
Instructor: Maggie Seibel	Instructor: Dianne Caraway
E-Mail: Use Canvas email for all correspondence.	E-Mail: Use Canvas email for all correspondence
Phone: 425-564-2072 (Direct to Voice Mail)	Phone: 425-564-2004
Office Hours: by Appointment	Office Hours: by Appointment

REQUIRED TEXT BOOK:

There is no textbook required for this course. Readings and videos are required. Links are available on our Canvas course website.

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:

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



COURSE FORMAT:

This is a hybrid course with all assignments and exams completed on our Canvas website. To succeed in this course, you must regularly use a computer with Internet access. If you don't have a home computer with Internet access, and you live close to campus, you can access the location and times of computer labs by following this link. [BC Campus Computer Labs](#)

If you have questions about the course, please read the Getting Started folder on our course website first before asking your professor. Take active responsibility for your own education. You will be expected to read the weekly chapters before completing the assignments. Challenge assumptions, and consider the implications and applications of course material. If you have questions about the course, please read the Getting Started folder on our course website or bring them to class. You are expected to read the weekly chapters before coming to class.

COURSE REQUIREMENTS & GRADES:

The final grade is based on a total of 710 points. These points are calculated as follows:		
Exams	2 x 100 points each	200 Points
Exam Questions	2 sets of question x 35 points each	70 Points
Exam Prep Activity	2 group activities x 50 points each	100 Points
Group Evaluation	Assigned collaboration group evaluation x 40 points	40 Points
Discussions	10 Individual Posts x 10 points 10 Responses x 10 points	200 Points
Attendance	Plan to attend every class	100 Points
Total		710 Points



In conformity with BC's grading policy, the grades will be assigned as follows:

A 100% – 94% 4.0	B+ 89% – 87% 3.3	C+ 79% – 77% 2.3	D+ 69% – 67% 1.3
A- 93% – 90% 3.7	B 86% – 84% 3.0	C 76% – 74% 2.0	D 66% – 64% 1.0
	B- 83% – 80% 2.7	C- 73% – 70% 1.7	F 63% – 00% 0.0

PREREQUISITES:

Prerequisites: Completion of NURS 120, NURS 121, NURS 122, NURS 123, NURS 124, NURS 125 OR with permission of the Associate Dean of Nursing.

EXAMS:

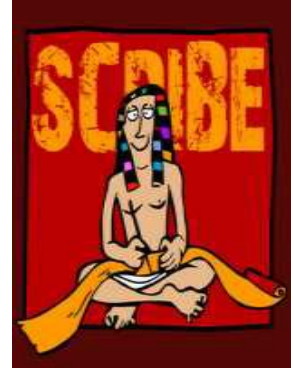
There will be two (2) exams, each worth 100 points. Each exam will cover information that is contained in the study guide.

ATTENDANCE:

Attendance is a requirement of this course. Plan to attend every class.

DISCUSSIONS:

There will be ten weekly discussions during the quarter. The discussions are intended to increase your experience in a learning community as well as deepen your understanding and thinking about the subject matter. All discussions will be open for the week corresponding with the course readings and videos. Specific details on how to write discussion responses are available in the course Getting Started module.



STUDENT PARTICIPATION:

Students will be actively involved in creating components of the course through guided activities, role play, and group events. Details, requirements, and timelines for fulfilling these components are on our Canvas website.

FREQUENTLY ASKED QUESTIONS:

Learning about Canvas is the first thing you must do before you begin using it. If you've taken one (or more) workshops but you still have questions, you can get more information on the Canvas FAQ and troubleshooting pages below:

- [Getting started with Canvas](#)
- [Tips and tricks when using Canvas](#)

Canvas is Bellevue College's "Learning Management System" or "LMS". It enables instructors to build and maintain a secure workspace to share course content, communicate with students, provide online learning activities and assessments, and keep track of their students' progress.

LEARN ABOUT CANVAS WITH A STUDENT CANVAS WORKSHOP:

- Before getting started, familiarize yourself with Canvas through one of the workshops below. These workshops are geared towards the student experience and cover the basic concepts that are used in most Canvas sites at Bellevue College.
- [On-campus student workshops](#). During the first week of the quarter, you can stop in for live, hands-on instruction in the use of Canvas.
- [Canvas student orientation](#). This page is a full learning resource for Canvas, starting with student questions, technical requirements, and information on how to use Canvas on your mobile device, followed by videos that step you through using Canvas. To watch the student orientation, scroll down to the fourth topic heading, "Canvas Student Orientation."
- [Canvas online learning workshops](#). This is a workshop sponsored by the eLearning Department and is offered for students taking Online and Hybrid Courses using Canvas. The workshop is offered on specific days, and advanced registration is required.

YOU LEARNED ABOUT CANVAS, BUT YOU HAVE MORE QUESTIONS:

If you've taken one (or more) of the workshops listed above, and you are encountering issues in Canvas, take a look at our self-help guides below:

- [Why can't I see my course\(s\)?](#)
- [Having trouble logging in?](#)
- [Common error messages in Canvas](#)
- [General troubleshooting in Canvas](#)
- [Where can I get help with Canvas?](#)
- [Self-paced Canvas course for students](#)

DUE DATES AND DEADLINES:

All assignments will be open for the week corresponding with the course readings and videos.

No late work will be accepted, except under the following circumstances:

- If you are able to provide written documentation, such as a letter from your health care provider, which explains your need for an exception, it will be considered.
- It is each student's responsibility to know the due dates and times for all assignments and make sure there is an alternate computer (public library, on campus, friend or family member) from which to complete assignments and take exams.
- Computer malfunction or technical problems are not valid excuses to grant an exception to the due date. Plan ahead.
- **Put all due dates and exam times in your phone** to help manage your time efficiently. Save your work early, often, and in multiple locations, such as the cloud, a memory stick, or another computer.

EMAIL COMMUNICATIONS:

This is a team-taught course; therefore, all email communication must be done through the Canvas learning system during the quarter. Our regular BC email is only in the event of an emergency when Canvas is down. No communication regarding course work or grades will be sent to student's personal non-Bellevue College email accounts.

INSTRUCTORS' AVAILABILITY:



As your instructors for this course, we will make every effort to answer your email questions in a timely manner. Our goal is to respond to a question within 24 hours of receiving it Monday through Thursday between the hours of 9am and 7pm, and on Friday between 9am and noon. Outside of these times we will

reply only if we happen to visit the course site. Note that this response time is only applicable to email questions, not to graded assignments. Prof Maggie will hold virtual office on the Canvas website. Both Professors are available to meet with individual students by appointment. Instructions for participating in online office hours are available in the Getting Started folder.

WITHDRAWAL FROM CLASS:

College policy states that students must formally withdraw from a class by the end of the seventh week of the quarter during the standard academic year (Registration Office, B125). If a student has not withdrawn by that date, an appropriate letter grade will be assigned for the course. *Merely stopping participation does not qualify as withdrawal.* Check Enrollment Calendar Deadlines, Refunds/Withdrawals, for additional details. As with most enrollment deadlines, it is the student's responsibility to be aware of these dates and act accordingly.



INCOMPLETE:

If a student fails to complete all the required work for a course, an instructor may assign the grade of Incomplete ("I"). The student must complete the coursework by the end of the next quarter, or receive the assigned letter grade (usually an "F").

HARDSHIP WITHDRAWAL (HW):

HW indicates a withdrawal request made because of extenuating circumstances after the official withdrawal period is over. You must make your request in writing to be considered for this exception, and you must provide documented proof of the need for this exception. An example of qualifying circumstances for a Hardship Withdrawals are:

- Death in the immediate family (spouse, child, parent) documented by an obituary listing the student as a survivor.
- Significant illness or injury (documented by a health care provider's note) of self or a person for whom the student is primarily responsible.

Also, be aware that a hardship withdrawal cannot be used as an option to avoid receiving a failing grade for the course.



TIPS FOR SUCCESS IN THIS COURSE:

- **Log onto our Canvas site every day:** In order to complete the weekly assignments and be informed about any changes to the schedule, assignments, and other information about the course it will be necessary for you to check Canvas course website regularly.
- **Read the Assigned Readings & Watch the Videos:** Reading the assigned readings/articles and watching the assigned videos will be essential for understanding the course material. It will also give

you the opportunity to experience the material in different modalities. It will be assumed that you have completed the readings and watched the videos before completing the discussions so that you will be able discuss and reference the material that you have read and watched.



- **Manage Your Time Efficiently:** Do not wait until the last minute to start an assignment. Each assignment has a weekly due date. Starting your work early allows you to spend the appropriate amount of time on the assignment, and it allows you to contact the instructors if you have any questions. Plan ahead. Save your work early, often, and in multiple locations. Submit proofread work only.
- **Talk with us:** We will be available throughout the quarter. You can also send us an email through our Canvas website where we can correspond or set up a private chat on our site.

SAFE SPACE:

This class is a Safe Space for all students. Lesbian, gay, bisexual, questioning, queer-identified, and transgender students along with students of all cultures, nationalities, and spiritual beliefs are welcome in this classroom and encouraged to share your thoughts and be an integral part of this course. If a student has any questions or concerns about this, feel free to speak with me or email me about it immediately. **Everyone is welcome in this class!**

STUDENT SUPPORT SERVICES & RESOURCES FOR SUCCESS:

Submit proofread work only. If you need help with your writing, please use the following student support services:

- Academic Success Center: <http://www.bellevuecollege.edu/asc/>

Where students can successfully complete their college courses through one-on-one, group tutoring, workshops and classes.

- TRiO Student Support Services: <http://www.bellevuecollege.edu/trio/>

Where students who are first-generation college students, low-income students, or students with a documented disability can receive help. Services include tutoring, study skills, advocacy, laptop computer lending, activities and transfer assistance.

- Library Media Center: <http://www.bellevuecollege.edu/lmc/>

Where students have access to electronic periodicals, research assistance, books and publications, computers with Internet connections, material reservation, media lab, study rooms and other helpful resources.

BELLEVUE COLLEGE 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.

[Affirmation of Inclusion](#)

ACADEMIC CALENDARS:

The Bellevue College Academic Calendar is separated into two calendars. They provide information about holidays, closures and important enrollment dates such as the finals schedule.

[Enrollment Calendar](#) On this calendar you will find admissions and registration dates and important dates for withdrawing and receiving tuition refunds.

[College Calendar](#) This calendar gives you the year at a glance and includes college holidays, scheduled closures, quarter end and start dates, and final exam dates.

BELLEVUE COLLEGE ANTI-DISCRIMINATION STATEMENT (TITLE IX):

Bellevue College does not discriminate on the basis of race or ethnicity; creed; color; national origin; sex; marital status; sexual orientation; age; religion; genetic information; the presence of any sensory, mental, or physical disability; or veteran status in educational programs and activities which it operates. Bellevue College is prohibited from discriminating in such a manner by college policy and by state and federal law. All college personnel and persons, vendors, and organizations with whom the college does business are required to comply with applicable federal and state statutes and regulations designed to promote affirmative action and equal opportunity. [College Anti-Discrimination Statements](#)

RELIGIOUS HOLIDAY OBSERVANCE:

Students who expect to miss classes, examinations, or any other assignments because 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. The [Request for Accommodations for Reasons of Faith or Conscience Form](#) provides more information about and the steps to request this accommodation.



CONFIDENTIALITY AND MANDATORY REPORTING:

As instructors, one of our responsibilities is to help create a safe learning environment on our campus. It is our goal that you feel able to share information related to your life experiences in classroom discussions, in your written work, and in our one-on-one meetings. We will seek to keep information you share private to the greatest extent possible. However, we are required to share with the Title IX Coordinator any and all information regarding sexual assault and other forms of sexual misconduct (e.g. dating violence, domestic violence, stalking) that may have occurred on campus or that impacts someone on campus. Students may speak to someone confidentially by contacting the BC Counseling Center at (425) 564-2212. The Title IX Office can be contacted at 425-564-2441 and more information can be found at [Title IX Office](#)

STUDENT CONDUCT CODE 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 Conduct Code of Bellevue College. Examples of disruptive behavior include, but are not limited to, talking out of turn, arriving late or leaving early without a valid reason, allowing cell phones to ring, and inappropriate behavior toward the instructor or classmates. The instructor can refer any violation of the Student Conduct Code to the Manager of Student Conduct for investigation. Specific student rights, responsibilities, and appeal procedures are listed in the Student Conduct Code at: [Student Code](#)



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](#)

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.

DISABILITY RESOURCE CENTER (DRC):

The Disability Resource Center serves students with disabilities. A disability includes any physical or mental impairment that substantially limits one or more major life activities. Common disabilities include physical, neurological (e.g. Autism, ADD), and mental health (e.g. depression, anxiety). If you are a student who has a disability or if you think you may need accommodations in order to have equal access to programs, activities, and services, please contact the DRC. If you require assistance in an emergency, please meet with your individual instructors to develop a safety plan for while in class and contact the DRC to develop a safety plan for while you are elsewhere on campus. The DRC office is located in building B Room 132.

You can contact the DRC by stopping by the office at B132, calling our front desk phone number (425) 564-2498, emailing drc@bellevuecollege.edu. Deaf students can reach us by calling TTY: (425) 564-4110, or by Skype (account name DRCatBC).

For more information about the services we offer, including our Initial Access Application, visit our website at Disability Resource Center (<http://www.bellevuecollege.edu/drc>). Service Animals are allowed in this classroom. Emotional Support Animals need to be approved through the DRC. All other animals will be asked to leave. If you believe you need your animal with you, please connect with the DRC and refrain from bringing your animal until a decision has been made.



PUBLIC SAFETY & EMERGENCIES:

Public Safety is located in the D building (D171) 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 [Emergency Alert Registration](#)

If you are on campus studying 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.

If you are on campus, please familiarize yourself with the emergency postings by the door of every room and know where to go in the event of an evacuation. Faculty and staff 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.

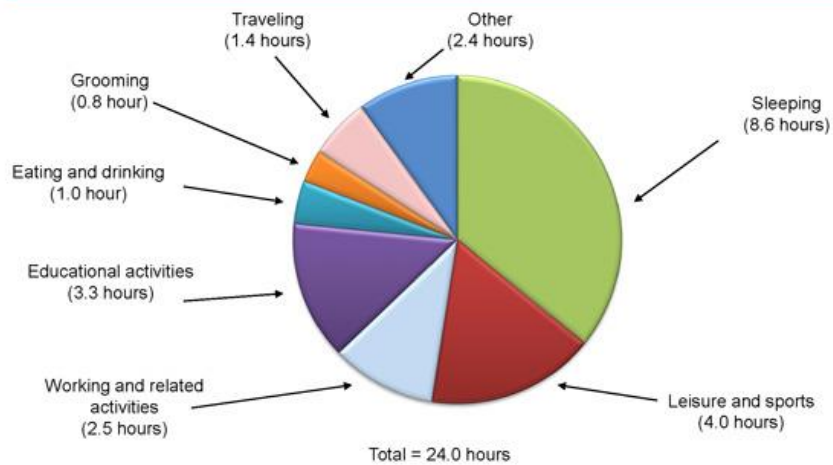
CAMPUS CLOSURES:

To get announcements of campus closures:

- Receive email and text messages through the BC Alert System. Sign up at [Text Alerts](#)

- Visit [School Report](#) to subscribe to their emergency email and text message service.
- Call BC's emergency information line: 425-401-6680.
- Check the [BC Home Page](#) for a link to the BC emergency information website, or access that page directly at [BC Alerts](#)

Time use on an average weekday for full-time university and college students



NOTE: Data include individuals, ages 15 to 49, who were enrolled full time at a university or college. Data include non-holiday weekdays and are averages for 2009 -13.

SOURCE: Bureau of Labor Statistics, American Time Use Survey

COURSE SCHEDULE:

Week	Readings & Videos	Discussions	Group Projects	Exams
Week 1	Articles & Videos on Canvas	Disc 1, Pt 1 & Disc 1, Pt 2		
Week 2	Articles & Videos on Canvas	Disc 2, Pt 1 & Disc 2, Pt 2	Toxic Families	
Week 3	Articles & Videos on Canvas	Disc 3, Pt 1 & Disc 3, Pt 2	Eating Disorders	
Week 4	Articles & Videos on Canvas	Disc 4, Pt 1 & Disc 4, Pt 2	Sexuality	
Week 5	Articles & Videos on Canvas	Disc 5, Pt 1 & Disc 5, Pt 2	Open Topic Exam Prep	
Week 6	Articles & Videos on Canvas	Disc 6, Pt 1 & Disc 6, Pt 2	Cults, Personality	Midterm Exam
Week 7	Articles & Videos on Canvas	Disc 7, Pt 1 & Disc 7, Pt 2	Open Topic	
Week 8	Articles & Videos on Canvas	Disc 8, Pt 1 & Disc 8, Pt 2	Assault	
Week 9	Articles & Videos on Canvas	Disc 9, Pt 1 & Disc 9, Pt 2	Religion & Spirituality	
Week 10	Articles & Videos on Canvas	Disc 10, Pt 1 & Disc 10, Pt 2	Positive Psyc & Synthesis	
			Exam Prep	
Finals				Final Exam