

PSYC 3300 A : HEALTH (HONOURS SEMINAR)

Instructor	Dr. Kathryne Dupré
Term	Fall 2026/Winter 2027
Course Delivery	In-Person
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Office Hours	TBA

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

This course is designed to provide students with an understanding of psychological research and the skills needed to conduct it effectively. Students will gain proficiency in various aspects of the research process, enabling them to undertake research in a variety of settings (e.g., academia, the workplace). Activities include reading and assessing literature, developing research questions, locating evidence to answer questions, designing studies, conducting data analyses, producing research papers, and engaging in knowledge translation activities. While this course provides general research skills applicable across all areas of psychology, it also offers the opportunity for an in-depth study of topics in health psychology. Areas of focus will include how psychological, social, behavioural, and environmental factors – such as stress, relationships, work, sleep, exercise, and social media use – are associated with health and well-being.

The seminar component of this course will involve in-person class meetings that will typically take the form of discussions (often led by students) on topics related to health psychology. Students will be required to do a significant amount of reading and reflection (and some writing) before class, and to engage actively in discussions during class. These discussions will allow students to develop a deeper understanding of current theories, research, and methods. The lab component of this course will involve in-person activities that focus primarily on the technical skills necessary for conducting research and writing up findings. These lab sessions will facilitate completion of some of the course's major requirements (e.g., the research assignment). Lab sessions will also include smaller assignments (e.g., ethics activities) that will contribute to the lab work grade.

EVALUATION (SUBJECT TO CHANGE)

Evaluation in this course will be based on participation, presentations/discussions, written assignments, lab work, and a research project.

TEXT

Students will be provided with a reading list and will be expected to locate and read numerous articles from psychology and related journals. Additional readings may be assigned throughout the course. Students should refer to the *Publication Manual of the American Psychological Association* (7th ed.) for guidance on formatting their assignments.