General Education - Health Psychology

Course Schedule

Assessment Breakdown/Weighting

Assignment	CLO Alignment	%	Due Date
Introductory Forum	CLO 5	5%	Sunday, September 17 at 11:59pm
Discussion Forum 1 - Food and Mood (article analysis)	CLO 1, 5	10%	Sunday Oct. 1 at 11:59pm
Essay Part 1 - Mental Health and Wellness (essay outline)	CLO 2	15%	Sunday Oct. 15 at 11:59pm
Essay Part 2- Mental Health and Wellness (final essay)	CLO 1,2,5	10%	Sunday Oct. 1 at 11:59pm
Discussion Forum 2 – Wellness Activity	CLO 1,3	10%	Sunday Nov. 5 at 11:59pm
Stress Test – Self Assessment and Reflection	CLO 4	15%	Sunday Nov. 19 at 11:59pm
ISU Part 1: Health Initiative Pamphlet/Poster	CLO 1,2,3,4,5	20%	Sunday Dec. 10 at 11:59pm
ISU Part 2: LinkedIn Learning – Building Resilience	CLO 1,2,3,4,5	15%	Sunday Dec. 17 at 11:59pm

Week	Lesson	Assigned	Due
Week 1	Topic: Introduction to the course, each other, and key topics	Introductory Forum	
Week 2	Topic: What is Health Psychology?		Introductory Forum
Week 3		Discussion Forum 1 – Food	

Credit: Laura Shannon, Loyalist College

	Topic: Food Psychology. How does food impact our brain?	and Your Mood (article analysis)	
Week 4	Topic: Addictions and Mental Health Part 1	Essay Part 1 & Part 2 – Mental Health and Wellness	Discussion Forum 1 – Food and Your Mood (article analysis)
Week 5	Topic: Addictions and Mental Health Part 2		Essay Part 1 – Mental Health and Wellness (essay outline)
Week 6	Topic: Midterm Quiz. No new materials this week.	Discussion Forum 2 – Wellness Activity	Essay Part 2 – Mental Health and Wellness (final essay)
Week 7	Topic: Health and Wellness		Discussion Forum 2 – Wellness Activity
Study Week (No classes)			
Week 8	Topic: Stress and it's impact on the body		
Week 9	Topic: Stress: How to manage our stress	Stress Test – Self Assessment and Reflection	
Week 10	Topic: Stress: Building resiliency through life's challenges		Stress Test – Self Assessment and Reflection
Weeks 11-14	**Independent Study Unit – Part 1: Health Initiative** **Independent Study Unit – Part 2: LinkedIn Learning – Building Resilience**		

Credit: Laura Shannon, Loyalist College