



Minnesota eLearning Summit

Minnesota eLearning Summit

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An Online Minor in Health Psychology: Exploring Issues of Long-Term Sustainability and Program Development

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Online Minor in Health Psychology

Psychology, UM Twin Cities Spring 2016

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Psychology
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Online Minor in Health Psychology

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Welcome to our Online Minor in Health Psychology

Why Health Psychology?

Health psychology is a young and exciting field of study that examines the bi-directional relationship between psychology and health.

According to the Bureau of Labor Statistics, Health Care and Social Assistance are projected to be the fastest growing sectors of the economy through the year 2022 (Source: <http://www.bls.gov/news.release/pdf/ecopro.pdf>). In fact, nearly 1/3 of the increase of jobs over the next decade will be in this sector and nearly 1/2 of all occupations projected to have the greatest amount of growth are in the healthcare sector. The need for individuals with a foundation in the behavioral aspects of health will only continue to rise.

The Health Psychology Minor helps address that need with two of its six total courses (PSY 1001 and PSY 3801). Furthermore, specific programs like Occupational and Physical Therapy require students to have taken PSY 1001, a statistics course (PSY 3801 option), and Abnormal Psychology (PSY 3604) - which makes up half of the courses in the minor. Our focused elective coursework have been popular, with enrollment in both PSY 3206: Health Psychology and PSY 4520: Psychology of Stress and Trauma exceeding enrollment expectations and filling to capacity for Spring and Summer 2016 semesters.

The response to this innovative and engaging curriculum has been strong, and students will continue to benefit from the tailored preparation in this complementary program for those interested in health sciences and related fields.

Why Online?

The availability of online curriculum opens the doors for accessibility to those that may not otherwise have been able to engage with this curriculum. While our goal is always to provide opportunities to current UMNTC students, we now have the flexibility to provide access to the Department of Psychology's internationally recognized offerings to students where they are located. Our faculty are combining their knowledge and experience with the latest tools to offer a high-quality experience for students in a new platform. Additionally, the flexibility in online curriculum allows a wider net of accessibility, particularly: working adults, parenting students, students with family/work obligations, etc. The online platform helps to level the playing field and brings together a more diverse group of students that may not otherwise have the opportunity to connect in a traditional classroom setting.

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Explore the six classes that make up our Online Minor in Health Psychology

Introduction to Psychology Psy1001

Scientific study of human behavior. Problems, methods, findings of modern psychology.

Introduction to Research Methods Psy 3001W

Concepts/procedures used to conduct/evaluate research, especially in social sciences. Benefits/limitations of traditional research methods. Evaluating scientific claims.

Introduction to Psychological Measurement & Data Analysis PSY 3801

Measures of central tendency, variability, t tests, one-way ANOVA, correlation, regression, confidence intervals, effect sizes.

Introduction to Health Psychology PSY 3206

Theories/research in health psychology. Bi-directional relationships between psychological factors and physical health. Stress/coping, adjustment to chronic illness.

Introduction to Abnormal Psychology PSY 3604

Diagnosis, classification, etiologies of behavioral disorders.

Psychology of Stress and Trauma PSY 4520

Effects of stress and trauma on mental and physical health, factors related to more effective coping with stress/trauma and interventions designed to decrease the negative effects of stress and trauma.

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The Team

Bates	Briggs	Brothen	Elison	Fletcher	Frazier	Gewirtz	Gonzales
Gunnar	Luciana	He	Lee	Mann	Maruani	Niccoli	Nichol

Testing for Online Courses

Students have many options for taking exams in the online courses.

- Online proctoring services are available for exam administration for free or for a discounted fee. These services allow students to take exams at their convenience, both in terms of time and location.
- Some students may want assistance during the exams (e.g., want to ask questions), but cannot easily come to campus. Some instructors provide the option of taking the exam via video call services such as Skype.
- Exams are also offered in the proctored testing center located in S121 Elliott Hall.

All exams are given through Moodle, which can provide students with immediate feedback on exam scores and is familiar as the format is similar to the low-stake quizzes and self-assessment tools students use in Moodle throughout their minor.

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