

Staff	Office Hours			
Dr. Jim Hudziak Dr. Rob Althoff Dr. Andy Rosenfeld Dr. David Rettew	Office Hours by appointment			
Samantha Ziemba	Office Hours available by appointment Central Campus Residence Hall			
How to contact us	<i>Please contact your assigned Teaching Assistant first!</i> Samantha.Ziemba@uvm.edu Use your UVM e-mail account so we can reply (if needed) with confidential information about your work in the class. In most cases, you will get a reply within 1 business day as e-mail is checked frequently (but not on Saturdays). <i>If the message is intended specifically for Dr. Hudziak then note that in the e-mail.</i>			
How we contact you	Most information will be posted on Blackboard. If we need to contact you individually, we will use your UVM e-mail address. Students are expected to manage their own e-mail accounts so that they can receive messages related to the course.			
Web-based resources	https://bb.uvm.edu/ This is your gateway to the resources for the course, including readings, videos, and other material. Most of your assignments will be posted here. You are expected to check it regularly.			
Section	CRN	Time	Days	Location
A	94123	3:30-4:45am	Monday & Wednesday	Carpenter Auditorium
B	94125	8:00-9:15am	Monday & Wednesday	Carpenter Auditorium
C	94774	8:30-9:45am	Tuesday & Thursday	Carpenter Auditorium
D	94775	2:50-4:05pm	Tuesday & Thursday	Carpenter Auditorium
E	95912	4:20-6:50pm	Thursday	Carpenter Auditorium

Course Learning Objectives

1. All health emerges from brain health
2. Establish and understand the following brain health-protective practices:
 - a. *Mindfulness and Meditation*
 - b. *Physical Activity*
 - c. *Nutrition*
 - d. *Relationships*
3. Explore how training one's brain is essential to general Health and Wellness

Course Process

This course has several elements:

- During class meetings, we will start and end with personalized five-minute mindfulness practices to train or brains and promote wellness.
- There will be weekly live interactive presentations led by some of UVM's, the nations and the world's most well known research scientists, physicians, and scholars from around the world that are experts in the science of brain-behavior relations.
- In the final third of the term, you will have the choice to work as groups with students to prepare for a final poster presentation. More information will be available on Blackboard when we approach that time in the semester.
- Students will be asked to create **ONE**, 2-3-minute wellness videos to promote a specific tier of wellness discussed in class. The video will be 5% of your grade.

Grading Criteria / Attendance Policy

Elements	Details	Percentage of Grade
<u>Attendance – will be taken every day of class.</u>	**Attendance is mandatory. Each student gets two excused absences, each absence after that will result in a deduction of 2.5% from your overall grade.	50%
Extended Student Responses	Two responses are required, worth 5% each.	10%
UVM (WE) Wellness Environment Videos	One video, worth 10%.	10%
Quizzes	Two quizzes total, each worth 7.5%.	15%
Final Project/Paper	Rubric will be posted on Blackboard.	15%
Total		100%

**** As noted above, attendance is mandatory. Attendance will be taken and missed classes will yield a 2.5% reduction in grade per missed class.** Each student is allowed two excused absences. Each absence thereafter will negatively affect your grade. (Unless you have a scheduled varsity or club athletic event, religious holiday, illness, or family crisis that is covered by UVM policy). If you do not have your iClicker in class, you will not receive credit for attendance.

Grades

A+	> 99%
A	= 92 to 98.9%
A-	= 90 to 91.9%
B+	= 87 to 89.9%
B	= 82 to 86.9%
B-	= 80 to 81.9%
C+	= 77 to 79.9%
C	= 72 to 76.9%
C-	= 70 to 71.9%

D+	= 67 to 69.9%
D	= 62 to 66.9%
D-	= 60 to 61.9%
F	< 60%

Is there a textbook?

No! *Your only required purchase for this class is an iClicker.*

Instead of a conventional textbook, there will be readings and materials for each of the topics discussed throughout the semester.

Extended Student Responses:

COMU001 is broken down into 12 different topics (one topic each week excluding the first and last weeks of class.) For your first response, instead of being quizzed on every topic, you will be asked to pick specific topics that you find most intriguing and write an extended response reflection. The response should encompass the concepts learned in the previous week of class. For students, the goal is to define the concepts and apply them to real life; this may include what the concepts mean to you, any individual, the community, etc. This will give you an opportunity to expand concepts beyond the classroom!

- Additional resources and readings will be available on Blackboard for each topic.

Students must have:

- Response 1 **by Week 5**
- Response 2 **by Week 14**

Requirements for your first response:

- *Each paper must have at least **1 additional resource citation** representative of the student's own research.*
- *The due dates for the responses are listed on the course schedule.*
- *Please include your topic, name, and title of your response when submitting.*
- *Response should be 2-3 pages long (double spaced, times new roman, 12 pt. font)*
- ***You will submit these assignments on Blackboard before class starts on the day it is due.***

For your second response grade, you will be required to complete a Wellness Plan. You will start by completing your Wellness Plan chart at the beginning of the semester. At the end of the semester, you will be asked to complete it again, and write a reflection on if/how your Wellness Plan has changed throughout the semester, and how you plan to carry out your plan moving forward.

UVM (WE) Wellness Videos:

These will be videos created by students that are 2-3 minutes. There will be one video due during the semester. Due dates will be assigned beginning in the third week of the semester. Each Wellness Video must be focused on a tier of wellness discussed in class. The goal of these videos is to promote wellness and healthy living at UVM, in the Burlington community, the state of Vermont and across the nation. Students will use what they have learned to create a positive image that others may see and learn from. Every student needs to turn in one individual video. Videos will be voluntarily uploaded to HBHB site for viewing and grading.

Go to: <https://www.youtube.com/channel/UCflw1FNsRhHIHTmXjzW3cWA> to see current wellness videos!

**** Your videos will be posted to YouTube. Please let us know if you do not want your video shared.**

Quizzes:

There will be two quiz grades collected this semester: one written quiz (midterm time) and one cumulative, daily iClicker quiz. *If you do not have your iClicker with you in class, you can email your instructor with the quiz question and the correct answer to receive credit.* Quiz material will come directly from material presented in class. Each quiz is worth 7.5% of your final grade.

Final Poster Presentation:

For a final exam grade, students will work in groups of four students to create a poster for a presentation session that will be held at the end of the semester. Each poster will propose an intervention based off of information learned in class. Students are expected to submit a written proposal/abstract, draft, and a copy of the poster as a PDF prior to the date of the presentation session. Additionally, each student will be responsible for writing a 2-3-page individual paper about the project. More information about poster guidelines, formatting, and submission will be available on Blackboard.





Mindfulness Mentors:


Studies have shown that mindfulness decreases stress and anxiety while increasing productivity and aids in decision making. Each class will begin and end with a five-minute mini mindfulness session. These sessions will be led by mindfulness mentors as well as introduce students to mindfulness apps.

Classroom Environment Expectations:




- Students are expected to attend every class, arriving promptly and remaining alert and involved until dismissed by the instructor
- Faculty and students will promote academic discourse and the free exchange of ideas by listening with civil attention to all individuals.
- ***Laptop computers and web-enabled devices, iPhones, iPads, tablets, androids etc. are not permitted during class.***

Course Schedule (subject to change):

Week 1 (8/28-8/31)	Day 1	Welcome to HBHB + Genes, Brains, Behaviors <i>Dr. James Hudziak, MD</i> <i>Introduce Wellness Plan Assignment</i>	
	Day 2	Basic Structural Anatomy: Getting to Know Your Brain <i>Matthew Albaugh, Ph.D.</i> <i>Students complete BPM via Survey Monkey</i>	
Week 2 (9/4-9/7)	Day 1 <i>*No Monday Class</i>	Brain Development from Conception to College: Why we are all a bit anxious, inattentive, sad, quirky and naughty <i>LCOMU Professor</i>	
	Day 2	Why we are all a bit anxious, inattentive, sad, quirky and naughty AND what we can do about it <i>Matthew Albaugh, Ph.D.</i>	
Week 3 (9/11-9/14)	Day 1	Epigenetics of the goof and not so good aspects of human behavior <i>LCOMU Professor</i>	
	Day 2	The Human Connectome: How coherent are our brains? <i>Deanna Barch, Ph.D.</i> Washington University School of Medicine	
Week 4 (9/18-9/21)	Day 1	The Transitional Aged Brain Goes to College <i>LCOMU Professor</i>	
	Day 2	The Science of Happiness <i>Dr. Andrew Rosenfeld, MD</i> University of Vermont	

Week 5 (9/25-9/28)	Day 1	Neuroscience of Exercise Lecture <i>Art Kramer, Ph.D.</i> Senior Vice Provost for Research and Graduate Education, Northeastern University 9/26-9/27 – Tuesday/Wednesday	
	Day 2	Exercise Lab <i>EXMS Interns</i>	
Week 6 (10/2-10/5)	Day 1	Nutrition Lecture <i>LCOMU Professor</i>	
	Day 2	Nutrition Lab <i>Nicole Rohrig, RD, CD</i> <i>UVM Dining Campus Dietitian</i>	
Week 7 (10/9-10/12)	Day 1 <i>*No Monday Class</i>	Yoga and Mindfulness Lecture	
	Wednesday Oct. 11	Yoga Lab <i>Nalini Flanders, DeShan Foret, Lakshmi Plasha</i>	
Week 8 (10/16-10/19)	Day 1	Challenges and Opportunities of Technology and the Brain <i>Adam Gazzaley, MD, Ph.D.</i> UCSF School of Medicine	
	Day 2	Neuroscience of Mindfulness Lab <i>LCOMU Professor</i>	
Week 9 (10/23-10/26)	Day 1	“Thinking” Lecture <i>Matthew Albaugh, Ph.D.</i> Midterm Quiz	

	Day 2	<p>“Thinking” Lab <i>Matthew Albaugh, Ph.D.</i></p> 
Week 10 (10/30-11/2)	Day 1	<p>Sex, Love, and the Neuroscience of Relationships Lecture <i>Jeremiah Dickerson, MD</i></p> 
	Day 2	<p>Neuroscience of Relationships Lab <i>Ellen McGinnis, Ph.D.</i></p> 
Week 11 (11/6-11/9)	Day 1	<p>Concussion Lecture <i>Kevin Pearce</i> Love Your Brain Foundation</p> 
	Day 2	<p>Neuroscience of Music Lecture <i>Margaret Martin, Ph.D.</i> Harmony Project</p> 
Week 12 (11/13-11/16)	Day 1	<p>Cannabis Lecture <i>Alan Budney, Ph.D.</i> Giesel School of Medicine at Dartmouth</p> 
	Day 2	<p>Adversity Lecture <i>Stacy Drury, MD</i> Tulane University</p> 
Thanksgiving Break		

Week 14 (11/27- 11/30)	Day 1	Sleep Lecture <i>Pamela Swift, Ph.D.</i>	
	Day 2	Living Behavior Change Lecture <i>Sarah Guth, MD and Lindsey Coates, LCMHC</i> <i>Extended Student Response #2 (Wellness Plan) Due</i>	 
Week 15 (12/4- 12/7)	Day 1	Mindfulness Lecture: Part 2 <i>Jon Kabat Zinn</i> Founder of MBSR	
	Day 2	Grand Finale Lecture: Wrapping it all up <i>Review Wellness Plans</i>	

Student Learning Accommodations: In keeping with University policy, any student with a documented disability interested in utilizing accommodations should contact ACCESS, the office of Disability Services on campus. ACCESS works with students and faculty in an interactive process to explore reasonable and appropriate accommodations via an accommodation letter to faculty with approved accommodations as early as possible each semester. All students are strongly encouraged to meet with their faculty to discuss the accommodations they plan to use in each course.

Contact ACCESS: A170 Living/Learning Center; 802-656-7753; access@uvm.edu; www.uvm.edu/access

UVM's policy on disability certification and student support: www.uvm.edu/~uvmppg/ppg/student/disability.pdf

Religious Holidays: Students have the right to practice the religion of their choice. If you need to miss class to observe a religious holiday, please submit the dates of your absence to me in writing by the end of the second full week of classes. You will be permitted to make up work within a mutually agreed-upon time.

Academic Integrity: The policy addresses plagiarism, fabrication, collusion, and cheating.

<http://www.uvm.edu/~uvmppg/ppg/student/acadintegrity.pdf>

Grade Appeals: If you would like to contest a grade, please follow the procedures outlined in this policy:

<http://www.uvm.edu/~uvmppg/ppg/student/gradeappeals.pdf>

Grading: For information on grading and GPA calculation, go to www.uvm.edu/academics/catalogue and click on Policies for an A-Z listing.

Code of Student Rights and Responsibilities: www.uvm.edu/~uvmppg/ppg/student/studentcode.pdf

FERPA Rights Disclosure: The purpose of this policy is to communicate the rights of students regarding access to, and privacy of their student educational records as provided for in the Family Educational Rights and Privacy Act (FERPA) of 1974. <http://www.uvm.edu/~uvmppg/ppg/student/ferpa.pdf>

Promoting Health & Safety:

The University of Vermont's number one priority is to support a healthy and safe community:

Center for Health and Wellbeing <http://www.uvm.edu/~chwb/>

Counseling & Psychiatry Services (CAPS) Phone: (802) 656-3340

C.A.R.E. If you are concerned about a UVM community member or are concerned about a specific event, we encourage you to contact the Dean of Students Office (802-656-3380). If you would like to remain anonymous, you can report your concerns online by visiting the Dean of Students website at

<http://www.uvm.edu/~dos/>

Final exam policy: The University final exam policy outlines expectations during final exams and explains timing and process of examination period. <http://www.uvm.edu/academics/catalogue2013-14/?Page=allpolicies.php&SM=policymenu.html&policy=Exams>