College of Social Sciences,
PSYC 3800: Psychology of Mind and Body
100% online
Summer Semester/2020

Instructor Information
Instructor: Dr. Christine Simmonds-Moore
Class Meeting: Online class
Time & Location: Online class
Office Location: Melson room 215
Telephone (office) 678 839 9334

Support for courses
*Hyperlinks provided for accessibility throughout; full URLs are available at the end of the document.

CourseDen D2L Home Page
CourseDen Help (8 AM – 5 PM)
Call: 678-839-6248 or 1-855-933-8946 or email: online@westga.edu

24/7/365 D2L Help Center
Call 1-855-772-0423

University Bookstore
Student Services

Course Information
Course Description
This course examines the effect of psychological experiences on bio-physiological processes. Topics discussed include: Psychoneuroimmunology, state dependent learning, therapies (e.g., biofeedback, meditation, hypnosis, guided imagery, etc.), disciplines (e.g., yoga, tai chi, etc.), and philosophical conceptions of mind/body relations.
Texts, Readings, Instructional Resources, and References

Required Text(s)


Other required readings will be provided electronically as pdfs and URLs.

Course Objectives and Learning Outcomes

1. Demonstrate an understanding of the physiological and psychological aspects of mind/body interaction.
2. Learn how an understanding of the mind/body relationship contributes to the larger discipline of psychology
3. Engage in a mind/body discipline and develop a framework for articulating benefits for self and others
4. Demonstrate an understanding of cross-cultural views of the mind/body relationship

Modules

The class opens on 8th May and ends on 28th May. The last day of classes is 22nd May. Monday May 25th is Memorial Day on which there will be no classes and University offices will be closed. The course ends on 26th May 2020.

There are 6 modules plus an orientation module comprising this course. The next module will only open following the completion of a quiz attempt by the student.

1. Orientation module (opens Friday, May 8th)
2. Models of mind-body relationship (opens Friday, May 8th)
3. Embodied cognition
4. Stress and emotions
5. Social aspects of mind and body
6. Nonlocal and energetic models of mind and body
7. Exploring some mind-body practices
### Assignments

<table>
<thead>
<tr>
<th>Assignment name</th>
<th>Description</th>
<th>Due Date</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Writing Assignment – reflexive blog</strong></td>
<td>A reflexive blog about your experiences with <em>one</em> mind-body practice of your choosing (something you have not done before) and how your experiences are supported by theories and research in the psychology of mind and body. A detailed description and rubric are provided on Courseden.</td>
<td>Due by 5pm on Monday 18th May 2020.</td>
<td>40%</td>
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<tr>
<td><strong>Integrative discussion post</strong></td>
<td>To demonstrate an integration of your learning throughout the class, students are asked to articulate their own understanding of the mind-body relationship, drawing from key topics, research and theories explored throughout the course.</td>
<td>Due by 5pm on Tuesday 26th May 2020.</td>
<td>10%</td>
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<tr>
<td><strong>MCT quizzes</strong></td>
<td>Quizzes follow the completion of each module and assess key definitions and facts pertinent to the psychology of mind and body. There are 6 quizzes overall.</td>
<td>All quizzes should be completed by Tuesday 26th May 2020. [The class schedule includes suggestions for when to complete each module during the Maymester].</td>
<td>50%</td>
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<tr>
<td><strong>TOTAL</strong></td>
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<td>100</td>
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### Grading Information and Policy

Grading structure and point scale

- 90% - 100%  A
- 80% - 89%  B
- 70% - 79%  C
- 60% - 69%  D
- < 60%  F

### Grading Rubrics

Detailed descriptions and grading rubrics for each of the assignments are available on Courseden.
Please see the Common Language for Course Syllabi for official information on UWG’s Academic Integrity Policy. Please note that I will enforce this policy (see below).

Academic honesty, plagiarism and Turnitin
When someone presents another person’s ideas (written or spoken) as their own, this is plagiarism. See http://www.plagiarism.org/plagiarism-101/what-is-plagiarism/. Prior to submitting your work, please read it over (and ask a friend to do so) and make sure that you are presenting your ideas using your own words. If you are describing the work of others, make sure that you include citations to their work. Try to avoid long quotes and think about what the author is saying and then summarize it in your own words. If you use quotes from a text, make sure that you include a citation to the source. Turnitin is some electronic software (that is tied to the assignment folders in CourseDen) that allows you and your professor to check the originality in your written work and it can help you to avoid plagiarism. It is highly unlikely that you will get an originality report of 0 – but the reports will be color coded, and a higher score (above 25% similarity) implies that your work is less original. As such, you should aim for a lower score which means that your work is more original. Plagiarism is a serious issue. If plagiarism is detected in your work, you will automatically get a 0 for the assignment. If academic dishonesty is detected, it will be reported to the University.

Communication
Any questions concerning grades should be sent via CourseDen email. Email is my preferred mode of communication. For urgent messages, you can call or send a text to my google voice number. During the Maymester, I will be checking CourseDen at the beginning of each day and will endeavor to respond to your questions within 24 hours during the week. If you contact me via email over the weekend, I will aim to respond to you as soon as possible, and at the latest on the Monday morning following the weekend (or Tuesday following the holiday weekend).

Expected Response Times
I will endeavor to grade your blog assignments within a couple of days following the due date. MCT grades will be automatically graded. For your integrative discussion post, I will endeavor to grade the attempt within a couple of days following the due date.

Late work policy:
Assignments are accepted late with a 10% penalty per day late unless you have a valid medical or other extenuating personal reason for which I will ask to see documentation. Exams must be completed by the due date.

Expectations of Students

Course Structure:
Students are expected to engage in reading and other activities that will support your learning for this class. You should log in regularly (ideally daily) to CourseDen, and make sure that you are on track with the readings, activities, and assignments as this is a very intense course. To help to keep you on track, I have set up check lists that can help you to complete each assignment and activity in a timely manner. Please make sure that you plan ahead with your written assignments, in particular with your blog on a mind body practice as this will necessitate a “hands on” experience with a mind body practice in addition to good engagement with the research literature. It is a good idea to set up a blog on day 1 or 2 and decide early on which mind body practice you will experience.
Course and UWG Policies

Attendance Policy:
In order to distribute Title IV funding (federal student aid), student attendance verification is required. It is your responsibility to log in regularly (ideally daily) and fully participate in the class. As this is an online course, participation will be ascertained by engagement with course materials (how long did you spend in the course area; how many of the readings did you explore, etc.), participation in discussions and the completion of assignments.

Americans with Disabilities Act Statement:
If you are a student who is disabled as defined under the Americans with Disabilities Act and require assistance or support services, please seek assistance through the Office for Accessibility Services. UWG also provides Accessibility Statements for Technology that you may be required to use for this course.
For more information on the Americans with Disabilities Act, UWG Email, Credit Hour, and UWG Honor Code policies as well as information on Academic Tutoring, Student Services, and Technical Requirements, Privacy Policy, and Accessibility Statements, please see the Common Language for Syllabus document.

Additional Support Information

Technical Support
Technical support for CourseDen, as well as the technological requirements, accessibility statements, privacy statements, tutorials, and other information can be found at Technology Requirements.

Center for Academic Success
The new Center for Academic Success (CAS) provides services, programs, and opportunities to help all undergraduate students succeed academically. The CAS offers free appointment-based peer tutoring in core courses, as well as supplemental instruction (SI)—which is peer-facilitated collaborative learning—in a variety of disciplines. Students seeking help with study skills and strategies can attend workshops though the Academic Success Workshop series or work individually with either a staff or peer Academic Coach. Beginning Fall 2014, the CAS will also offer “Back on Track,” a voluntary academic recovery program designed for students who want to improve their grades and academic standing. The Center for Academic Success is located in UCC 200 and can be reached at 678-839-6280. Our email address is cas@westga.edu.

Smarthinking
Smarthinking offers online tutoring services and resources (including the Writing Center) for UWG students/instructors in all courses. A link to Smarthinking is available in CourseDen under Resources in the navigation bar.

Student Services
Here is a great resource of Student Services for all students at UWG. This link provides students with most of the information they need. If a student is experiencing distress and needs some help, check out UWG Cares.
Full URL Support for Courses

- CourseDen D2L Home Page
  https://westga.view.usg.edu/
- CourseDen Help (8 AM – 5 PM)
  https://uwgonline.westga.edu/uwg-online-student-help.php
  Email: online@westga.edu
- 24/7/365 D2L Help Center
  https://d2lhelp.view.usg.edu/
- University Bookstore
  http://www.bookstore.westga.edu/
- Common Language for Course Syllabi
  https://www.westga.edu/administration/vpaa/common-language-course-syllabi.php
- UWG Cares
  http://www.westga.edu/UWGCares/
- Accessibility Services
  https://www.westga.edu/student-services/counseling/accessibility-services.php
- Student Services
  http://uwgonline.westga.edu/online-student-guide.php
- Center for Academic Success
  http://www.westga.edu/cas/
- Distance Learning Library Services
  https://www.westga.edu/library/resource-sharing.php
- Ingram Library Services
  http://www.westga.edu/library/
- Proctored Exams
  http://uwgonline.westga.edu/exams.php
- UWG Accessibility Statements for Technology
  https://docs.google.com/document/d/16Ri1XgaXiGx28ooO-zRvYPraV3Aq3F5ZNJYbVDGVnEAdit?ts=57b4c82d#heading=h.vrqefvtsf

*This syllabus is subject to minor alterations and amendments.