

Psych 260: Psychosocial Issues in Healthcare

Fall 2019

Instructors: Professor Leo Kiralla, Dr. Lela Holden
E-mail: leo.kiralla@bellevuecollege.edu, lela.holden@bellevuecollege.edu
Office location (Holden): T 308 P

Office hours: Monday, 12:00--3:00, appointment preferred and arranged

Tuesday, 10:00--12:00, appointment preferred and arranged

Office location (Kiralla): D 200 F
Office Hours: Wednesday/Thursday 12:30-2:00pm, and by appointment
Class Times: T 1:30pm-4:20pm in Room T127

COURSE DESCRIPTION:

This course explores the determinants of health and illness including social, psychological, environmental, spiritual, and cultural dimensions across the lifespan and within the context of healthcare. Students become familiarized with the social and psychological attributes contributing to individual, familial and community level functioning, and how it shapes health providers' perception and expression. Allows for application of concepts from previous courses in psychology and sociology to the direct care of clients in various healthcare settings.

COURSE OUTCOMES:

Upon completion of this course, the successful student will be able to:

1. Describe key psychological concepts, principles, and overarching themes using the biopsychosocial model in the context of healthcare.
2. Critically identify basic psychosocial explanations to community, family, and individual levels of functioning related to healthcare.
3. Identify and examine aspects of cultural diversity, interpersonal issues, and ethical challenges in healthcare.
4. Describe how self and psychology applies to healthcare workplace settings.
5. Communicate effectively in oral and written forms, using APA style, on psychosocial ^[L]_[SEP] issues related to healthcare. ^[L]_[SEP]

BC General Education Outcomes

Bellevue College is committed to providing students a comprehensive learning experience that addresses critical dimensions of student personal, professional, and intellectual growth. Bellevue College's General Education program is designed to address areas and specific requirements to

ensure that students' learning experiences prepare them to build fulfilling and successful lives as individuals, workers, citizens, and life-long learners. As a reflection of our values of maintaining excellence and anticipating future needs in teaching and learning, Bellevue College has identified three main overarching General Education areas: Creative & Critical Thinking; Communication; and Connections. This course satisfies the area of Creative & Critical Thinking in that General Psychology students must learn to apply critical thinking methods in assessing the validity of claims about human behavior.

Grading

Disclaimer on sharing/therapeutic relationship/diagnoses:

We expect that you will bring a lot of questions and personal examples to our in (and out of) class discussion. That kind of enthusiasm is quite valuable, and we encourage you to consider the implications of much of our work in this course. Be very careful to share ONLY what you feel comfortable sharing and that you do not share others' personal information regarding mental health. It is VERY important that you keep confidentiality and that you realize that the therapeutic relationship is something different than what we can reasonably re-create. If you have a deeply troubling issue I will have to refer you to the counseling center because we cannot have a dual relationship of teacher/therapist/student/etc. We will try to lead with modeling boundaries of sharing. Also, let's do our best to not diagnose people in our own lives or assume that we are able to do so after completing this course.

Grading

Letter grades are based on percentage of the total number of points earned. The following criteria will be used:

A 93 - 100%

A- 90 - 92%

B+ 87 - 89%

B 83 - 86%

B- 80 - 82%

C+ 77 - 79%

C 73 - 76%

C- 70 - 72%

D+ 67 - 69%

D 63 - 66%

F 62% and below

Letter grade is made up of:

Quizzes-	40 points (5 best scores)	= (20%)
----------	---------------------------	---------

Midterm, Final Project-	100 points (50 points each)	= (50%)
-------------------------	-----------------------------	---------

Assignments -	60 points (2 total, 30 points each)	= (30%)
---------------	-------------------------------------	---------

Exams and Assessment

There will be weekly quizzes, a midterm exam, and a final project (on Well Being). There are assignments that require you to answer questions about the texts. It is very important that you keep up with the readings and prepare for assignments, exams, and weekly quizzes.

If you know ahead of time that you will be unable to attend class on any exam or quiz day, you may make arrangements with the instructors to take an alternative exam or quiz early. If you come late to class on an exam day, you will not be allowed any additional time. Make-up exams will be allowed only with appropriate documentation. All exams given outside of class must be taken in paper form and must be scheduled by the student at the testing center.

For quizzes, the lowest quiz score will be dropped, meaning only five quizzes will count for your final grade. If you are absent or miss a quiz this can be one of your quizzes that is dropped.

Assignments

Throughout the quarter, you will complete written assignments that deal with critical thinking (CTA) and the multiple perspectives in the field of psychology (MPA). Directions and details will be posted on the class site on Canvas in the appropriate Module. These assignments will be submitted on Canvas. Late assignments will only be accepted within 24 hours of the due date and at penalty of 20% off the total points possible.

Attendance

Attendance will be taken regularly at each class meeting. If you are not in class, you cannot participate in in-class discussion or quizzes; if you do not participate, you will not receive credit for in-class activities.

Extra Credit

There may be limited opportunities to earn extra credit for this course. These opportunities may consist of outside activities (e.g., attending a campus lecture or workshop, viewing a film, etc.) and written papers pertaining to the topics covered in this course. Such opportunities will only be announced in class.

The link to the College Grading Policy is located on page 10 of the Course Catalog: Grading Policy

Books and Materials Required

There is no textbook required for this course. There are three books that you will need to purchase at the bookstore. They are:

1. Vance, J. D. (2016). *Hillbilly elegy: A memoir of a family and culture in crisis* (First edition.). New York, NY: Harper, an imprint of HarperCollinsPublishers.

2. Ansell, David (2017). *The Death Gap: How Inequality Kills* (First edition.). Chicago, IL: University of Chicago Press.

3. Schulman, Andrew (2016). *Waking the Spirit: A Musician's Journey Healing Body, Mind and Soul*. New York, NY: Picador Press.

Classroom Learning Atmosphere

▪ Instructors' Expectations

Please arrive to class prepared and with an open mind. My goals for you, beyond acquiring new knowledge, are development of (1) critical thinking skills (how to effectively evaluate new information), and (2) the ability to apply concepts in psychology to situations beyond the classroom. You will learn new material every week through a combination of lecture, whole-class discussion, and small group activities.

You are responsible for keeping yourself on schedule, knowing due dates, and planning ahead. Study concepts you do not understand, and ask for help right away if you need it. This class goes quickly, and you'll need to stay on top of the reading to do well. If you have questions about the class, read this syllabus first. Be an active participant in your own education. You will be expected to read the book before class, take notes, think about the stuff you read, and come prepared to discuss the ideas with your professor and peers. Challenge assumptions, and consider the implications and applications of course material. Thinking deeply about the course material not only will help you remember it better – it'll make it more useful for the future.

Attendance is not optional. As adult students, you are expected to manage your own time and priorities. If you miss any class session, you are responsible for obtaining any lecture notes from fellow students, missed assignments from me, and for staying abreast of any class announcements or changes to the class schedule or policies. Emailing me of your absence is appreciated. Note: when emailing me outside of Canvas, please include your full name and class section; in the email subject line, it is helpful to start with "STUDENT" so that it does not get lost in the melee of emails.

Class conduct expectations will be in compliance with policies described in the BC student handbook.

"Cheating, stealing and plagiarizing (using the ideas or words of another as one's own without crediting the source) and inappropriate/disruptive classroom behavior are violations of the Student Code of Conduct at Bellevue College. Examples of unacceptable behavior include, but are not limited to: talking out of turn, arriving late or leaving early without a valid reason, allowing cell phones/pagers to ring, and inappropriate behavior toward the instructor or classmates. The instructor can refer any violation of the Student Code of Conduct to the Vice President of Student Services for possible probation or suspension from Bellevue College.

Specific student rights, responsibilities and appeal procedures are listed in the Student Code of Conduct, available in the office of the Vice President of Student Services.”

Cheating and plagiarism will not be tolerated. All work that you submit in this course must be the product of your own efforts. In either case, zero points will be allotted. In addition, cell phone use in class is not allowed; cell phone ringers/modes are to be turned off prior to entering the classroom. Laptop/tablet use will not be allowed in class. For more information and to see the Student Code, Policy 2050, in its entirety, please visit:
http://bellevuecollege.edu/policies/2/2050_Student_Code.asp

Course Evaluations are encouraged. You are encouraged to complete a course evaluation before the end of the quarter. The Bellevue College Online Evaluation web site is secure and submissions are completely anonymous. College instructors, program chairs and administrators are granted access to a class composite document on the web site only after all grades are posted to transcripts at the close of the current quarter. To participate in the evaluation process, use your Student ID and PIN to log in on the following site:

<https://bellevuecollege.edu/ClassEval/default.aspx>

On the BC Online Evaluation site, you will find a listing for each of your classes. Access to each course evaluation is granted only once, and after you press the SUBMIT button at the bottom of the page, you will see a screen telling you which class evaluations have been completed.

Participation is encouraged. You are encouraged to participate in discussions of the theoretical issues presented in class. Some theories may appear counter-intuitive and may provoke much reaction, sparking lively discussions. Within these discussions, it is important to remain respectful of your fellow students. Everyone has a point of view. While discussion is encouraged and will be solicited, side comments and off-topic talk will not be tolerated.

Punctuality is expected. Please be on time for class. Arriving late or leaving early undoubtedly breaks the flow of the class and causes a distraction. If you arrive late, please take a seat close to the door. If you need to leave early, make arrangements with me ahead of time and sit close to the door.

Study effectively by self-testing. Each section of the text begins with a study question. Read the material, trying to understand the underlying ideas. A few minutes later, go back to the page and see if you can answer the question. Test yourself again with the multiple-choice questions at the end of each chapter.

▪ Affirmation of Inclusion

Bellevue College is committed to maintaining an environment in which every member of the campus community feels welcome to participate in the life of the college, free from harassment and discrimination.

We value our different backgrounds at Bellevue College, and students, faculty, staff members, and administrators are to treat one another with dignity and respect.

Religious Holidays

Students who expect to miss classes, examinations, or any other assignments as a consequence of their religious observance should be provided with a reasonable alternative opportunity to

complete such academic responsibilities. It is the obligation of students to provide faculty with reasonable notice of the dates of religious holidays on which they will be absent, preferably at the beginning of the term. Students who are absent on days of examinations or class assignments should be offered an opportunity to make up the work without penalty (if they have previously arranged to be absent), unless it can be demonstrated that a makeup opportunity would constitute an unreasonable burden on a member of the faculty. Should disagreement arise over what constitutes an unreasonable burden or any element of this policy, parties involved should consult the department chair, or Dean.

College Anti-Discrimination Statement (Title IX)

Bellevue College does not discriminate on the basis of race or ethnicity; color; creed; national origin; sex; marital status; sexual orientation; age; religion; genetic information; the presence of any sensory, mental, or physical disability; gender identity or veteran status in educational programs and activities which it operates.

For further information and contacts, please consult College Anti-Discrimination Statements.

- **Student Code of Conduct and Academic Integrity**

Any act of academic dishonesty, including cheating, plagiarism (using the ideas or words of another as one's own without crediting the source), and fabrication and inappropriate/disruptive classroom behavior are violations of the Student Code of Conduct at Bellevue College. Examples of unacceptable behavior include, but are not limited to, talking out of turn, arriving late or leaving early without a valid reason, allowing cell phones/pagers to ring, and inappropriate behavior toward the instructor or classmates. The instructor can refer any violation of the Student Code of Conduct to the Dean of Student Success for investigation. Specific student rights, responsibilities, and appeal procedures are listed in the Student Code of Conduct at: Student Code

Important Links Bellevue College E-mail and access to MyBC

All students registered for classes at Bellevue College are entitled to a network and e-mail account. Your student network account can be used to access your student e-mail, log in to computers in labs and classrooms, connect to the BC wireless network and log in to MyBC. To create your account, go to: [Create Email](#)

BC offers a wide variety of computer and learning labs to enhance learning and student success. Find current campus locations for all student labs by visiting the [Technology Help Desk](#)

- **Disability Resource Center (DRC)**

The Disability Resource Center serves students with a wide array of learning challenges and disabilities. If you are a student who has a disability or learning challenge for which you have documentation or have seen someone for treatment and if you feel you may need accommodations in order to be successful in college, please contact us as soon as possible.

If you are a person who requires assistance in case of an emergency situation, such as a fire, earthquake, etc, please meet with your individual instructors to develop a safety plan within the first week of the quarter.

If you are a student with a documented autism spectrum disorder, there is an additional access program available to you. Contact Autism Spectrum Navigators Email and phone number is on the web page. ASN is located in the Library Media Center in D125.

The DRC office is located in B132 or you can call our reception desk at 425.564.2498. Deaf students can reach us by Skype: the address is DRCatBC (NOTE: There is no @ sign...it is actually DRCatBC). Please visit our website at Disability Resource Center for application information into our program and other helpful links.

Accessibility

The online elements of this course are designed to be welcoming to, accessible to, and usable by everyone, including students who are English-language learners, have a variety of learning styles, have disabilities, or are new to online learning. Be sure to let me know immediately if you encounter a required element or resource in the course that is not accessible to you. Also, let me know of changes I can make to the course so that it is more welcoming to, accessible to, or usable by students who take this course in the future.

▪ Public Safety

Public Safety and Emergencies

Public Safety is located in the K building and can be reached at 425-564-2400 (easy to remember because it's the only office on campus open 24 hours a day—2400). Among other things, Public Safety serves as our Parking Permits, Lost and Found, and Emergency Notification center. Please ensure you are signed up to receive alerts through our campus alerting system by registering at RAVE Alert Registration

If you work late and are uneasy about going to your car, Public Safety will escort you to your vehicle. To coordinate this, please phone ahead and let Public Safety know when and where you will need an escort.

Please familiarize yourself with the emergency postings by the door of every classroom and know where to go in the event of an evacuation. Your instructor will be asked if anyone might still be in the building, so check in before you do anything else. Emergency responders will search for anyone unaccounted for.

If a major emergency occurs, please follow these three rules:

- 1) Take directions from those in charge of the response -We all need to be working together.
- 2) Do not get in your car and leave campus (unless directed to) - Doing so will clog streets and prevent emergency vehicles from entering the scene. Instead, follow directions from those in charge.
- 3) In an emergency, call 911 first, then Public Safety.

Please do not hesitate to call Public Safety if you have safety questions or concerns at any time. You may also visit the Public Safety web page for answers to your questions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9/17 First Day of Class: Introductions, syllabus, the individual in context and the Biopsychosocial model					
	9/24 Introduction to Biopsychosocial Model Development of Identity: Psychological theorists Quiz #1					
	10/1 Wired to Connect, Family Systems Theory, Quiz #2					10/6 <i>Hillbilly Elegy</i> Questions Due online

	10/8 Trauma, Resilience, Quiz #3					
	10/15 Impact of Trauma; Physiology of Trauma; Resilience Quiz #4					
	10/22 No Class- College Issues Day					
	10/29 Midterm Exam Begin Disparities in Wealth/Health; Begin <i>Death Gap</i>					11/3 Death Gap Questions are due

	11/5 Guest Speaker Disparities in Wealth; Read <i>Death Gap</i> ;					
	11/12 Practices that Promote Well Being; Animal Assisted Therapy, Music Therapy, Mindfulness Basics					
	11/19 Come prepared to discuss <i>Waking the Spirit</i> Three Groups will present that day.					
	11/26 Group Presentations continued					

