

Brief Course Outline

Course Title: **Stress and Psychophysiology**

Course Number and Section:

PSYCHOL

3210G 550

Instructor Name(s): Kathyryne Van Hedger

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Disclaimer: Information in the brief course outline is subject to change. The syllabus posted on OWL is the official and authoritative source of information for the course.

Course Description:

The experience of stress is an ever-present aspect of our daily lives, and physiological alterations in response to stress are often learned and adaptive. In this discussion-based course we will cover a variety of topics that help to answer questions like: What makes experiences stressful? What happens in the human body during typical and atypical responses to common stressors? What are some of the long-term consequences of prolonged stress? We will explore historical and contemporary theories of stress and the resulting effects on psychological and physiological processes. The study of stress and psychophysiology commonly relies on interdisciplinary approaches, and course materials will be derived from different types of sources (e.g., peer-reviewed journal articles, preprints, articles from news outlets). You are also encouraged to bring relevant examples and experience from your daily life into course discussions.

Learning Outcomes:

- a) Explain theories and methods related to psychophysiology
- b) Identify consequences of prolonged stress exposure and evaluate coping mechanisms using scientific evidence
- c) Review and critique empirical and review articles and understand the peer-review process
- d) Demonstrate oral communication skills that are clear, organized, and accessible for a broad audience
- e) Draw connections between topics covered in this course and experiences in everyday life

Textbooks and Course Materials:

There is no required textbook for this course. All assigned readings will be posted to the Brightspace site along with any additional resources for each week.

Methods Of Evaluation:

| Assignment | Due Date mm/dd/yy | Weight - % |
|----------------|-------------------|------------|
| Weekly Quizzes | every week | 20 |

| Assignment | Due Date mm/dd/yy | Weight - % |
|----------------------------|-------------------|------------|
| Discussion Participation | weekly | 25 |
| Preprint Presentation | week 5 or 6 | 25 |
| Journal Club Style Article | 04/04/25 | 30 |

In solidarity with the Anishinaabe, Haudenosaunee, Lūnaapéewak, and Chonnonton peoples on whose traditional treaty and unceded territories this course is shared.

Thursday, December 12, 2024