# University of Florida College of Public Health & Health Professions Syllabus CLP 7317: Advanced Health Psychology and Behavioral Medicine (3 credit hours)

Spring: 2022, Mondays, 11:45 – 2:45, HPNP 3170 Delivery Format: On-Campus Course Materials Available Through Canvas

Instructor Name: Deidre B. Pereira, PhD

Room Number: HPNP 3150 Phone Number: 352-273-6039

Email Address: dpereira@phhp.ufl.edu

Office Hours: By Appointment

Teaching Assistants: None

Preferred Course Communications (e.g. email, office phone): Email

## **Prerequisites**

CLP 7936: Behavioral Health and Illness or on approval from the instructor

#### **PURPOSE AND OUTCOME**

#### **Course Overview**

This course will examine the (a) pathophysiology of health processes and conditions unique to and primarily affecting women, (b) biopsychosocial predictors of health and well-being of women, and (c) biopsychosocial interventions to improve the health and well-being of women.

#### **Relation to Program Outcomes**

Women live longer than men and yet are said to "live more poorly" than men across the lifespan. Thus, (a) understanding how biopsychosocial processes contribute to women's morbidity and mortality, on the one hand, and health and wellness on the other hand, and (b) providing effective interventions for this population are critical competencies for the clinical health psychologist.

## **Course Objectives and/or Goals**

By the end of the course, the student should be able to:

- (a) Discuss the pathophysiology of mental and physical health conditions with high prevalence and incidence among women.
- (b) Identify the biopsychosocial factors involved in the initiation, maintenance, and exacerbation of mental and physical illness among women.
- (c) Discuss the role of clinical health psychology interventions in the promotion of wellness and in the assessment and treatment of illness among women.

#### **Instructional Methods**

Primary teaching methods include classroom based instruction and process-oriented discussion and dialogue.

## **DESCRIPTION OF COURSE CONTENT**

## **Topical Outline/Course Schedule**

				Re	Readings				
Wk	Date	Topic	In-Class Activities, Deadlines, and Due Dates	Reference No. (See Reference List at End of Syllabus)	Required	Recommended			
1	1 1/10/2022 Sex, Gender, & He	Sex, Gender, & Health	<ul> <li>Review syllabus</li> <li>Select dates for journal article discussion and case conceptualization presentation</li> <li>Discuss potential patients for case</li> </ul>	1	X Underlined Sections	X All Else			
			conceptualization assignments	2	X Chapter 1				
					X Executive Summary, Introduction	X All Else			
				4		X			
				5	Х				
				6	Х				
2	1/17/2022	No Class – MLK Holiday							
3-4	1/24/2022 1/31/2022	Women's Mental & Behavioral Health:	1/24/2022: Finalize patient for case conceptualization assignments	2	X Chapter 84				
		Focus on Anxiety and Trauma and Stressor-  • 1/31/2022: Deadline for obtaining permission from supervisor to present patient for		7	X Chapter 11				
		Related Disorders	<ul><li>assignment</li><li>1/31/2022: Movie: An Invisible War</li></ul>	8	X				
			1/31/2022: Movie: The Hunting Ground	9	Х				
				10	Х				
				11	X				
				12	X Chapter 4				
				13	Х				

				Re	eadings	
Wk	Date	Topic	In-Class Activities, Deadlines, and Due Dates	Reference No. (See Reference List at End of Syllabus)	Required	Recommended
				14	X	
				15	X	
5	2/7/2022	Women's Mental &	Video: Testimony of Anita Hill	16		Х
		Behavioral Health: Focus on Anxiety and	Movie: Anita: Speaking Truth to Power (2013)      Wide War as in Cairney Frances Contact MD	17		X (pp. 36-40)
		Trauma and Stressor- Related Disorders SPOTLIGHT ON SEXUAL HARASSMENT	<ul><li>Video: Women in Science, Frances Conley, MD</li><li>Video: Sexual Harassment in Academia:</li></ul>	18	Х	
			https://vimeo.com/477178878	19	X	
			<ul> <li>Video: Sexual Harassment in Academia: https://www.youtube.com/watch?v=3beu9vQrXvM</li> </ul>	20	X	
			intps://www.youtube.com/waterr.v=obeuov@rxvm	21	Х	
				22	Х	
				23		Х
6	2/14/2022	Women's Mental &	Journal article discussions	24	Х	
	Behavioral Health: Personality Disord	Behavioral Health: Personality Disorders		25	Х	
				26	Х	
				27	Х	
				28	X Chapter 2	
7-8	2/21/2022	Women's Mental &	Journal article discussions	29	Х	
	2/28/2022	Behavioral Health: Focus on Depression	Midterm released on Canvas on 2/28/2022	30	Х	
				31	Х	
				32	Х	
				33	Х	
				34	Х	
				35	Х	
				36	Х	
				2	X Chapter 13, Chapter 83	
				12	X Chapter 13	

					Re	eadings	Pocommonded							
38	Wk	Date	Topic	In-Class Activities, Deadlines, and Due Dates	(See Reference List at End of Syllabus)	Required	Recommended							
39					37		X							
10-   3/14/2022   Women's Mental & Behavioral Health: Focus on Substance Use					38		Х							
9   3/7/2022   NO CLASS – SPRING   BREAK					39		Х							
10-   3/14/2022   Women's Mental & Behavioral Health: Focus on Substance Use   Signature   Women's Mental & Behavioral Health: Focus on Substance Use   Wideo: Intervention: Leslie, Dallas   Wideo: Intervention: Leslie, Dallas   Midterm due by 3/14/2022 at 12pm   42					40		Х							
11   3/21/2022   Behavioral Health: Focus on Substance Use   Video: Intervention: Lesile, Dallas	9	3/7/2022												
Use		1 3/21/2022 B	Behavioral Health:	Video: Intervention: Leslie, Dallas	41	X								
12   3/28/2022   Women's Mental & Behavioral Health: Focus on Sex, Sexuality, Sexual Dysfunctions, and Sexual Violence				whaterin due by 3/14/2022 at 12pm	42	Х								
12   3/28/2022   Women's Mental & Behavioral Health: Focus on Sex, Sexuality, Sexual Dysfunctions, and Sexual Violence					43	Х								
12   3/28/2022   Women's Mental & Behavioral Health: Focus on Sex, Sexuality, Sexual Dysfunctions, and Sexual Violence					44	Х								
12   3/28/2022   Women's Mental & Behavioral Health: Focus on Sex, Sexuality, Sexual Dysfunctions, and Sexual Violence					45	X								
12   3/28/2022   Women's Mental & Behavioral Health: Focus on Sex, Sexuality, Sexual Dysfunctions, and Sexual Violence					46									
12   3/28/2022   Women's Mental & Behavioral Health: Focus on Sex, Sexuality, Sexual Dysfunctions, and Sexual Violence					47									
Behavioral Health: Focus on Sex, Sexuality, Sexual Dysfunctions, and Sexual Violence   Movie: Orgasm, Inc. (2009)   50					48	Х								
Sexuality, Sexual Dysfunctions, and Sexual Violence	12	3/28/2022	Behavioral Health:		49	Х								
Dysfunctions, and Sexual Violence       51       X         52       X         53       X         54       X         55       X         56       X         57       X					50	Х								
53 X 54 X 55 X 56 X 57 X			Dysfunctions, and		51	Х								
54 X 55 X 56 X 57 X			Sexual Violence		52	Х								
55 X 56 X 57 X					53	Х								
56 X 57 X					54	Х								
57 X					55	Х								
					56	Х								
58 X					57	Х								
					58	X								

				Re	adings	
Wk	Date	Topic	In-Class Activities, Deadlines, and Due Dates	Reference No. (See Reference List at End of Syllabus)	Required	Recommended
13	4/4/2022	Biopsychosocial Case Conceptualizations of Women's Health	Student presentations	Provided by Students	X	
14	4/11/2022	Biopsychosocial Case Conceptualizations of Women's Health	Student presentations	Provided by Students	X	
15	4/18/2022	Biopsychosocial Case Conceptualizations of Women's Health	Student presentations	Provided by Students	X	

#### **Course Materials and Technology**

See references at the end of this document.

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**

<u>Career Connections Center</u>: 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.

<u>Teaching Center</u>: 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: <u>Visit the Student Honor Code and Student Conduct Code webpage</u> for more information.

On-Line Students Complaints: View the Distance Learning Student Complaint Process.

#### **ACADEMIC REQUIREMENTS AND GRADING**

#### **General Note**

In order to complete the objectives and goals for this course, students must be currently treating an adolescent or adult female patient with significant comorbid physical and mental health concerns. Students will be asked to present their patients briefly in class on 1/24/2022, and Dr. Pereira will advise whether these patients meet criteria for the learning objectives of this course. If a patient does not meet criteria, students will be asked to select another patient and have her approved. Students are responsible for obtaining permission from the supervising faculty member to use the patient for course purposes, which should be provided to Dr. Pereira by email by 1/31/2022.

## **Assignments**

## A. Midterm Examination (26%, 26 out of 100 points)

The midterm will be a take home short-answer and essay examination based on lecture-content and assigned reading materials. Students will have approximately 14 days to complete the assignment.

## B. Female-Centered Biopsychosocial-Cultural Case Conceptualization (40%, 40 out of 100 points)

Students will develop a comprehensive, biopsychosocial-cultural case conceptualization for a female patient in the Psychology Clinic who is being seen for psychosocial/behavioral issues related to a *significant* physical health concern that is life-limiting or involves significant quality of life impairments (e.g., fibromyalgia, headaches, IBS, IBD, cancer, cardiovascular disease, epilepsy, transplant, infertility). Individuals with sleep-wake disturbances meet criteria if there is other medical comorbidity. Individuals living at a higher weight meet criteria if they are status/post weight loss surgery or if there is other medical comorbidity. Students are strongly encouraged to select a patient that they are currently treating in the Psychology Clinic (with their supervisor's written permission). Students who are not currently treating any female

patients should speak with Dr. Pereira as soon as possible to arrange shadowing the treatment of a female patient on Dr. Pereira's service for the purposes of this assignment. Students will be required to provide a brief written description of a patient (with their supervisor's written permission to use this case for this assignment) for approval early in the semester.

There are two components to this assignment. The first component is a *Written Report (20%, 20 out of 100 points)*. The case conceptualization should be written in the following format:

Presenting Problem

Age, sex, gender, sexual identity, race, ethnicity, relationship status, employment status, referral source, referral reason

History of the Presenting Problem

Psychosocial History

Medical/Surgical History

**Current Medications** 

Generic name, dose, frequency, reason

Review and Interpretation of Recent Labs and Imaging

Complete blood count; basic or comprehensive metabolic panel; thyroid hormones; HbA1c; others, as applicable

Gynecologic cytology/pathology, as applicable

Surgical cytology/pathology, as applicable

CT scans, as applicable

MRI scans, as applicable

Psychiatric History

Family Medical History

Family Psychiatric History

Background/Significance of Presenting Physical Health Issue(s)

**Epidemiology** 

Risk Factors

Pathophysiology

Treatment Overview

Biopsychosocial-Cultural Case Conceptualization

Differential Diagnoses and Diagnostic Impressions

Treatment Plan/Recommendations

Problem List

Recommended Treatment by Problem

Treatment Summary To Date, As Applicable

Expected Prognosis

The Case Conceptualization section must consider all of the relevant female-specific biological, psychological, social, and cultural factors in the etiology, presentation, maintenance, and treatment of the psychological and physical health issues. The various content of this section must be referenced using empirically-based research articles.

The second component is an *Oral Presentation (20%, 20 out of 100 points)* derived from the written case conceptualization. Presentations should follow the written report closely and be presented using Power Point, Prezi, or another presentation software. The presentation should be 45 minutes in length (30 minutes for the presentation itself, 15 minutes for questions). Criteria that will be used for grading case conceptualization are posted as a separate document on the course website.

On the first day of class, students will select a presentation day. Written case conceptualizations are due on the day of students' oral presentations.

## C. Journal article review and discussion (20%, 20 out of 100 points)

Each student will select a recently published empirical journal article on a topic related to women's health. He/she will provide a pdf of the article to Dr. Pereira and the class at least one week prior to his/her assigned discussion date. On his/her assigned discussion date, he/she will facilitate a class-based discussion and critical analysis of the research described in the article, including its background/significance, methodology, results, and implications. The expected length of this discussion is approximately 20 minutes but may be slightly shorter or longer. The student will be graded on his/her understanding of the article under review as well as his/her ability to stimulate and facilitate a critical dialogue on the article. This **Student-Facilitated Journal Article Discussion is worth 10% of students' total grade (20 out of 100 points).** 

The student will also submit a *Journal Article Written Review* (10%, 10 out of 100 points) of the manuscript within one week of their presentation. The review should be no more than 2 pages, single-spaced, using 11 pt. Arial font, 0.5" margins. The review should be written as if it were a review of an initial manuscript submission to a journal (see course website for review criteria). The review will be graded on the breadth and depth of coverage of relevant review criteria and the process by which strengths/weaknesses are communicated. Students should approach this review with the following questions in mind: What does this article communicate about women? To what extent does this research advance the health and well-being of women? How clinically significant is this research to women? Students should make sure that their review is approached from a female-centered perspective – i.e., the review should not focus solely on weaknesses in statistical procedures, unless this has major implications on how the article may/may not influence the field of women's health research.

## D. Class participation (14%, 14 out of 100 points)

Students are expected to participate in class discussions in a meaningful way during every class.

#### Grading

Requirement	Due Date	Points or % of Final Grade (% must sum to 100%)
Student-Facilitated Journal Article Discussion	2/14/2022 – 3/28/2022	10 points, 10% of final grade
Written Journal Article Review	One-Week Following Student- Facilitated Discussion	10 points, 10% of final grade
Midterm	3/14/2022	26 points, 26% of final grade
Oral Case Conceptualization	4/4/2022 – 4/18/2022	20 points, 20% of final grade
Written Case Conceptualization	4/4/2022 – 4/18/2022	20 points, 20% of final grade
Class Participation	Ongoing	14 points, 14% of final grade

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

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

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.

Letter Grade	Α	Α-	B+	В	B-	C+	С	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: <a href="http://gradcatalog.ufl.edu/content.php?catoid=10&navoid=2020#grades">http://gradcatalog.ufl.edu/content.php?catoid=10&navoid=2020#grades</a>

#### **Exam Policy**

There is one exam in this course. This midterm exam will require students to provide approximately one, single-spaced page responses to three to five short-answer questions. Successful responses require the student to integrate lecture and reading materials and apply them to practical and applied clinical and research scenarios related to the clinical health psychology of women. The exam will be made available through Canvas on 2/28/2022 and must be completed and submitted on Canvas by 12:00pm on 3/14/2022. The exam will no longer be accessible after that time.

## Policy Related to Make up Exams or Other Work

Deadline extensions will be considered on a case-by-case basis for students experiencing extreme emergencies, such as a personal or family health emergency, with appropriate documentation. In the absence of an approved-extension, grades for midterm exams and any written products will be reduced by 5 points (5%) for every day they are late. There will be no opportunities for extra credit in this course.

Please note: Any requests for make-ups due to technical issues MUST be accompanied by the UF Computing help desk (<a href="http://helpdesk.ufl.edu/">http://helpdesk.ufl.edu/</a>) 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**

Excused absences must be consistent with university policies in the Graduate Catalog (https://catalog.ufl.edu/graduate/regulations/#text). Additional information can be found here: https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx

Class attendance is strongly encouraged, as participation is 10% of your total grade. However, it is recognized that some students will be absent from classes in January due to internship interviews. In order for these classes to be excused and not count against students' class participation grades, students must document in writing to Dr. Pereira the dates they will be unable to attend class. It is expected that students will make up any missed work.

Class participation grades will be reduced by 5% (5 points out of 100) if there are 3 or more instances of late arrival (i.e., more than 10 minutes) to and/or early departure (i.e., more than 10 minutes) from class.

### STUDENT EXPECTATIONS, ROLES, AND OPPORTUNITIES FOR INPUT

#### **Expectations Regarding Course Behavior**

You may keep your cell phones on (but set to silent) during class so that you can be notified in case of a clinical urgency or emergency among patients. If you have a clinical urgency or emergency that you need to attend to during class time, please let Dr. Pereira know before you step out of class.

Use of smart phones or laptops during class to check email, browse the web, send/receive text messages unrelated to any clinical urgencies/emergencies, etc, will result in class participation grade reduction of 1% (1 point out of 100) per episode.

#### **Communication Guidelines**

Not applicable; On Campus course.

#### **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 and coronavirus.ufl.edu 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.phhp.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 <a href="https://gatorevals.aa.ufl.edu/students/">https://gatorevals.aa.ufl.edu/students/</a>. 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 <a href="https://ufl.bluera.com/ufl/">https://ufl.bluera.com/ufl/</a>. Summaries of course evaluation results are available to students at <a href="https://gatorevals.aa.ufl.edu/public-results/">https://gatorevals.aa.ufl.edu/public-results/</a>.

## **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 <a href="http://www.dso.ufl.edu">http://www.dso.ufl.edu</a> 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: <a href="http://www.umatter.ufl.edu/">http://www.umatter.ufl.edu/</a>. 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: <u>Visit UF Police Department website</u> 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; <u>Visit the UF Health Emergency</u> 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

#### References

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