

University of Florida
College of Public Health & Health Professions Syllabus

PSY 4930: Special Topics in Psychology
Resilience in Children with Chronic Health Conditions

Honors; 3 credit hours
Location: HPNP G-307
Semester: Spring 2022, Mondays 4:05pm-7:05pm
Delivery Format: In-person
Course Website: <https://eLearning.ufl.edu/> (Canvas)

Instructor Information

Instructor Name: Sarah Westen, Ph.D.
Room (Office) Number: HPNP 3177
Phone Number: 352-273-6029
Email Address: westens@phhp.ufl.edu
Office Hours: By appointment
Preferred Course Communications: eLearning (Canvas)

Prerequisites

PSY 2012 General Psychology

Purpose and Outcome

Purpose:

Resilience in Children with Chronic Health Conditions is designed to provide students with (1) an overview of common pediatric chronic illnesses; (2) an overview of resilience and how resilience-building approaches are applied to the psychological treatment of pediatric chronic illnesses; and (3) an examination of resilience theory, assessment, and promotion efforts through a review of psychological literature. A special focus will be on the interactive nature of resilience and health outcomes, with discussion on how this interactive relationship is compounded by factors such as socioeconomic status, race/ethnicity, access to care, and engagement in illness management.

Relation to program outcomes:

This course serves as a 3-credit upper-level honors elective course within clinical and health psychology at the University of Florida. The early-stage developmental focus will support learning objectives that are applicable to a range of clinical and health profession degrees including public health, psychology, pre-medicine, health sciences, and early development undergraduate training programs.

Specific Objectives

After successfully completing PSY4930, the student will have:

- Gained a broad understanding of the concept of resilience as it relates to living with a pediatric chronic illness, on the individual, family, and society levels.
 - Acquired understanding of how resilience impacts disease outcomes in common pediatric chronic illnesses.
 - Learned the role of pediatric psychologists in the clinical intervention of building resilience, with an emphasis on disease-specific evidence-based concepts.
 - Learned the role of pediatric psychologists in building resilience theory, assessment approaches based on resilience models, and resilience promotion efforts.
 - Gained a broad understanding of barriers that impact resilience in pediatric chronic illness populations, such as difficulties with access to care.
 - Acquired practice reading and critiquing scientific literature related to resilience in common pediatric chronic illnesses.
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Instructional Methods

This course will be conducted in-person. All course content will be provided through live lectures; recorded lectures; assigned readings; and other posted assignments, materials, or discussions. To ensure student understanding and attention to material, students will participate in lecture quizzes for several modules, two exams, and extend learning beyond course content through assignments.

This is a highly structured and content-paced course, meaning that you cannot progress to the next module until you have completed the prior one. Quizzes, assignments, and exams are locked by date, so it is *critically* important that you stay up to date and complete your modules each week. It is expected that students will complete all quizzes, exams, and assignments on their own – with no outside help from others unless noted (i.e., group assignments) or specifically discussed with the course instructor. All quizzes, exams, and assignments will be completed and submitted online via eLearning.

The format of this course will be primarily lectures, given by the course instructor with occasional lectures presented by the teaching assistant or guest lecturers. Students are strongly encouraged to ask questions, comment on, and discuss the material presented. Effort will be given to provide engaging and participatory lectures.

Description of Course Content

Please refer to the eLearning course website which breaks down each week with a review of readings, quizzes, exams, and/or assignments due. Links to zoom live lectures (if applicable), recorded lectures, and other resources will be provided under the appropriate week in eLearning. Readings, with the exception of the textbook, will be accessible via the eLearning website. Additional readings beyond those listed may be uploaded to eLearning based on class interest, guest lecturers, or updates in research. It is highly suggested that readings are completed prior to attending and/or viewing lectures. Lectures will serve as a summary and application of readings. This schedule is subject to change due to instructor planning. **Check eLearning at least weekly for updates and announcements.** Please set e-mail alerts so that if announcements or messages are sent from eLearning you are sure to receive them.

<u>Week</u>	<u>Class Date</u>	<u>Topic</u>	<u>Textbook Readings</u> (to be completed before class)	<u>Additional Readings</u> (to be completed before class) <i>Additional readings will be uploaded to eLearning based on interest or research updates. Please check eLearning.</i>	<u>Quizzes/Exams</u> <i>Quizzes and exams will be administered on eLearning in Lockdown Browser during class. You must be present to receive credit.</i>	<u>Assignments</u> (due at 11:59pm ET each Thursday in eLearning, unless specified otherwise) <i>See eLearning for any additional lectures, readings, or assignments updated throughout the semester.</i>
1	1/10/21	Course Overview Introduction to Pediatric Psychology and Resilience	Preface, 1	Masten & Barnes (2018)		
2	1/17/22	Holiday – No Class				
3	1/24/22 ONLINE CLASS (RECORDED)	Health Promotion in Children and the Biopsychosocial Model Epilepsy	40, 25	See eLearning	Quiz 1 covering content from Weeks 1 and 3 open 1/24/22 from 4:05pm to 7:05pm (no passcode)	

4*	1/31/22	Families and Other Systems Asthma	43, 18	See eLearning	Quiz 2	Assignment 1 Due 2/3/22 at 11:59pm
5*	2/7/22	Adherence to Treatment Regimens Type 1 Diabetes	10, 20	See eLearning	Quiz 3	
6*	2/14/22	Ethical and Legal Issues Pediatric Cancer	2, 22	See eLearning	Quiz 4	Assignment 2 Due 2/17/22 at 11:59pm
7*	2/22/21	Research Design, Pain Exam 1 Review	4, 11	See eLearning	Quiz 5	
8	2/21/22	Exam 1			Exam 1 open 2/21/22 from 4:05pm to 7:05pm	
9*	2/28/22	Culture and Diversity Issues Organ Transplantation	7, 28	See eLearning	Quiz 6	
10	3/7/22	Spring Break – No Class				
11*	3/14/22	Racial and Ethnic Health Disparities Sickle Cell Disease	38, 21	See eLearning	Quiz 7	
12*	3/21/22	Rural Health Obesity	45, 32	See eLearning	Quiz 8	Assignment 3 Due 3/17/22 at 11:59pm
13*	3/28/22	Prevention	41	See eLearning	Quiz 9	
14*	4/4/22	Schools and Re-Integration into Schools Sleep	44, 35	See eLearning	Quiz 10	Assignment 4 Due 4/7/22 at 11:59pm
15*	4/11/22	IBD Transition Exam 2 Review	29, 47	See eLearning	Quiz 11	
16	4/18/22	Exam 2			Exam 2 open 4/18/22 from 4:05pm to 7:05pm	

An * next to the week number indicates that an attendance grade will be determined based on your presence and participation in the lecture and class discussion for the designated class period.

Course Materials and Technology

- **Required Textbook:** Roberts, M. C. & Steele, R. G. (2017). *Handbook of Pediatric Psychology*. (5th Edition). New York: The Guilford Press. ISBN # 9781462529780
- **Additional readings:** as indicated will be made available via eLearning.

- **Electronic Device:** Although this is an in-person course, there will also be online or scheduled assignments, quizzes or exams administered via eLearning (as described within this syllabus). An electronic device with internet, Zoom, and eLearning capabilities is required (e.g., laptop, tablet). Please contact the UF Computer Help Desk (contact information below) if you have questions or concerns regarding your device's capabilities.
- **ELearning:** eLearning is the course management system that you will use for this course. eLearning is accessed by using your Gatorlink account name and password at eLearning.ufl.edu. There are several tutorials and student help links on the ELearning login site. Quizzes and exams will require use of eLearning's lock-down browser feature.
- If you have technical questions with your electronic device or the eLearning website, 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.
For technical support for this class, please contact the UF Help Desk at:
 - Learning-support@ufl.edu
 - (352) 392-HELP - select option 2
 - <https://lss.at.ufl.edu/help.shtml>

The Respondus LockDown Browser

Use of The Respondus LockDown Browser will be required for quizzes and exams in this course. Please see details below for requirements to use these services. It is important that you plan ahead to ensure you have met all system and technology requirements to successfully use these services prior to quiz and exam deadlines. A webcam and microphone are required for exams.

The Respondus LockDown Browser:

For graded quizzes, this course will use The Respondus LockDown Browser. If your quiz requires the use of this browser, it will say "requires use of the LockDown browser" in the title of the quiz and you will not be able to begin the quiz in a traditional browser. If you have not already installed the browser, you will be given a link to download the browser, or you may install the browser at any time from <http://www.respondus.com/lockdown/information.pl?ID=364713981> (All UF Computer Labs have LockDown browser installed.) Once you have installed the browser, you may use it for all future quizzes requiring the use of the LockDown browser. Once you have installed the browser on your computer, open the LockDown browser. It will open directly to the ELearning log-in page. Click login in the upper right corner and login using your gatorlink username and password. You will then be in ELearning. Go to the course where the test is being given and begin the quiz. You want to make sure you have a strong, reliable internet connection when using LockDown browser. It is not recommended to take the quiz from a cafe or other open wireless connection. When taking a quiz in the LockDown browser, your computer will be disabled for all purposes except for taking the quiz. You cannot visit another website, open another application, copy/print any screen. The only way to get out of the LockDown browser is to submit your quiz.

Quiz and Exam Rules:

- Quizzes and exams will be administered as described in the course schedule.
- Quizzes and exams are closed book, closed notes.
- Quizzes and exams are to be completed independently.
- No extra materials are allowed, unless specified by the instructor.

Support:

- Respondus LockDown Browser: If you encounter technical difficulties while taking a test using the LockDown browser, call the Help Desk (352) 392-4357 immediately. For more information, visit https://lss.at.ufl.edu/help/Student_Help.

Academic Requirements and Grading

Quizzes:

There will be eleven quizzes in this course, each will be worth 2%; the lowest quiz grade will be dropped. Quizzes therefore count for a total of 20% of the final grade. The format of quizzes will be multiple choice, true/false, and/or free response. There will be no make-up quizzes, except for documented medical reasons (i.e., physician note); other documented emergencies may or may not be approved pending decision by the instructor. Quizzes will not be cumulative and will cover material from readings, lectures, assignments, and discussions during the week they are assigned. Quizzes not completed during the open period or missed due to unexcused absences will be given a zero.

Quizzes are closed book, to be completed independently, and no notes are allowed. Use of Respondus Lockdown Browser is required for all graded quizzes.

Exams:

There will be two exams in this course, each will be worth 25% (for a total of 50%) of the final grade. Exams will be administered during the course period on eLearning, via Respondus Lockdown Browser (during the open period described in the syllabus). Exams must be completed during the open period, and you must be present in class with your device. The format of exams will be multiple choice, true/false, and/or free response/short answer. There will be no make-up exams, except for documented medical reasons (i.e., physician note); other documented emergencies may or may not be approved pending decision by the instructor. If you miss an exam, you will receive a score of zero on that exam. Students who are unable to complete either exam on the date/time specified may request arrangements to take the exam early, pending approval by the instructor. Such requests should be submitted in writing to the instructor as early as possible in the semester; these arrangements must be made early in the semester or they will not be considered. Exams will cover material from readings, lectures, assignments, quizzes, and discussions. Exams are closed book, to be completed independently, and no notes are allowed.

Assignments Submitted to eLearning:

There will be four assignments in this course. Assignments will vary in nature; for example, they may include online discussion board posts or follow-up work such as short essays that reflect application of readings and course lectures. Detailed instructions for each assignment will be provided in eLearning. These assignments will each be worth 5% of your grade, for a total of 20% of the final grade. Late assignments will not be accepted, except in the case of documented medical reasons (i.e., physician note); other documented emergencies may or may not be approved pending decision by the instructor.

Attendance:

An attendance and participation grade will be determined during each live class where you see an * next to the week number in the above schedule (10 class periods). Each class period's attendance is worth 1% of your final course grade; as such, attendance counts for a total of 10% of your final course grade. Given that this is an upper level elective course, class attendance is expected, not optional. You are required to be present and sign into class each week and participate in the live lecture and discussion to gain attendance credit. You are expected to arrive to class on time and stay until dismissed in order to earn your attendance credit. If you do need to miss a class, it will be your responsibility to make up missed work and to schedule office hours as needed to discuss content from that class. Please note that your attendance grade will not be negatively impacted by excused absences. If you need to miss a class, or cannot stay the whole period, please notify the instructor as soon in advance as possible.

Grading

Snapshot View:

<u>Requirement</u>	<u>Number Throughout Semester</u>	<u>Total % of Final Grade</u>
Exams	2	50%
Quizzes	10 of 11 (lowest grade dropped)	20%
Assignments	4	20%
Attendance	10	10%
Total Points		100%

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

Example:

Points earned	93-100	90-92	87-89	83-86	80-82	77-79	73-76	70-72	67-69	63-66	60-62	Below 60
Letter Grade	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	E

Please be aware that a C- is not an acceptable grade for the Bachelor of Health Science Program. A minimum grade of C is required for general education course credit.

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

More information on UF grading policy may be found at:

<http://gradcatalog.ufl.edu/content.php?catoid=10&navoid=2020#grades>

Policies

Exam Policy:

There will be 2 exams in this course. All exams will be completed during the scheduled time online in ELearning. Exams will consist of multiple choice, true/false, and/or short answer questions. Exams focus on the course content covered since the previous exam; that is, exams will not be cumulative. Each exam is worth 25% of your grade. Exams will be administered in-person in the classroom through ELearning using Respondus Lockdown Browser, thus a compatible electronic device will be required to take the exam. Exams will be set-up such that you cannot access other browsers or windows on your device while the exam is in session. Exams are closed-book, to be completed independently, and no notes will be allowed.

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 fulfillment of course requirements will be handled on an individual basis. If you must miss an exam because of a foreseeable conflict (i.e., professional conference, athletic competition, religious observance, etc.) you are expected to notify us immediately to set-up alternative arrangements *prior* to the exam date. If a student is not in class for an exam due to an illness or medical emergency, they will be required to provide a statement from their healthcare provider documenting the illness or medical emergency. A make-up exam will be provided the first day the student returns to their normal class schedule or at the earliest convenience of the instructor. Requirements for make-up exams, assignments, and other work in this course are consistent with university policies that can be found in the online catalog at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

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>

Excused absences must be consistent with university policies in the Graduate Catalog (<http://gradcatalog.ufl.edu/content.php?catoid=10&navoid=2020#attendance>) and require appropriate documentation. Additional information can be found here:

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

Reporting illnesses and family emergencies:

In the event you experience an unexpected illness, family, or otherwise personal emergency please notify us immediately to set-up alternative arrangements.

The UF Religious Holidays Policy is available at:

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

For University of Florida Students, the following guidelines apply:

- Students, upon prior notification to their instructors, shall be excused from class or other scheduled academic activity to observe a religious holy day of their faith.
 - Students shall be permitted a reasonable amount of time to make up the material or activities covered in their absence.
 - Students shall not be penalized due to absence from class or other scheduled academic activity because of religious observances.
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Any requests for make-ups due to technical issues MUST be accompanied by the ticket number received from LSS when the problem was reported to them. The ticket number will document the time and date of the problem. You MUST e-mail me within 24 hours of the technical difficulty if you wish to request a make-up.

Policy Related to Recording of Lectures:

Our class sessions may be audio visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

Policy Related to Required Class Attendance:

Recordings are not intended to be a replacement or substitute for attending synchronous sessions. They are intended to be a stop-gap for those who miss class due to illness or life events that are unfortunately common during the pandemic. Recordings will be made available in eLearning. As soon as links are available, I will post these. If you miss a class meeting for any reason, make sure to communicate with me.

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, class attendance will be taken, and students are expected to attend all classes and participate in class discussions to have exposure to this information. Class attendance will be calculated into your final grade in the course through attendance taken during class. If students must be absent, they will be responsible for any missed material by acquiring lecture notes from other students who attended. You can expect that class slides will, in most cases, be on eLearning; however, not every lecture has slides that will accompany it and not all information will be on slides. Some material presented in lectures, during in-class discussions, or as provided in supplemental readings will not be in the texts and will be included on examinations. Thus, reduced attendance can be expected to result in a lower course grade.

Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found in the online catalog at:

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

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>

Policy Related to Guests Attending Class:

Only registered students are permitted to attend the course and view course content on eLearning. 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.phhp.ufl.edu/services/resourceguide/getstarted.htm>

Response/Feedback Policy:

Students may communicate with the instructor via eLearning, e-mail, or in-person during office hours (by appointment). Contact information is provided at the top of this syllabus. Messages sent via eLearning are preferred. The instructor will reply within 24 business hours. Communication will be made with students if the instructor needs to be absent or on leave, resulting in any changes to this policy. Feedback time on quizzes, exams, and assignments will vary based on the length of assignments and amount of feedback provided; though, expected timeline for grading and feedback will be provided within each graded assignment and will typically not exceed one week. Scores on multiple choice quiz and exam questions will be available immediately, with subsequent instructor review to verify accuracy and validity.

Student Expectations, Roles, and Opportunities for Input

Expectations Regarding Course Behavior:

- Students are expected to attend the entirety of live lectures and live course periods and to limit outside distractions.
- Students are expected to monitor eLearning for class announcements, changes to the course schedule, or other updates.
- Use of The Respondus LockDown Browser will be required for all graded quizzes and exams in this course. Please see details in this syllabus for requirements to use these services. It is important that you plan ahead to ensure you have met all system and technology requirements to successfully use these services prior to quiz and exam deadlines.
- Media Policy: Given that this course integrates use of eLearning, devices will be allowed as part of course participation. Assignments are expected to be completed independently unless otherwise specified.

On Campus Face-to-Face:

We will have face-to-face instructional sessions to accomplish the student learning objectives of a course. In response to COVID-19, the following policies and requirements are in place to maintain your learning environment and to enhance the safety of our in-classroom interactions.

You are required to wear approved face coverings at all times during class and within buildings. Following and enforcing these policies and requirements are all of our responsibility. Failure to do so will lead to a report to the Office of Student Conduct and Conflict Resolution.

Each course has been assigned a physical classroom with enough capacity to maintain physical distancing (6 feet between individuals) requirements. Please utilize designated seats and maintain appropriate spacing between students. Please do not move desks or stations.

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.

Follow your instructor's guidance on how to enter and exit the classroom. Practice physical distancing to the extent possible when entering and exiting the classroom.

If you are experiencing COVID-19 symptoms (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>), please use the UF Health screening system (<https://coronavirus.ufhealth.org/screen-test-protect/covid-19-exposure-and-symptoms-who-do-i-call-if/>) and follow the instructions on whether you are able to attend class.

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

Remote and Online Synchronous Sessions:

Class sessions may be audio visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

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.

Communication Guidelines

Students are expected to engage in respectful communication with the instructor and other classmates during class and on online platforms (email, eLearning, etc.). Please view the Netiquette Guidelines here:

<http://teach.ufl.edu/wp-content/uploads/2012/08/NetiquetteGuideforOnlineCourses.pdf>

Software Use

All faculty, staff, and students of the University are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against University policies and rules, disciplinary action will be taken as appropriate. We, the members of the University of Florida community, pledge to uphold ourselves and our peers to the highest standards of honesty and integrity.

Student Privacy

There are federal laws protecting your privacy with regards to grades earned in courses and on individual assignments. For more information, please see: <http://registrar.ufl.edu/catalog0910/policies/regulationferpa.html>

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 eLearning course menu under GatorEvals, or via <https://ufl.bluer.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

Support Services

Students Requiring Accommodations:

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>. Online and in person assistance is available.
- You 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>

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.

Campus Resources

Health and Wellness:

U Matter, We Care:

If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575 so that a team member can reach out to the student.

Counseling and Wellness Center: <http://www.counseling.ufl.edu/cwc>, and 392-1575; and the University Police Department: 392-1111 or 9-1-1 for emergencies.

Sexual Assault Recovery Services (SARS)

Student Health Care Center, 392-1161.

University Police Department at 392-1111 (or 9-1-1 for emergencies), or <http://www.police.ufl.edu/>.

Academic Resources:

ELearning technical support, 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu.

<https://lss.at.ufl.edu/help.shtml>.

Career Resource Center, Reitz Union, 392-1601. Career assistance and counseling. <https://www.crc.ufl.edu/>.

Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.

Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring.
<https://teachingcenter.ufl.edu/>.

Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers.
<https://writing.ufl.edu/writing-studio/>.

Student Complaints Campus: https://www.dso.ufl.edu/documents/UF_Complaints_policy.pdf.

On-Line Students Complaints: <http://www.distance.ufl.edu/student-complaint-process>.
