

PSYC 2301 C: INTRODUCTION TO HEALTH PSYCHOLOGY

Instructor	Sarah Enouy
Term	Winter 2025
Course Delivery	In-person
Email Address	sarah.enouy@carleton.ca
Office Location	Virtual
Office Hours	Monday 3:00 – 4:00pm or by appointment.

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

The field of health psychology is dedicated to understanding how human thoughts, behaviors, biology, and social contexts influence health and illness. In this introductory course, we will explore fundamental concepts of health psychology and their relevance both within the university setting and in society at large. Topics will include, among other things, systems of the body, stress, illness, and health-promoting and health-compromising behaviors.

EVALUATION (SUBJECT TO CHANGE)

Course grade will be determined by 2 midterms and a final exam with midterm and final being **in-person**.

TEXT

To be determined.