Tentative Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tr>
<td>Wed, Jan 14</td>
<td>Introduction</td>
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<tr>
<td>Wed, Jan 28</td>
<td>Stress: Biology and Psychology</td>
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<tr>
<td>Wed, Feb 4</td>
<td>Cardiovascular Disease</td>
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<td>Wed, Feb 11</td>
<td>Metabolism: Diabetes and Metabolic Syndrome</td>
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<tr>
<td>Wed, Feb 18</td>
<td>Ulcers and Irritable Bowels</td>
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<tr>
<td>Wed, Feb 25</td>
<td>Early Exposure to Stress</td>
</tr>
<tr>
<td>Wed, Mar 4</td>
<td>Sex and Reproduction</td>
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<tr>
<td>Wed, Mar 11</td>
<td>Immunity and Disease (including the Common Cold and Cancer)</td>
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<tr>
<td>Wed, Mar 25</td>
<td>Aging and Death</td>
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<td>Wed, Apr 1</td>
<td>Predictability and Control</td>
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<td>Wed, Apr 8</td>
<td>Social Relationships</td>
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<td>Wed, Apr 15</td>
<td>Socioeconomic Status</td>
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<tr>
<td>Wed, Apr 22</td>
<td>Applied Project Presentations (Last Day of Class)</td>
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<tr>
<td>Mon, May 4</td>
<td>Applied Project Paper due</td>
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Seminar in Emotion, Stress, & Health

PSY 259
Spring, 2015

Course description.
What do we know about how emotion and stress "get under our skin"? In this 1-credit course, you will learn how to define and measure emotion and stress. You will also learn about their psychological and biological underpinnings, and the mechanisms underlying how emotion and stress are related to the health of the body. This is a seminar course for graduate students in psychology and related disciplines. Each week, you will read, evaluate, and discuss original empirical research as well as popular press materials.

Course goals.
- To use principles and concepts from psychology to understand the processes by which stressful experiences impact the brain and body.
- To apply the above knowledge to a real-world context.
- To read, understand, and think critically about the relevant scholarly material.
- To synthesize the knowledge gained and communicate that knowledge to others in oral and written form.

Course location and timing.
Location: Psychology Bldg rm 201
Meeting Times: Wednesdays, 6:30-9:00 PM
## Assignments

### In-class Quizzes (30%).
- The course will consist of seven quizzes throughout the semester. Each quiz will cover the material discussed in the class sessions up to that point. Quizzes are scheduled in advance.
- Make-up Quiz Policy: 
  - You can miss one quiz for any reason (e.g., illness, unavoidable emergency, travel, forgone application) with no penalty. Since it is highly unlikely that you would need to miss class on a quiz day more than once for reasons that are outside your control, no make-up quizzes will be given. If you do have extreme circumstances that make you miss more than one quiz, please provide documentation from a physician or dean.

### In-class Discussion (30%).
- During class discussions, students are expected to participate actively.
- Each student will serve as discussant for 2-3 class periods per semester. (Number TBD depending on final enrollment.) The discussant may be selected by the instructor or the students themselves.
- Each discussant will lead a discussion in a manner guided by their own research interests.
- Each class discussion will be evaluated based on the quality and depth of participation.

### Applied Project (40%).
- This assignment is designed to apply your research knowledge in a real-world context.
- You will choose a topic of interest within the domain of emotion, stress, and health.
- This project will be presented to the class at the end of the term.

### Communication.
- Students are responsible for the content posted on or relayed via Trunk (e.g., readings, assignments, announcements, and email communications).
- Check your Trunk email address to make sure it is present and correct.

### Make-up Quiz Policy.
- If you miss a quiz due to circumstances beyond your control, you must provide documentation (e.g., a note from a physician). Non-excused absences will be penalized.

### Late Policy.
- Late assignments will not be accepted for any reason.

## Policies

### Academic Integrity
- Academic fraud is unacceptable. Students are expected to conduct themselves ethically.
- Tufts University has a zero tolerance policy for plagiarism. Plagiarized work will result in failing grades.

### Late Policy.
- Make-up Quiz Policy.
- Late assignments will not be accepted for any reason.

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