

University of Florida
College of Public Health & Health Professions Syllabus
CLP 4314 Title (3 credit hours)
Spring: 2022
Delivery Format: On-Campus
E-Learning

Instructor Name: Grace Ann Hanvey, MS; Kelsey Bacharz, MA; Faculty Supervisor: Deidre B. Pereira, PhD, ABPP
Room Number: HPNP G114
Phone Number: (352) 273-6617
Email Address: ghanvey@phhp.ufl.edu; kbacharz@ufl.edu
Office Hours: scheduled via email
Teaching Assistants: N/A
Preferred Course Communications (e.g. email, office phone): UFL email

Prerequisites

PSY 2012 General Psychology, CLP 3144 Abnormal Psychology, and three additional credit hours in psychology, health science, or statistics.

PURPOSE AND OUTCOME**Course Overview**

This course examines the foundations of behavioral health from the biopsychosocial perspective. Health Psychology utilizes a biopsychosocial model to apply psychological concepts to the healthcare system across caregiving; public health; and health education, planning, financing, and legislation (Stone, 1979), marking the expansion of psychology to the broader healthcare arena.

Relation to Program Outcomes

This course constitutes an advanced-level, undergraduate elective course designed to cultivate multidisciplinary health knowledge through a psychological perspective, especially among students aspiring to professional careers in health disciplines (e.g., medicine, nursing, psychology, social work, communication sciences and disorders, public health, health administration). This course thus provides a foundation on which students can prepare to comprehensively approach health science and practice using a biopsychosocial lens and establishes the collaborative, interdisciplinary framework through which they will develop and fulfil their professional objectives.

Course Objectives and/or Goals

Upon successful completion of the course, students should be able to:

1. Identify the possible roles and contributions of clinical health psychology in addressing the biopsychosocial model of health and illness, including the inequities that characterize health and illness in the U.S.
2. Describe behavioral factors that influence wellness and that play a role in the prevention, development, course, and outcome of many human diseases and health problems.
3. Discuss the roles that health psychologists play in promoting wellness and in addressing and treating psychological factors related to health and illness.

Instructional Methods

This course will be conducted primarily through a face-to-face medium, with the exception of the first hour of class on Mondays (i.e., 10:40 AM – 11:30 AM). In lieu of this first hour, all students will be assigned a 50-minute, recorded lecture for viewing prior to the live lecture on Mondays, beginning at 11:45 AM. Recorded lectures will be posted to Canvas 1 week prior to their corresponding scheduled live lecture. Students may view recorded lectures either 1) remotely at any time during the week prior to its respective live lecture or 2) in our designated classroom using your own device during our allotted course time (i.e., Mondays 10:40 – 11:30 AM) prior to the start of live lecture.

Lecture and class activities will comprise the majority of class sessions. All students will be expected to participate in both individual and group-based activities in order to receive the highest possible grades given during live lecture presentations. Additionally, assigned readings will be reviewed during designated classes, but students will be expected to read and review all assigned material prior to coming to class. The role of the instructors will be to: 1) present an overview of relevant topics, 2) provide additional reading material and learning resources with up-to-date research findings, 3) facilitate discussion of selected topics, and 4) provide timely feedback. **Expectations for students are to: 1) attend class fully prepared, 2) participate in class discussions, and 3) read assigned materials prior to class in preparation for lecture.**

Blended Learning

What is blended learning and why is it important?

A Blended Learning class uses a mixture of technology and face-to-face instruction to help you maximize your learning. Knowledge content that, as the instructor, I would have traditionally presented during a live class lecture is instead provided online before the live class takes place. This lets me focus my face-to-face teaching on course activities designed to help you strengthen higher order thinking skills such as critical thinking, problem solving, and collaboration. Competency in these skills is critical for today's health professional.

What is expected of you?

You are expected to actively engage in the course throughout the semester. You must come to class prepared by completing all out-of-class assignments. This preparation gives you the knowledge or practice needed to engage in higher levels of learning during the live class sessions. If you are not prepared for the face-to-face sessions, you may struggle to keep pace with the activities occurring in the live sessions, and it is unlikely that you will reach the higher learning goals of the course. Similarly, you are expected to actively participate in the live class. Your participation fosters a rich course experience for you and your peers that facilitates overall mastery of the course objectives.

DESCRIPTION OF COURSE CONTENT

Topical Outline/Course Schedule

Week	Date(s)	Topic(s)	Readings & Recordings	Instructor
1	1/5/2022	Course & Syllabus Overview		Hanvey & Bacharz
2	1/10/2022	Intro to Health Psychology	Recording: Intro to Health Psychology I Ch. 1	Hanvey
2	1/12/2022	Systems of the Body I	Ch. 2	Bacharz

Week	Date(s)	Topic(s)	Readings & Recordings	Instructor
3	1/17/2022	<i>HOLIDAY – Observing Martin Luther King Jr. Day</i>		
3	1/19/2022	Systems of the Body II		Bacharz
4	1/24/2022	Intro to Chronic Disease & Health Inequities	<p>Recording: Intro to Chronic Disease</p> <p>Ch. 11 & 13</p> <p><i>Email final project (paper or presentation) topics to both Grace Ann & Kelsey by 11:59 PM.</i></p>	Hanvey
4	1/26/2022	Health Behavior	Ch. 3	Bacharz
5	1/31/2022	<i>Weight of the Nation: Part 01</i> Documentary & APA Style	<p>Recording: https://www.youtube.com/watch?v=-pEkCbqN4uo</p> <p><i>Sign-Up for Presentation Dates by 11:59 PM</i></p>	Hanvey
5	2/2/2022	Chronic Disease (HIV Medicine)	Ch. 14	Bacharz Guest: Cartagena
6	2/7/2022	Obesity	Ch. 5 Recording: Health at Every Size	Hanvey Guest: Brockmann
6	2/9/2022	Obesity (continued)		Bacharz Guest: Ugwoaba
7	2/14/2022	Health Services & Media Literacy	Recording: Health Services	Hanvey
7	2/16/2022	Review for Midterm		Bacharz
8	2/21/2022	<i>Midterm Exam</i>		Hanvey
8	2/23/2022	Patient-Provider Communication	Ch. 9	Bacharz
9	2/28/2022	Acute & Chronic Pain	<p>Recording: Intro to Acute and Chronic Pain</p> <p>Ch. 10</p>	Hanvey Guest: Waxenberg
9	3/2/2022	Sleep Medicine	Ch. 4	Bacharz Guest: Payne-Murphy
10	3/7/2022	<i>SPRING BREAK</i>		
10	3/9/2022	<i>SPRING BREAK</i>		
11	3/14/2022	Cancer, Psychoneuroimmunology, & Palliative Care	<p>Recording: Cancer & PNI</p> <p>Ch. 12 & 14</p>	Hanvey
11	3/16/2022	Family Caregiving		Bacharz

Week	Date(s)	Topic(s)	Readings & Recordings	Instructor
12	3/21/2022	Pediatric Healthcare	Recording: Pediatric Healthcare (Part 1) Ch. 8	Hanvey Guest(s): Koskela-Staples & Moorman
12	3/23/2022	Marijuana & Inflammation		Bacharz Guest: Ferguson
13	3/28/2022	Stress & Coping	Recording: Stress Ch. 6 & 7	Hanvey
13	3/30/2022	Women's Health	<u>Research Paper Draft Due @11:45 AM</u>	Bacharz Guest: Durning
14	4/4/2022	Journal Club	Recording: Bowleg (2012) & Gravlee (2009) Overview Bowleg (2012) & Gravlee (2009)	Hanvey
14	4/6/2022	Career Paths in Health Psychology	<u>Student Presentation(s)</u>	Bacharz
15	4/11/2022	Future Directions in Health Psychology	Recording: Future Directions in Health Psychology Ch. 15 <u>Student Presentation(s)</u>	Hanvey
15	4/13/2022	Review for Final	<u>Final Research Paper Due @ 11:45 AM</u>	Bacharz
16	4/18/2022	<u>Final Exam</u>		Hanvey

Course Materials and Technology

Canvas:

All students will utilize Canvas as the course management system for this class. Canvas is accessed by using your Gatorlink account name and password at <https://ufl.instructure.com/courses/347392>. There are several tutorials and student help links on the Canvas login site. If you have technical questions call the UF Computer Help Desk at 352-392-HELP or send email to helpdesk@ufl.edu. You are responsible for checking your account prior to each class to determine how you should prepare for the upcoming class.

Course Materials:

Required Textbook:

Taylor, S.E. (2018). *Health Psychology* (10th edition). New York: McGraw-Hill. ISBN: 9781259870477

Additional readings and videos may be required throughout the semester and will be provided electronically via Canvas. **As stated above, weekly, 50-minute, recorded lectures constitute mandatory viewing and are of equal importance to live course material.**

For technical support for this class, please contact the UF Help Desk at:

- helpdesk@ufl.edu
- (352) 392-HELP - select option 2
- <https://helpdesk.ufl.edu/>

Additional Academic Resources

Career Connections Center: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.

Library Support: Various ways to receive assistance with respect to using the libraries or finding resources.

Teaching Center: Broward Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring.

Writing Studio: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.

Student Complaints On-Campus: [Visit the Student Honor Code and Student Conduct Code webpage for more information.](#)

On-Line Students Complaints: [View the Distance Learning Student Complaint Process.](#)

ACADEMIC REQUIREMENTS AND GRADING

Assignments

Exams: There will be two non-cumulative exams that will be comprised of a variety of multiple-choice questions. ***Class attendance will be rewarded via the inclusion of in-class information in each exam.*** This information will not be covered in the textbook. All students will take the exam in our designated class period, during our typical class time, via pencil and paper. Each exam will constitute 150 points towards final grades.

Students will be required to complete ONE of the following two options, with either chosen option affording 150 points:

1. **Research Paper:** The research paper should demonstrate proficiency in the application of the biopsychosocial model to a specific health issue discussed in class. Students who prefer to complete the research paper will choose a topic reviewed in class and research the development of that health issue, relevant risk factors, health disparities characterizing the health issue, current treatment and prevention approaches, and the possible implications of the topic to their own area of study. Additionally, students should include information presented in class regarding psychological dysfunction and/or well-being. It is imperative that the research paper be written from the perspective of a clinical health psychologist.

The body of the paper should be 5-7, double-spaced, and typed pages. Please use 1-inch margins and Times New Roman, font size 12. The format of your paper must follow APA style (Publication Manual of the American Psychological Association, 6th Edition). ***Final paper topics will be e-mailed to both Grace Ann Hanvey and Kelsey Bacharz by 11:59 PM on 1/24/2022. A rough draft is due as an***

electronic copy via Canvas by 11:45 AM on 3/30/2022. A final version is due as an electronic copy via Canvas by 11:45 AM on 4/13/2022. Additional details regarding the content and formatting guidelines of the paper will be provided in class. Late papers will be penalized one letter grade on the first day late and will continue to drop one letter grade for each subsequent day on which they are not turned in.

2. **Health Topic Presentation:** For students who prefer to complete the special topic presentation, these will take place throughout the semester, focusing on a relevant topic that is a current or controversial in the field of clinical health psychology. **Students will email their final presentation topics to Grace Ann Hanvey and Kelsey Bacharz by 11:59 PM on 1/24/2022 and will sign up for presentation dates via email by 1/31/2022.**

Students should plan for 15-20-minute presentations, including 3-5 minutes for questions from classmates. It is imperative that the research presentation is lectured from the perspective of a clinical health psychologist. A rubric will be available online and will be discussed on the first week of class. Prior to the presentation, students will be expected to turn in a copy of the presentation on Canvas. Additionally, students will be expected to submit 3-4 proposed test questions on the topic of their presentation via Canvas before the presentation. Questions should be in multiple choice format with correct answers provided. These questions will be included on the exams throughout the semester as the instructors deem appropriate and therefore should cover material shared with the class.

Grading

Requirement	Due date	Points or % of final grade (% must sum to 100%)
Midterm Exam	February 21, 2022	150 points (30%)
Final Exam	April 18, 2022	150 points (30%)
Research Paper (<i>Option 1</i>)	April 13, 2022	150 points (30%)
Special Topic Presentation (<i>Option 2</i>)	Ongoing	150 points (30%)
Attendance/Participation/In-Class Work	Ongoing	50 points (10%)

Point system used (i.e., how do course points translate into letter grades).

Points Earned	Percentage Earned	Letter Grade
465-500	93-100	A
450-464	90-92.99	A-
435-449	87-89.99	B+
415-434	83-86.99	B
400-414	80-82.99	B-
385-399	77-79.99	C+
365-384	73-76.99	C
350-364	70-72.99	C-
335-349	67-69.99	D+
315-334	63-66.99	D
300-314	60-62.99	D-
<300	Below 60	E

Please be aware that a C- is not an acceptable grade for graduate students. The GPA for graduate students must be 3.0 based on 5000 level courses and above to graduate. A grade of C counts toward a graduate degree only if based on credits in courses numbered 5000 or higher that have been earned with a B+ or higher. In addition, the Bachelor of Health Science and Bachelor of Public Health Programs do not use C- grades.

Letter Grade	Grade Points
A	4.0
A-	3.67
B+	3.33
B	3.0
B-	2.67
C+	2.33
C	2.0
C-	1.67
D+	1.33
D	1.0
D-	0.67
E	0.0
WF	0.0
I	0.0
NG	0.0
S-U	0.0

More information on UF grading policy may be found at:

<https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/>

Exam Policy

Exams will be held for all students in the typical course classroom during the designated Monday course period for each respective exam date (Midterm: 2/21/2022; Final: 4/18/2022). This will afford students 1 hour and 55 minutes to complete their exams. Exams will be proctored by one of the course instructors in tandem with the faculty supervisor, and will be administered via pencil and paper testing via multiple choice format. Exams will be non-cumulative and will be designed to assess mastery of course concepts reviewed in lecture material, the course textbook, and other assigned external sources for review contributing to student knowledge of the field of health psychology.

Policy Related to Make up Exams or Other Work

We expect you to attend and to be prepared to participate in all class sessions. Personal issues with respect to class attendance or fulfillment of course requirements will be handled on an individual basis. If you must miss an exam or presentation because of a foreseeable conflict (i.e., professional conference, participation in an athletic competition, religious observance, etc.) you are expected to notify us immediately via email to set-up alternative arrangements *prior* to the exam date. In addition, if a student experiences an illness or medical emergency that prevents them from attending an exam, they are required to notify the instructors by email, phone, or voicemail PRIOR to the exam AND will be required to provide a statement from their healthcare provider documenting the illness or medical emergency. The only exception to this rule is if the student is incapacitated due to the illness or emergency and therefore unable to contact the instructors prior to the exam. Otherwise, students that do not notify the instructors of their illness/emergency in some manner prior to the exam will not be eligible to make-up the exam and will receive "0" points for it.

Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at: catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/

Please note: Any requests for make-ups due to technical issues MUST be accompanied by the UF Computing help desk (<http://helpdesk.ufl.edu/>) correspondence. You MUST e-mail me within 24 hours of the technical difficulty if you wish to request a make-up.

Policy Related to Required Class Attendance

Class attendance is considered an integral part of the learning experience as class discussions and lectures will include valuable material covered in the examinations that is not otherwise covered in the textbook. Thus, all are expected to attend all classes and participate in class discussions to have exposure to this information. Attendance will be taken during each class via Canvas, which automatically populates a cumulative attendance score across the semester. If students must be absent, it is expected they will contact the instructor as soon as possible and be responsible for any missed material. Students who miss lectures are expected to acquire lecture notes from other students who attended.

As Health Psychology is a thought-provoking topic and often leads to interesting discussions about the topics covered within this course, student participation is expected. We expect each individual to contribute throughout the semester and will monitor ongoing student participation. Remember: There are no “stupid questions” and one of the most powerful ways to learn is in the moment by interacting with your instructors and classmates! As an incentive for participation, class attendance will be monitored throughout the semester.

Please note all faculty are bound by the UF policy for excused absences. For information regarding the UF Attendance Policy see the Registrar website for additional details:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

STUDENT EXPECTATIONS, ROLES, AND OPPORTUNITIES FOR INPUT

Expectations Regarding Course Behavior

- Please refrain from using cell phones, tablets, or any other electronic devices during class for personal purposes, as it is distracting and inconsiderate of other students and the instructor. Cell phones must be placed on silent or turned off during class. Tablets and/or laptops may be utilized strictly for taking course notes
- Please do not arrive late to class or disrupt the class as it is distracting and inconsiderate of other students and the instructor.
- To the extent permitted by facility rules and restrictions, you may bring food and/or beverages to class as long as it does not interfere with your ability to work and/or participate in class and as long as it does not interfere with or your classmates' ability to work and participate in class. You will be expected to clean up after yourself and dispose of all trash before leaving the classroom.

Communication Guidelines

Students are encouraged to email their course instructors when they have any questions about course material or expectations, with the exception of material that is addressed directly in the course syllabus. As such, students are advised, prior to emailing instructors with questions related to course logistics, to review the syllabus to ensure that their questions have not been otherwise answered. To address unanswered questions, students are asked to email one or both of their course instructors through their UFL gatorlink email addresses. Students should expect replies to their questions ***within 48 hours*** of inquiry.

Academic Integrity

Students are expected to act in accordance with the University of Florida policy on academic integrity. As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge:

“We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.”

You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied:

“On my honor, I have neither given nor received unauthorized aid in doing this assignment.”

It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action.

For additional information regarding Academic Integrity, please see Student Conduct and Honor Code or the Graduate Student Website for additional details:

<https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>
<http://gradschool.ufl.edu/students/introduction.html>

Please remember cheating, lying, misrepresentation, or plagiarism in any form is unacceptable and inexcusable behavior.

Professionalism and COVID

As students pursuing a path in the health professions or public health, it is crucial to demonstrate professional behaviors that reflect integrity and commitment to the health of patients, fellow health professionals, and to populations we serve. To accomplish this, a strong responsibility for the well-being of others must be evident in our decisions, along with accountability for our actions. Professionalism in the health disciplines requires adherence to high standards of conduct that begin long before graduation. This is particularly true during times of health emergencies such as the COVID pandemic, given our professional habits can have a direct impact upon the health of persons entrusted to us.

If you are not vaccinated, get vaccinated. Vaccines are readily available at no cost and have been demonstrated to be safe and effective against the COVID-19 virus. Visit this link for details on where to get your shot, including options that do not require an appointment: <https://coronavirus.ufhealth.org/vaccinations/vaccine-availability/>. Students who receive the first dose of the vaccine somewhere off-campus and/or outside of Gainesville can still receive their second dose on campus.

In response to COVID-19, the following professional practices are in place to maintain your learning environment, to enhance the safety of our in-classroom interactions, and to protect the health and safety of ourselves, our patients, our neighbors, and our loved ones.

- You are required to wear approved face coverings at all times while in Health Science Center classrooms and within Health Science Center buildings even if you are vaccinated.
- If you are sick, stay home and self-quarantine. Please visit the UF Health Screen, Test & Protect website about next steps, retake the questionnaire and schedule your test for no sooner than 24 hours after your symptoms began. Please call your primary care provider if you are ill and need immediate care or the UF Student Health Care Center at 352-392-1161 (or email covid@shcc.ufl.edu) to be evaluated for testing and

to receive further instructions about returning to campus. UF Health Screen, Test & Protect offers guidance when you are sick, have been exposed to someone who has tested positive or have tested positive yourself. Visit the UF Health Screen, Test & Protect website for more information.

- Continue to follow healthy habits, including best practices like frequent hand washing.
- Avoid crowded places (including gatherings/parties with more than 10 people)

Sanitizing supplies are available in the classroom if you wish to wipe down your desks prior to sitting down and at the end of the class. Hand sanitizing stations will be located in every classroom.

Course materials will be provided to you with an excused absence, and you will be given a reasonable amount of time to make up work. If you are withheld from campus by the Department of Health through Screen, Test & Protect you are not permitted to use any on campus facilities. Students attempting to attend campus activities when withheld from campus will be referred to the Dean of Students Office.

Continue to regularly visit [coronavirus.UFHealth.org](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) and [coronavirus.ufl.edu](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) for up-to-date information about COVID-19 and vaccination.

COVID-19 Symptoms

See <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> for information about COVID-19 symptoms, which may include fever, cough, shortness of breath or difficulty breathing, fatigue, chills, muscle or body aches, headache, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, and loss of taste or smell.

Recording Within the Course:

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A “class lecture” is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session.

Publication without permission of the instructor is prohibited. To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

Policy Related to Guests Attending Class:

Only registered students are permitted to attend class. However, we recognize that students who are caretakers may face occasional unexpected challenges creating attendance barriers. Therefore, by exception, a department chair or his or her designee (e.g., instructors) may grant a student permission to bring a guest(s) for a total of two

class sessions per semester. This is two sessions total across all courses. No further extensions will be granted. Please note that guests are **not** permitted to attend either cadaver or wet labs. Students are responsible for course material regardless of attendance. For additional information, please review the Classroom Guests of Students policy in its entirety.

Link to full policy: <http://facstaff.php.ufl.edu/services/resourceguide/getstarted.htm>

Online Faculty Course Evaluation Process

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

SUPPORT SERVICES

Accommodations for Students with Disabilities

If you require classroom accommodation because of a disability, it is strongly recommended you register with the Dean of Students Office <http://www.dso.ufl.edu> within the first week of class or as soon as you believe you might be eligible for accommodations. The Dean of Students Office will provide documentation of accommodations to you, which you must then give to me as the instructor of the course to receive accommodations. Please do this as soon as possible after you receive the letter. Students with disabilities should follow this procedure as early as possible in the semester. The College is committed to providing reasonable accommodations to assist students in their coursework.

Counseling and Student Health

Students sometimes experience stress from academic expectations and/or personal and interpersonal issues that may interfere with their academic performance. If you find yourself facing issues that have the potential to or are already negatively affecting your coursework, you are encouraged to talk with an instructor and/or seek help through University resources available to you.

- The **Counseling and Wellness Center** 352-392-1575 offers a variety of support services such as psychological assessment and intervention and assistance for math and test anxiety. Visit their web site for more information: <http://www.counseling.ufl.edu>. On line and in person assistance is available.
- **U Matter We Care** website: <http://www.umatter.ufl.edu/>. If you are feeling overwhelmed or stressed, you can reach out for help through the You Matter We Care website, which is staffed by Dean of Students and Counseling Center personnel.
- The **Student Health Care Center** at Shands is a satellite clinic of the main Student Health Care Center located on Fletcher Drive on campus. Student Health at Shands offers a variety of clinical services. The clinic is located on the second floor of the Dental Tower in the Health Science Center. For more information, contact the clinic at 392-0627 or check out the web site at: <https://shcc.ufl.edu/>
- Crisis intervention is always available 24/7 from: Alachua County Crisis Center: (352) 264-6789 <http://www.alachuacounty.us/DEPTS/CSS/CRISISCENTER/Pages/CrisisCenter.aspx>
- **University Police Department:** [Visit UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).

- **UF Health Shands Emergency Room / Trauma Center:** For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; [Visit the UF Health Emergency Room and Trauma Center website.](#)

Do not wait until you reach a crisis to come in and talk with us. We have helped many students through stressful situations impacting their academic performance. You are not alone so do not be afraid to ask for assistance.

Inclusive Learning Environment

Public health and health professions are based on the belief in human dignity and on respect for the individual. As we share our personal beliefs inside or outside of the classroom, it is always with the understanding that we value and respect diversity of background, experience, and opinion, where every individual feels valued. We believe in, and promote, openness and tolerance of differences in ethnicity and culture, and we respect differing personal, spiritual, religious and political values. We further believe that celebrating such diversity enriches the quality of the educational experiences we provide our students and enhances our own personal and professional relationships. We embrace The University of Florida's Non-Discrimination Policy, which reads, "The University shall actively promote equal opportunity policies and practices conforming to laws against discrimination. The University is committed to non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, gender identity and expression, marital status, national origin, political opinions or affiliations, genetic information and veteran status as protected under the Vietnam Era Veterans' Readjustment Assistance Act." If you have questions or concerns about your rights and responsibilities for inclusive learning environment, please see your instructor or refer to the Office of Multicultural & Diversity Affairs website: www.multicultural.ufl.edu