

PBHE 230 - Winter Session 2022
Emotional Health & Stress Management
Asynchronous Online

Instructor Information

Mrs. Caumiant, MEd

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Office Hours: by request, email your preferred date and time

Required Text Book 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.

Important tech information: ITS recommends that students use Google Chrome or Firefox browsers for class materials. Blackboard is **not** supported by Internet Explorer. 650-5500 is the ITS number should you have questions. Please see links below for your convenience.

<https://www.mozilla.org/en-US/firefox/windows/>

<https://www.google.com/chrome/>

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.

Public Health Domains

1A1, 1A5, 1A11, 3A2, 3A8, 4A1, 4A2, 5A2, 5A3, 8A2, 8A4

Student Learning and Instructor Teaching 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.

Teaching Strategies

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

Course Policies






1. SIUE Legal and Ethic Standards will be followed. Detailed information can be found: <http://www.siue.edu/policies/3c2.shtml> In particular, 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. If you plagiarize, your instructor cannot evaluate your understanding of the topic. 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.”—KHE & SIUE
2. Students needing accommodations because of medical diagnosis or major life impairment will need to 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.
3. 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.
4. Emailed work will not be accepted. Hand-written work will not be accepted. No extra credit available. Late work will not be accepted.

5. 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.
6. Any information shared by the class is confidential and must remain in the class.
7. Each student is responsible for being fully involved in any class activity/assignments.
8. **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.**
9. Please show respect, patience, and support to your peers. Any discrimination and harassment will not be tolerated.
10. Team spirit is greatly appreciated. Kind & open communication is encouraged. This is intended to be a learning community.
11. Students must check their SIUE email account and the course announcements on blackboard regularly, multiple times a day. If you fail to do so, you will take full responsibility for any missing piece of course information.
12. 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.
13. This syllabus, and all course-related materials, are the intellectual property of Mrs. Caumiant and/or SIUE. Students who give or sell this syllabus or course-related materials, without the written permission of Mrs. Caumiant, to any outside agency or person who is not currently enrolled in this class, will be in violation of the University's code of conduct and may be subject to disciplinary action, including but not limited to immediate removal from the class.
14. It is the student's responsibility to officially withdraw from a course according to 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.

15. Communication expectations:

Emails to me and other professionals should be formally addressed and proofread for errors. Do not make a request and close your email with “Thank you in advance”—it is presumptuous. A better option is “I will be grateful for any help you can provide” or “Thank you for considering my request” or simply, “Sincerely”. Emailing is NOT texting—it requires a level of thought and consideration that takes time. Do not send emails when you are angry, upset or in a state where you cannot be professional. Allow at least 24 hours for a response before resending an email for weekdays and holidays, 72 hours.

Course Assignments:

1. 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.
2. Virtual Field Trip – 25 points. See Rubric.
3. Gratitude Journal - 50 points – Students will keep a gratitude journal over the course of the semester. Students will be required to keep a minimum of 2 entries each week and keep a detailed record of meaningful entries. See rubric. See due date below.
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.
6. Final Exam – 100 points Comprehensive, timed for 100 minutes & allows one attempt only.
7. Grades - 430 total points available
 -  A: 90 to 100%
 -  B: 80 to 89%
 -  C: 70 to 79%
 -  D: 60 to 69%
 -  F: 59% or below

Folder	Reading/Video/Topic	Task
Week 1	<p>Keys to Happiness See Blackboard</p> <p>Psychoneuroimmunology: The connection between the mind and the body</p> <p>The Impact of Stress on Health</p> <p>The Disease Resistant Personality</p> <p>Ted Talk &/or Readings</p>	<p>Keys to Happiness</p> <p>Chapter 1</p> <p>Chapter 2</p> <p>Chapter 4</p> <p>Writing Assignment #1</p> <p>Happiness & Stress Discussion Board #1 due by Friday by 11:59pm. See instructions on link.</p> <p>Exam 1- Open Wednesday at 12:00 pm – Friday at 11:59pm Students must complete the exam during this time.</p>
(scroll down)		

Week 3	<p>Marriage & Health</p> <p>Ted Talks – Loneliness & Marriage</p> <p>Families & Health</p> <p>Ted Talks – Brene Brown</p> <p>The Healing Power of Altruism</p> <p>Ted Talk - Altruism</p> <p>The Healing Power of Humor & Laughter</p>	<p>Chapter 12</p> <p>Chapter 13</p> <p>Chapter 14</p> <p>Brene Brown Discussion Board #3 See Instructions</p> <p>Chapter 16</p> <p>Writing Assignment #3</p> <p>Chapter 17</p> <p>Gratitude Journal due by Friday at 11:59pm. See link provided.</p> <p>Final Exam Comprehensive – open Wednesday at 12:00 pm- Friday at 11:59 pm. Students must take the exam during this time.</p>

COVID-19 Pandemic Policies Related to Classroom Instruction (Fall 2022)

Health and Safety

The measures outlined below are required and any student who does not comply may be in violation of the *COVID-19 People-Focused Health and Safety Policy*, as well as the University's *Student Code of Conduct*.

The full text of the *COVID-19 People-Focused Health and Safety Policy* can be found here: <https://www.siue.edu/policies/Covid.shtml>

Classrooms, Labs, Studios, and Other Academic Spaces

Under current University policy, SIUE will only require masking in campus healthcare settings. See, <https://www.siue.edu/about/announcements/coronavirus/safety-guidelines-support/index.shtml>.

Individual faculty of record may determine that masking will be required in their classrooms and are asked to communicate accordingly with students. Face masks may be required in other campus sites following guidance from governing regulatory agencies.

- Students who forget to wear a face covering when masking is required will be reminded of their obligation to comply with SIUE's *COVID-19 People-Focused Health and Safety Policy* and temporarily asked to leave the class until they are able to conform to the policy. Students who forget or lose their face coverings when masking is required may be able to obtain replacements from a friend, a faculty member, or a nearby departmental office. Face coverings are also available for purchase in the Cougar Store (MUC).
- Students who refuse to wear a face covering when masking is required will be asked to leave the classroom and referred to the Dean of Students for non-compliance with community health and safety protocols. Repeated non-compliance may result in disciplinary actions, including the student being administratively dropped from an on-ground/face-to-face course or courses without refund if no alternative course format is available.

- If a student has a documented health condition which makes wearing a face covering medically intolerable, that student should contact ACCESS to explore options with the understanding that ACCESS will not grant accommodations which excuse the need for a face covering while on campus or in the classroom. ACCESS will work with qualifying individuals to find reasonable alternatives, whenever such solutions are available. Please call or contact the ACCESS Office via email to schedule an online appointment to discuss potential alternatives. ACCESS office (Student Success Center, Room 1203, 618-650-3726, and myaccess@siue.edu).

General Health Measures

Students and employees are expected to review the [siue.edu/coronavirus](https://www.siue.edu/coronavirus) website

(<https://www.siue.edu/about/announcements/coronavirus/>) to better understand prevention strategies and safety expectations.

- Students and employees are expected to maintain healthy hygiene practices.
- Students and employees are expected to follow COVID-related guidelines and directions.
- Students and employees are expected to conduct a daily health self-assessment and isolate themselves if COVID-related symptoms are present. COVID-related symptoms include:
 - o Fever (100.4 degrees or above) or chills
 - o Cough
 - o Shortness of breath or difficulty breathing
 - o Fatigue
 - o Muscle or body aches
 - o Headache
 - o New loss of taste or smell
 - o Sore throat
 - o Congestion or runny nose
 - o Nausea or vomiting
 - o Diarrhea

Academic Integrity

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. The full text of the policy can be found here: <https://www.siue.edu/policies/3c2.shtml>.

Recordings of Class Content

Faculty recordings of lectures and/or other course materials are meant to facilitate student learning and to help facilitate a student catching up who has missed class due to illness or quarantine. As such, students are reminded that the recording, as well as replicating or sharing of any course content and/or course materials without the express permission of the instructor of record, is not permitted, and may be considered a violation of the University's Student Conduct Code (3C1), linked here: <https://www.siue.edu/policies/3c1.shtml>.

Potential for Changes in Course Schedule or Modality

As the COVID-19 pandemic continues, there remains a possibility that planned classroom activities will need to be adjusted. Depending on circumstances and following state-issued recommendations, potential changes include alterations to distancing requirements, course modality (e.g., transition from face-to-face to online, hybrid, or hy-flex, mask wearing, in-course activities, etc). These changes would be implemented to ensure the successful completion of the course while preserving health and safety. In these cases, students may be provided with an addendum to the class syllabus that will supersede the original version. If the course schedule or modifications significantly alter expectations, a new syllabus will be issued.