

Activity 2: Tiny Habits (due 4/27 by 5pm)

The goal of this project is to provide insights into the process of health behavior change.

Course Website and Computer Skills Requirements

The course website is on Blackboard (<http://www.dl.utoledo.edu>) and contains assignment

Course Policies

Absenteeism

This is a distance learning class, which means that the structure is unconventional. Content will be released in unit chunks and students are responsible for accessing and consuming that information in preparation for an exam that should be taken within a specific window of time. If you have an illness or other university-appropriate excuse that interferes with your ability to meet

Course Materials

As indicated above, you will take 6 exams throughout the semester corresponding to each unit of the term. When it comes to material for each of the 6 unit (e.g., lectures, articles), I will release each set of materials one unit at a time just like the exams (see above). This is to allow you to pace yourself throughout the course and permit Tf1 0 0 1 403.03 639.82 Tm0 G{ Tf1 0 0 1

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Selected Course Articles

All articles are provided in PDFs linked on Blackboard

- (1) Cohen (2004). Social relationships and health. *American Psychologist*, 676-684.
- (2) Stone, J., Aronson, E., Crain, A.L., Winslow, M.P., & Friend, C.B. (1994). Inducing hypocrisy as a means of encouraging young adults to use condoms. *Personality and Social Psychology Bulletin*, 20, 116-128.
- (3) Kiecolt-Glaser, J.K., Marucha, P.T., Malarkey, W.B., Mercado, A.M., & Glaser, R. (1995). Slowing of wound healing by psychological stress. *The Lancet*, 346, 1194-96.
- (4) Schier et al. (1989). Dispositional optimism and recovery from coronary artery bypass surgery: The beneficial effect on physical and psychological well-being. *Journal of Personality and Social*