

**Department of Applied Health (AH)
Southern Illinois University at Edwardsville (SIUE)**

Instructor Information

Name: Dawn Aldrich, M.S.

Office: Founders Hall 1110

Office Hours: by appointment

*E-mail: daldric@siue.edu is the best way to reach me, I typically respond within 24 hrs Office phone: 618-650-2399, during winter term I will not be in my office to answer calls to this number

Time and Place for Class Meetings

This class meets entirely online. There are NO face to face meetings.

Required Text Book and Other Readings

Required: Karren, K.J., Smith, 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.

OBTAIN EITHER IN PERSON OR CONTACT TEXTBOOK SERVICES TWO WEEKS IN ADVANCE OF CLASS.
<http://www.siue.edu/muc/textbooks.shtml>

Additional course materials will be posted on Blackboard. Students are required to access Blackboard daily, as new material will be uploaded often and students are responsible for online material.

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 consists of individuals, families, communities, and broader environments, is emphasized.

Teaching Strategies (including but not limited to):

Readings, discussion, lecture, videos, free writing, critical thinking and writing.

Teaching and Learning Objectives

1. Define the concepts of different types of emotions.
2. Identify the characteristics of both positive and negative emotions.
3. Identify the determinants of both positive and negative emotions.
4. Explain the physiological and psychosocial impact of emotional health on overall health.
5. Apply emotional management skills to achieve positive emotional health.
6. Understand the social and economic cost of negative emotions.
7. Practice emotional management skills in health education.
8. Understand the mind-body connection.

Successful completion of PBHE 230 prepares you by addressing the following Public Health Domains: Analytical/Assessment Skills, Communication Skills, Leadership and Systems Thinking Skills

COURSE POLICIES

Academic Integrity

SIUE Legal and Ethical Standards will be followed. Detailed information can be found at: <https://www.siu.edu/policies/3c2.shtml>

Students should be aware that, *"Plagiarism includes either presenting someone else's words without quotation marks (even if you cite the source) or presenting someone else's ideas without citing that source. When paraphrasing from another source, at the very least the student should change the wording, sentence syntax, and order of ideas presented in the paper. Ideally, the student will integrate ideas from multiple sources while providing critical commentary on the topic in a way that clearly identifies whether words and ideas are those of the student or are from another source. Plagiarism is one type of academic misconduct described in SIUE's Student Academic Code. University policy states that 'Normally a student who plagiarizes shall receive a grade of F in the course in which the act occurs. The offense shall also be reported to the Provost.' The University policy discusses additional academic sanctions including suspension and expulsion from the University."* –Dept. of Applied Health & SIUE

Academic and personal misconduct by students is defined and will be addressed according to the SIUE Student Academic Code. Students should take credit only for the ideas and efforts that are their own. Academic misconduct includes but is not limited to:

- Improperly citing others' ideas (e.g. using information from a website in your own words, without citing this website or source)
- Submitting other students' ideas/writing as your own
- Engaging in group work or collaboration on individual assignments
- Submitting the same or similar work to different classes without prior approval of the instructor
- Cheating or soliciting cheating during quizzes

You are responsible for the information contained in the Code. If any violation occurs, the following actions may be taken at the discretion of the instructor:

- The student(s) will be required to re-do the assignment, or receive a grade of 0 for that assignment.
- The student(s) will receive a grade of 0, with no opportunity to re-submit the assignment/exam.
- The student(s) will receive a grade F for the course.

In all cases of violations, the Provost and Vice Chancellor of Academic Affairs may be notified regarding the situation of academic misconduct, and you may be formally charged with academic misconduct. Students with questions about this policy should read the Code and discuss it with the instructor.

Email Etiquette

Electronic communications can be prone to misinterpretation. Thus, appropriate e-mail etiquette should be practiced (e.g., do not use all caps). I will typically respond to students' e-mails during working hours on the weekdays (Monday–Friday). I attempt to address all e-mails in a timely fashion (within 24 hours); however, in some instances, it may take me a bit longer to respond.

Your e-mails should include 'PBHE 230' in the subject line to help filter class messages in my Inbox for this course. Please address your e-mails with a descriptive subject line with 'PBHE 230', a salutation ("Hello Ms. Aldrich"), your message, and your name at the end.

Late Assignments

Any assignments or other student products will NOT be graded if they are not turned in at the beginning of class on the due date or not submitted on time by the deadline. If you miss class, it is your responsibility to contact other students to obtain lecture materials. Students should regularly save and back-up their electronic work (e.g., flash drive, cloud). Computer issues are not sufficient grounds for an extension. Students are also expected to securely store all returned graded materials.

COURSE POLICIES

Grade Appeals

Class announcements or e-mails will be provided when grades are/will be posted, and it is your responsibility to check your grades on BB. Questions or concerns regarding grades can be discussed during scheduled appointments only. If you feel your grade is incorrect or does not reflect what you should have earned, it may be appealed through the following process:

1. Compose your appeal in writing – e-mail is acceptable.
2. The appeal must be accompanied by specific and appropriate evidence in support of the appeal.
3. The appeal must be submitted within 7 days of the posted grade.

Course Registration & Withdrawal

"It is the student's responsibilities to officially withdraw from a course by the dates set by the University if the student is not intending to complete the course for any reason. Students who do not withdraw from the course will receive the grade earned. Students will NOT be given a grade of Incomplete ("I") for activity courses." –Dept. of Applied Health & SIUE

"Upon registration, students accept the responsibility for attending classes and completing course work or officially withdrawing from classes in which they are not in attendance. It is the responsibility of students to ascertain the policies of instructors with regard to absence from class, and to make arrangements satisfactory to instructors with regard to missed course work. Students should understand that it is particularly important to attend the first meeting of a course. Failure to attend the first session of a course may result in the student's place in class being assigned to another student." –SIUE

Inclusivity and Confidentiality

I strive to create an academic climate that is inclusive, open, and safe for all students in this course. I believe that the dignity of all persons should be respected and maintained, and that every student should feel free to openly discuss the topics presented in class, their opinions, and practices with respect at all times (e.g., refrain from side conversations). We should be inclusive of all forms and types of diversity including, but not limited to, ability/disability, age, culture, race, ethnicity, gender, sex, language, religion, sexual orientation, and socioeconomic status. Hatred or disparaging remarks will not be tolerated. Making any such remarks, either in class, or to a class member outside of class time will result in removal from the class. You will be asked to meet with the instructor to discuss your remarks and any disciplinary action that may be taken.

Any information shared by the class, which is confidential, must only remain in the class. Audio- and video-recording of class materials will not be allowed without express permission to protect the privacy and confidentiality of all views expressed in class. Sharing notes for studying purposes or borrowing notes to make up for absences, without commercial gain, are not violations.

Technical Support

For assistance with technical issues, you can call ITS at 618-560-5500, email help@siue.edu, or visit <http://www.siue.edu/its/bb/help.shtml>

Special Needs

Students needing accommodations because of medical diagnosis or major life impairment should register with Accessible Campus Community & Equitable Student Support (ACCESS) and complete an intake process before accommodations will be given. The ACCESS office is located in the Student Success Center, Room 1270. You can also reach the office by e-mail at myaccess@siue.edu or by calling 618-650-3726. For more information on policies, procedures, or necessary forms, please visit the ACCESS website at www.siue.edu/access –SIUE

Course Assignments and Grades

Quizzes (300 points)

Short quizzes will be given on BB (12 quizzes x 25 points each). You can use class materials to complete the quizzes (e.g., textbook, notes, Powerpoints), but do not consult with other students. Eighty (80) minutes will be allotted to complete each quiz. Quizzes will consist primarily of multiple choice, multiple answer and true/false. You must read the chapter before the quiz to prepare yourself for the questions. There is no final exam for this course. See Coursework on BB to complete the quizzes.

Personal Reflection Assignment (25 points)

Look under Coursework to find this assignment. Questions have been provided for you to answer and reflect.

Video Reflections (125 points)

There are 5 video reflections (5 x 25 points) posted under Coursework. Instructions are listed under each assignment and links are provided. Watch each video and answer the questions that are provided.

Peer Reviewed Journal (50 points)

Under Coursework in Blackboard you will find this assignment with questions provided. Read the provided peer reviewed journal and answer the following questions.

Assignments and due dates are listed on the last page of syllabus.

Grading Scale:

500- 449.5 points: A

449.4-399.5 points: B

399.4-349.5 points: C

349.4- 299.5 points: D

<299.4 points: F

Note: Any and all content in the syllabus may be changed/amended as appropriate by the instructor at any time.

Week	Course Activities and Chapter Quizzes
<p>Week #1: 12/20-12/26</p>	<p>Read Chapters and Complete Chapter Quizzes- due 12/26</p> <p>1- Psychoneuroimmunology: The Connection between the Mind and the Body (25 points) 2- The Impact of Stress on Health (25 points) 16- The Healing Power of Altruism (25 points) 6- Locus of Control, Self- Esteem, and Health (25 points)</p> <p>Video Reflection #1 (25 points) & #2 (25 points)- due 12/24</p>
<p>Saturday, 12/25</p>	<p>Merry Christmas</p>
<p>Week #2: 12/27-1/2</p>	<p>Read Chapters and Complete Chapter Quizzes- due 1/2</p> <p>7- Anger, Hostility, and Health (25 points) 8- Worry, Anxiety, Fear, and Health (25 points) 11- Social Support, Relationships, and Health (25 points) 14- Families and Health (25 points)</p> <p>Video Reflection #3 (25 points)- due 12/31 Peer Reviewed Journal (50 points)- due 12/31</p>
<p>Saturday, 1/1</p>	<p>Happy New Year</p>
<p>Week #3: 1/3- 1/9</p>	<p>Read Chapters and Complete Chapter Quizzes- due 1/9</p> <p>15- The Healing Power of Spirituality, Faith, and Religion (25 points) 18- Insomnia and Sleep Deprivation: Health Effects and Treatment (25 points) 19- The Importance of Nutrition to Mind and Body Health (25 points) 20- Behavioral Medicine Treatment: The Effects of Mind-Body Interventions on Health Outcomes (25 points)</p> <p>Video Reflection #4 (25 points) & #5 (25 points)- due 1/7 Personal Reflection Assignment (25 points)- due 1/7</p>