

Course Syllabus : COMU 096

Title : Living Behavior Change

Credits: 3.0

Instructors:

Sarah Guth: sarah.guth@uvmhealth.org

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Goals:

Students will learn about theories and mechanisms involved in changing behavior from a wide variety of scientific perspectives in order to increase their understanding of how to change behavior. Students will apply this knowledge to their own behavior as well as learn effective tools for coaching and supporting change in others.

General Course Information

Course Policies/Expectations

Attendance Expectations:

As this course is often interactive it cannot be made up through reading or individual study, students must attend all classes. Students are also expected to be on time for each class. There will be reflections due at the end of each class period which will be how we track attendance. Missing more than two classes will impact your grade unless you communicate directly with us. In the event there is an emergency, illness, or a need to cancel class, some form of make up will be arranged with the instructor.

Students must read the assigned materials on time and be ready to engage fully in discussions. Weekly reading will be posted to Blackboard at least two weeks in advance.

Academic Honesty & Professionalism:

All students are required to be familiar with and adhere to the “Academic Honesty Policy Procedures” delineated in the most recent edition of “The Cat’s Tale”.

(<http://www.uvm.edu/~dosa/handbook/>).

Accommodations: Accommodations will be provided to eligible students with disabilities. Please obtain an accommodation letter from the ACCESS office and see one of the instructors early in the course to discuss what accommodations will be necessary. If you are unfamiliar with ACCESS, visit their website at <http://www.uvm.edu/access> to learn more about the services they provide. ACCESS: A-170 Living Learning Center, University of Vermont, Burlington, VT 05405. PH: 802-656-7753, TTY: call 711 (relay), Fax: 802-656-0739, Email: access@uvm.edu, Instant Messenger: UVMaccess. General office hours: 8:30am – 4:30pm Monday through Friday. Call to make an appointment.

Religious Observance:

The official policy for excused absences for religious holidays: Students have the right to practice the religion of their choice. Each semester students should submit in writing to their instructors by the end of the second full week of classes their documented religious holiday schedule for the semester. Faculty must permit students who miss work for the purpose of religious observance to make up this work.

Required Text:

Health Behavior, Theory, Research, and Practice
5th Edition

Karen Glanz, Barbara Rimer, K Viswanath
Available at UVM Bookstore

Instructional Sequence

(This is subject to change as needed per Professor)

Week	Idea
Week 1 Jan 16 and 18	Syllabus and Introduction to Behavior and Habits
Week 2 Jan 23 and 25th	Why behavior change matters and how it fits into health care. Introduction to chronic care model. Introduction to setting smart goals.
Week 3 Jan 30 and Feb 1	Behavior Change Theories: Individual

	Models
Week 4 Feb 6 and 8	Behavior Change Theories: Social Models
Week 5 Feb 13 and 15	Behavior Change: Tactics through history
Week 6 Feb 20 and 22	Affirmative Models, Stages of change
Week 7 Feb 27 and Mar 1	Motivational Interviewing: Evidence and Rationale
Week 8 Mar 8	Motivational Interviewing: Practice
Week 9 Mar 20 and 22	Neuroscience (Guest Lecturer: Dr. Matthew Albaugh) and Mindfulness
Week 10 Mar 27 and 29	Media-related Interventions and self compassion
Week 11 April 3 and 5	Behavior Change in Practice(someone for opiates) (Brief Interventions)
Week 12 April 10 and 12	(Ivori Zvorsky Contingency Management) Behavior Change in Practice, Part 2
Week 13 April 17 and 19	Presentations
Week 14 April 24 and 26	Presentations Continued; Relapse Prevention
Week 15 May 1 and 3	Summary and Recap

Student Evaluation/Assessment

Grading:

The grades will be determined by the assessment in four areas: Attendance via class reflections, Behavior Change Presentation, Final Project (including a paper and weekly trackers), Final Exam

Description of Class Assignments:

Class reflections

Each class we expect you to take the last ten minutes of class to reflect on what you have learned. You will be asked to put your reflection in writing, either in the form of a paragraph relating what you've learned to your own behavior change, or writing three short answer test-

style questions that sum up the key points you learned that day in the class. These reflections are mandatory and will count toward your participation grade (40% of the class). Up to two of these can be missing (reflecting two absences), and for each additional (unexcused) absence you will lose 25% of the participation grade.

Participation and Engagement

Class discussion will be a large part of the class. There will be other forms of participation as well, such as behavior “coaching” practice and theory presentations.

Project

The final project consists of:

- A paper describing your goal and your strategies employed to change your behavior. We ask you to relate key concepts learned in the class to your own project and summarize successes and challenges. Paper due May 2nd.
- 10 Weekly trackers (which will be handed in along the way), which document how you are doing on your personal goal. Due dates will be announced

Behavior Change Presentation

Using a theory, create a targeted public health intervention. Presentation details will be discussed later in the semester.

Exam

The exam will be short answer questions asking you to correctly recall theories, elements and applications of behavior change you learned throughout the course. Some of you will be writing questions at the ends of lectures, and we hope to use some of the student-written questions. If you write good questions you could be writing your own test.

Course: Point Breakdown

Assignment/ Assessments		Points
Attendance via Reflections		40%

Behavior Change Presentation		10%
Exam		20%
Final Project: 10 Weekly Trackers Paper		30%
TOTAL POINTS		100%