campus (Student Success Center, 0222). Make an appointment by visiting cougarcare.siue.edu or by calling 618-650-2842.

Student Success Coaches
Student success coaches work across campus to serve the SIUE student population with the tools and resources to adjust to and meet the demands of the college experience. Success coaches provide direct services such as time management support and referrals to campus resources. If you find yourself in need of academic or personal support, or in a situation that is preventing you from being successful in the classroom, please utilize Starfish to connect with a coach as soon as possible. The sooner you engage, the sooner you can access the information or tools you need that may help you get back on track.

Technical Support
[Sample]
Since this is an online course, you are expected to have reliable Internet access on a regular basis. It is your responsibility to address any computer problems that might occur. Such problems are not an excuse for delays in meeting expectations or for missing course deadlines.

Contact ITS at 618-650-5500 or at help@siue.edu with any technical concerns. You can also check the functionality of University systems, including Blackboard, at the ITS System Status page, or search the ITS KnowledgeBase for various how-to and troubleshooting guides.

Tips for taking online assessments:
- Set up a wired (Ethernet) Internet connection on your computer

- Do not use a mobile device, such as a phone or tablet
- Read the instructions and directions carefully
- Be prepared to complete the assessment in the allotted time

Subject to change notice

All material, assignments, and deadlines are subject to change with prior notice. It is your responsibility to stay in touch with your instructor, review the course site regularly, or communicate with other students, to adjust as needed if assignments or due dates change.

Course Schedule:

Folder	Reading/Video/Topic	Task
Week 1 **(Scroll down)**	Psychoneuroimmunology: The connection between the mind and the body	Chapter 1
	The Impact of Stress on Health	Chapter 2
	The Disease Resistant Personality	Chapter 4
	Documentary - Stress: A Portrait of a Killer - See link provided. Students will watch the documentary.	Documentary Reflection Assignment due Friday by 11:59pm see instructions. Writing Assignment #1
	Ted Talk &/or Readings	Happiness & Stress Discussion Board #1 due by Friday by 11:59pm. See instructions on link. **Exam 1- Open Wednesday at 12:00 pm – Friday at 11:59pm Students must complete the exam during this time.**
		Chapter 15

Week 2	Healing Power of Spirituality, Faith, & Religion	
	Locus of Control, Self-Esteem, & Health	Chapter 6
	Dali Lama Reading See Blackboard	Spirituality Discussion Board #2
	Anger, Hostility, & Health	Chapter 7
(Scroll down)	NPR Series – Anger podcasts/articles	Writing Assignment #2
		Exam 2 – Open Wednesday at 12:00 pm-Friday at 11:59pm. Students must complete the exam during this time.
		Chapter 8
	Worry, Anxiety, Fear, & Health	Chapter 9
	Depression, Despair, & Health	
	Social Support, Relationships, & Health	Chapter 11
	Ted Talks/Readings See Blackboard	
Week 3	Marriage & Health	Chapter 12
	Ted Talks – Loneliness & Marriage	Chapter 13
	Families & Health	Chapter 14
	Ted Talks – Brene Brown	Brene Brown Discussion Board #3 See Instructions

	The Healing Power of Altruism Ted Talk - Altruism The Healing Power of Humor & Laughter	Chapter 16 Writing Assignment #3 Chapter 17 Gratitude Journal due by Friday at 11:59pm. See link provided. **Exam 3 –Open Wednesday at 12:00 pm- Friday at 11:59 pm. Students must take the exam during this time.**