FYSM 1310 D : Health and Well-Being

Course	FYSM1310D: Health and wellbeing
Instructor	Rachel Burns
Term	Fall 2020/Winter 2021
Email Address	Rachel.burns@carleton.ca
Office Location	Loeb A503
Office Hours	To be determined

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

This course introduces students to health psychology, which applies psychological science to the context of health and well-being. Psychological, social, and biological influences on health will be examined. For example, we will explore how beliefs, personality, relationships, and stress are associated with health and well-being.

Against the backdrop of these concepts, students will practice skills that will be helpful during their undergraduate studies, such as locating and reading scientific articles, written and oral communication, critical thinking, and connecting with campus resources.

Group work is a regular part of the course.

Students can also expect to participate in class discussions.

While the course is being delivered online, plan to meet during the scheduled class time.

EVALUATION

Evaluation will be based on in-class participation (e.g., discussions), writing assignments, quizzes, presentations, and in-class activities. In-class activities may involve group work.

Regular class attendance is expected.

TEXT

Sapolsky, R. (2004). Why Zebras Don't Get Ulcers. 3rd edition.