Psychological Fitness (PSYC 461)
Summer 2012, Section C01. 9:30 - 11:45 pm MTWR in Engineering 1109

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Phone: 703-993-1368 Office Hours: 2:30 - 4:30 Wednesdays
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Welcome! This course will introduce you to the theory and practice of psychological health promotion. You will have the opportunity to practice multiple psychological exercises to enhance your psychological health. I expect you to attend class regularly and to complete all reading assignments before each class. I will use class time for lectures, discussions, videos, and class demonstrations of psychological exercises.

*Last day to add: July 7  *Last day to drop: July 16

Requirements.

Two Exams. Your exams are worth 100 points each. The exam is 80% multiple choice (40 questions worth 2 points each) and 20% short answer questions (4 questions worth from 4 to 6 points each) based on classroom activities and the readings. The exam is cumulative. Two exams will be offered and if you take both of them, you will receive credit for your higher score. One exam will be during the semester and another exam will be during the final exam period.

Psychological Exercise Project. This project is worth 100 points and you will write a report in the form of a single-participant scientific study that one might find in an issue of Clinical Case Studies. I will give you a sample format that explains how to do each section and I have described the measures, written the references for the measures, and designed the table to report your results to get you started. The report should include Introduction, Method, Results, and Discussion sections with a minimum of three references from psychology journals. Your report can range from 7 to 12 pages. I will provide you standardized measures to assess yourself twice. In between, you will implement at least 5 psychological exercises to help maintain or improve your psychological fitness.

Missed Exam. You can make-up a missed exam if you have a note from a physician that you could not attend the exam. The professor will consider other reasons for missing an exam and will decide whether or not to allow the student to make-up the exam. Make-up exams may have a different format from the original exam.

Extra Credit. You can earn up to 6 points of extra credit that is added onto your point total for the class. There are two ways to earn these points. First, you can participate as a volunteer for three hours in psychology department research (2 points per hour). Alternatively, you can write a psychology journal article summary and critique on a content area covered by your book that is three typed pages (2 points per page).

Honor Code: The Honor Code of George Mason University deals specifically with cheating and attempted cheating, plagiarism, lying, and stealing. Students should be familiar with the code and connected policies, set out at http://www.gmu.edu/catalog/apolicies. This course will be conducted in accordance with those policies.
**Academic Accomodations.** If you are a student with a disability and you need academic accommodations, please see me and contact the Disability Resource Center (DRC) at 703-993-2474. All academic accommodations must be arranged through that office.

**Grading.** I will base your final grade on your point total as defined below.

- **A+** = 291 - 300 (97% or more)  
- **A** = 279 - 290 (93 – 96%)  
- **A-** = 270 - 278 (90 - 92%)  
- **B+** = 261 - 269 (87 - 89%)  
- **B** = 249 - 260 (83 - 86%)  
- **B-** = 240 - 248 (80 - 82%)  
- **C+** = 231 - 239 (77 - 79%)  
- **C** = 219 - 230 (73 - 76%)  
- **C-** = 210 - 218 (70 - 72%)  
- **D** = 180 - 209 (60 - 69%)  
- **F** = 000 - 179 (below 60%).

**Course Topics, Assignments, and Exam Dates.**

7/2 **Psychological Fitness**  

* Complete measures for time 1 for Psychological Exercise Project *


7/4 * Holiday *


7/9 **Healthy Thinking**  


7/16  * Complete measures for time 2 for Psychological Exercise Project *


7/18  ** EXAM 1 **


7/24  **Psychological Exercise Project Due **


8/2 **EXAM 2** (10:30 – 1:15)