



# PUBH 1005

Sleep, Eat & Exercise  
Fall 2019

## COURSE AND CONTACT INFORMATION

**Credits:** One credit

**Meeting Day(s), Time and Place:** This course is entirely web-based, delivered via [Canvas](#) course site

**Office hours:** By appointment. We are happy to meet with students and are here to help you succeed!

## INSTRUCTIONAL TEAM

Sleep, Eat & Exercise is taught by a team of people, including undergraduate Teaching Assistants (TAs), a tech administrator, and one instructor. We work together to provide all students with a positive learning experience. Your TA will guide you through the course and is a great resource; we are confident in your TA's ability to provide accurate answers and valuable feedback. TAs have completed Peer Educator training, which addresses confidentiality as well as listening, responding, referral, and other skills.

Contact Type	Contact Information	Role	When to Contact
Teaching Assistant	Name and contact information announced via introductory email	Assigns grades and provides individual feedback on each assignment. Connects students to campus, community, and national resources and services.	Questions or concerns about the class, assignments, deadlines, etc. Your TA will respond promptly and is your first line of contact!
Technical Support	Via <a href="#">tech help form</a> or <a href="mailto:ritech@umn.edu">ritech@umn.edu</a>	Troubleshoots technical issues related to the Canvas site or course content.	Issues with the Canvas site, the online learning modules, or quizzes or assignments. But be sure to check the <a href="#">Tech Support</a> website first where we have info on frequent questions/issues.  Note: UMN OIT is not able to make any changes to our

			Canvas course site or address issues regarding the online learning modules.
Instructor	Laurie Lucachick 612-624-9971 lucac007@umn.edu  West Bank Office Building, suite 300 1300 S. 2nd St. Minneapolis	Facilitates the course. Creates course content.	Questions about the course content, to submit a letter from the Disability Resource Center, to request an extension or approval to submit work late (be sure to look at the <a href="#">Late Work policy</a> in this syllabus), or anything else!

Please save this contact information to your computer or print it. That way, you can still contact us in the event that you have difficulty connecting to the Internet or accessing the syllabus.

### COMMUNICATION IN ONLINE COURSES

Communication is especially important in an online course. The course site announcement forums/discussions and email will be used to communicate with students. You are responsible for reading all course-related emails sent to your University email account and contacting us in a timely manner with any questions you may have. We strongly recommend that you check your U of M email daily. Our goal is to respond to emails within one one to two business days and instructional staff does not reply to emails outside of business hours.

#### TIPS FOR CONTACTING US

- Per FERPA laws, use only your official University of Minnesota account for email correspondence with us.
- Include the name of your course and section number in the subject heading. The course team works with and teaches multiple classes on multiple campuses and it may help us get back to you faster.

### COURSE DESCRIPTION

Sleep, Eat & Exercise is offered through the Rothenberger Institute (RI). RI provides a suite of wellness-based courses focusing on the knowledge and skills students need to lead healthy, productive, and balanced lives. For more information, visit the [Rothenberger Institute website](#). This course is intended for undergraduate students who want a basic knowledge of one or more of the main topic areas, guidance on how to improve their health-related behaviors, and/or experience taking an online course. Sedentary behavior, low engagement in nutritious eating behaviors, and inadequate sleep are commonly reported among college students and are leading contributors to a variety of negative short- and long-term health outcomes. Research indicates that engaging in healthy habits that improve physical and mental wellness can reduce stress and improve academic performance. Sleep, Eat & Exercise is an introductory level course designed to provide you with the knowledge and skills you need to live a balanced life while in college. It covers basic concepts in time management, nutrition, sleep, and physical activity and incorporates a variety of techniques to increase self-awareness and promote reflection, goal setting, and action toward overall wellbeing.

### ACKNOWLEDGMENTS

The contents of Sleep, Eat & Exercise have been developed with the contributions of numerous instructors. Sarah Keene, Laurie Lucachick, Sarah Sevcik, and Amy LimBybliw have been involved with recent content and modifications along with Jerri Kjolhaug, who is acknowledged for the course's

conceptual development and original content. Technology and Media Specialist Xiong Xy has been integral in the development, creation, and facilitation of the most recent version of this course, and we also acknowledge Jolynn Gardner, Paul Bernhardt, and Christine Petrich for their past contributions.

## **COURSE PREREQUISITES**

There are no prerequisites for this course and it is intended for undergraduate students.

## **COURSE GOALS AND OBJECTIVES**

The overall course goals of Sleep, Eat & Exercise are to:

- provide accurate information about sleep, nutrition, and physical activity.
- provide compelling reasons to meet sleep, nutrition, and physical activity recommendations and reduce sedentary time.
- provide practical advice about how to incorporate healthy habits into daily life.
- promote a positive relationship between you and your body.
- increase your confidence in your ability to positively impact your health and wellbeing.

In general, at the end of the course you will be able to identify:

- the evidence-based recommendations around sleep, physical activity, and nutrition.
- short- and long-term outcomes related to sleep, nutrition, physical activity.
- practical strategies for improving time management, sleep, physical activity, and nutrition habits as a college student.

The course incorporates a variety of activities to promote an increase in self-awareness and help students move through the change process toward improved habits. You will:

- explore your values and evaluate your the factors that influence your engagement in behaviors related to time management, sleep, physical activity, and nutrition.
- assess your current eating, sleeping, and physical activity patterns and reflect on how you feel and want to feel.
- identify skills related to time management and procrastination as they relate to self-care.
- evaluate the pros and cons of making behavioral and/or environmental changes with the intention of improving time management, physical activity, nutrition, and sleep.
- assess the credibility of sources that share information on health and wellbeing.
- work toward improved physical activity, nutrition, and sleep according to your current stage of change.

## **METHODS OF INSTRUCTION AND WORK EXPECTATIONS**

### **COURSE WORKLOAD EXPECTATIONS**

Sleep, Eat & Exercise is a one (1) credit course. The University expects that for each credit, you will spend a minimum of three hours per week attending class or comparable online activity, reading, studying, completing assignments, etc. over the course of a 15-week term. Thus, this course requires approximately **45 hours of effort** spread over the course of the term in order to earn an average grade.

This course is entirely online. Therefore, your time will be spent interacting with online learning modules, reading online articles, and completing assigned coursework via the Canvas course site.

### **TECHNOLOGY**

You will use the following technology tools in this course. Please make yourself familiar with them. You are expected to have basic computing skills, such as using a word processing program, uploading files, opening and sending email, etc.

If you are concerned about your computer readiness to complete this online course, we encourage you to review the [U of M Resources and Tips and Training for students](#), the [Tech Support & Troubleshooting Website](#), or contact your instructor. (See also: [SPH Student Policies: Technology Readiness](#))

- **Canvas:** Resources available on [OIT's Student Help Resources page](#)
- **CogBooks Interactive Learning Modules:** All learning content in this course is delivered through the CogBooks platform. Review the [Online Learning Module Orientation](#) video for an introduction to using this tool.
- **Google Drive:** Google Docs, training is available via [OIT Self-Help Guide](#)
  - [Submitting assignments in the Student app on an iOS device](#)
  - [Submitting assignments in the Student app on an Android device](#)
- **Adobe Acrobat Reader:** For supplemental readings; available as a [free download](#) from Adobe.
- **Internet Browser:** Google Chrome or Mozilla Firefox recommended. (Internet Explorer not recommended.)

The [University has many free, public computer labs](#) on campus with reliable Internet and the technology necessary to complete the course. Additionally, computers with reliable Internet for general use are available at most campus and community libraries.

#### DUO SECURITY

If you use Duo Security to sign in to University applications, YOU ARE STRONGLY ENCOURAGED to set up back-up devices in Duo Security so that you are prepared in the event that your primary Duo device is unavailable (you forgot it, it was stolen, it's broken, the battery is dead, etc.). [Learn about back up devices](#).

As a Duo user, it is your responsibility to come prepared to sign in to applications necessary for class activities, including exams and quizzes. If you are unable to sign in, you may lose points for class assessments not completed on time. Failure to bring your Duo device or a back-up is not an excused absence or a valid reason for make up work.

Visit the [Duo Security](#) website for more information or questions.

#### LEARNING COMMUNITY

School of Public Health courses ask students to discuss frameworks, theory, policy, and more, often in the context of past and current events and policy debates. We do not come to our courses with identical backgrounds and experiences and building on what we already know about collaborating, listening, and engaging is critical to successful professional, academic, and scientific engagement with topics.

If you engage with other students using the forum, you are expected to engage with each other in respectful and thoughtful ways. This can mean:

- Respecting the identities and experiences of your classmates.
- Avoid broad statements and generalizations. Group discussions are another form of academic communication and responses to instructor questions in a group discussion are evaluated. Apply the same rigor to crafting discussion posts as you would for a paper.
- Consider your tone and language, especially when communicating in text format, as the lack of other cues can lead to misinterpretation.

Like other work in the course, all student to student communication is covered by the [Student Conduct Code](#).

## **COURSE TEXT AND READINGS**

This course does not have an assigned textbook. All of the online learning modules and readings can be accessed via the Canvas course site.

## **ONLINE LEARNING MODULES IN COGBOOKS**

The online learning content was developed by the Rothenberger Institute and is delivered through CogBooks, an external learning platform. The modules in the CogBooks platform provide you with a personalized learning path based on your understanding of core course concepts, which you'll demonstrate using a slider bar.

The online learning modules include interactions (reflection opportunities, practice quiz questions, and other educational activities) intended to reinforce and/or check your understanding of course learning objectives before the objectives are assessed in graded quizzes and assignments. While the brief assessments within the CogBooks platform are not point-earning and do not count toward your final grade, investing time in these activities will help you succeed in the course; the more you put into the course by reflecting honestly on what you're learning, the more you will get out of this course.

Course materials are available to enrolled students for personal use only. By enrolling in this course, you're agreeing not to share the materials with other students, make them publicly available, or otherwise distribute them, as this is a violation of copyright and not permitted.

**Note:** Access to the online learning modules will end after the term is over; however, a PDF version of the module transcripts will be available for download at the end of the term. In addition, you may submit a [request form](#) at any point throughout the term to download the PDF version of the module transcripts.

## **VIDEOS IN ONLINE LEARNING MODULES**

The online learning modules feature unscripted videos of real students from Minnesota college campuses discussing their opinions and experiences related to topics covered in the course modules. While valuable and relevant to the course, the views expressed by students featured in these videos may not necessarily represent the views or recommendations of the Rothenberger Institute. For this reason, content within student videos will not be assessed in quizzes. However, all other videos, unless otherwise noted, contain required content that may be assessed in quizzes and assignments.

## **TRIGGER WARNING**

Throughout Sleep, Eat & Exercise, we do our best to present accurate and factual information about sleep, nutrition, physical activity, and related topics. Some of the course modules and optional resources contain information about sleep disorders, excessive exercise, disordered eating, eating disorders, body image concerns, and other things that may be triggering for some people. Additionally, course assignments ask you to reflect on your personal experiences related to topics covered in the course modules. You're encouraged to share only at the level you are comfortable sharing. If something in the course triggers uncomfortable thoughts or feelings, please take care of yourself and seek help if necessary or desired.

Visit the [Student Mental Health website](#) for information about resources and services that are available to you, and please contact the instructor if you have any questions or concerns that may hinder your full and meaningful participation in the course. Your wellbeing is important to us!

## **INCLUSIVE LANGUAGE**

Our culture, for the most part, uses a gender-binary and sex-binary framework—thinking and functioning in terms of men and women when discussing gender, or male and female when discussing sex assigned at birth. However, we recognize that this doesn't encompass everyone's experience or identity and have therefore used inclusive language throughout the course. Such language consists of words and phrases that demonstrate respect for how a variety of individuals self-identify their gender and sexual orientation, describe their bodies and relationships, and express their sexuality. When we report research results, we use the same terms used by the researchers, recognizing that some of the research may not be inclusive. Despite its potentially exclusionary nature, we have chosen to include such research because we believe that the data still has value in informing and supporting our discussions and may be the only or best data available on a given topic.

### COURSE OUTLINE/WEEKLY SCHEDULE

**This course has specific deadlines.** All coursework must be submitted via the course site before the date and time specified on the site. **Note: assignments and quizzes are due by 5:00 PM CST throughout the term.** All due dates are on Tuesdays and Thursdays.

Week	Due Date	Quiz or Assignment	Unit and Material Covered / Notes	Points
1	ASAP	Course Orientation Quiz (Required)	Syllabus, How-To Tutorial Videos, <a href="#">Tech Help Website</a>	0
1	ASAP	Introductory Post	You!	0
2	Sept. 10	Foundations of Wellbeing Unit Quiz	<b>Foundations of Wellbeing Unit Modules:</b> Sources of Health Information, Influences on Health and Wellbeing, and The Change Process and Goal-setting Strategies	20
3	Sept. 17	Critical Evaluation of Sources of Health Information Reflection	Module: Sources of Health Information	20
4	Sept. 24	Time Unit Quiz  Extra Credit Opportunity: My Values and Wellbeing Reflection (worth 5 extra points)	<b>Time and Procrastination Unit Modules:</b> Time Management and Procrastination	10
5	Oct. 1	Time and Procrastination Analysis and Reflection	Modules: Time Management and Procrastination	15
6	Oct. 8	Sleep Unit Quiz	<b>Sleep Unit Modules:</b> Understanding Sleep and Sleep Strategies	20
7	Oct. 15	Sleep Exploration Assignment (Choose 1 of 3 options)  Extra Credit Opportunity:	<b>PLAN AHEAD!</b> <b>Assignment options require up to 3 days of preparation.</b>	10

		Science of Sleep <u>TEDx Talk</u> and Quiz (worth 5 extra points)		
8	Oct. 22	Physical Activity Unit Quiz	<b>Physical Activity Unit Modules:</b> Components of Fitness and Physical Activity in Your Life	20
9	Oct. 29	Physical Activity Exploration Assignment (Choose 1 of 3 options)	<b>PLAN AHEAD!</b> <b>Assignment options requires advanced preparation.</b>	10
10	Nov. 5	Nutrition Unit Quiz	<b>Nutrition Unit Modules:</b> Factors that Influence Why, When, and How We Eat and Nutrition: What We Eat Matters	20
11	Nov. 12	Nutrition Exploration Assignment (Choose 1 of 3 options)	<b>PLAN AHEAD!</b> <b>Assignment options requires advanced preparation.</b>	10
12	Nov. 19	Understanding and Appreciating the Body Unit Quiz  Extra Credit Opportunity: Additional Exploration Assignment (worth 5 extra points)	<b>Understanding and Appreciating the Body Module</b>  <b>PLAN AHEAD!</b> <b>Extra Credit Assignment options requires advanced preparation. Will be available in Canvas site Nov. 13-19.</b>	5
13	Nov. 26	Understanding and Appreciating the Body Reflection	<b>Understanding and Appreciating the Body Module</b> <i>WORK AHEAD: Start Final Reflection (due 12/10); it requires 5 days of preparation.</i>	10
14	Dec. 3	Nothing Due  Extra Credit Opportunity: New <u>Habits Article</u> and Quiz (worth 5 extra points)	<b>PLAN AHEAD! WORK AHEAD</b> <b>Final Reflection (due 12/10) requires 5 days of preparation</b>	-
15	Dec. 10	Final Reflection: Behavior Log and Analysis (Choose 1 of 3 options)	Modules: All (cumulative)	30
-	-	Complete your course evaluation	Use the "Student Rating of Teacher" tab in the Canvas course menu or the <a href="#">course evaluation site</a> directly. <i>Your constructive feedback is critical in making revisions to this course--thank you!</i>	-

**Note on Assignments:** Some of the Exploration Assignments and the final reflection require logging specific behaviors for multiple days in a row. Please plan ahead. You may submit work early. However, we cannot guarantee that it will be graded early because priority will be given to work that's already been due. Our goal is to grade assignments within seven days of their due date.

## **SPH AND UNIVERSITY POLICIES AND RESOURCES**

The [School of Public Health website](#) maintains up-to-date information about resources available to students, as well as formal course policies. Students are expected to read and understand all policy information available at this link and are encouraged to make use of the resources available. The course policies outlined in the syllabus and on the SPH website are consistent with University of Minnesota policies and have been developed through previous experience with students. They are meant to help you meet the expectations of the course and to ensure that all students are held to the same, consistent standards and treated fairly.

The University of Minnesota has official policies, including but not limited to the following:

- Grade definitions
- Scholastic dishonesty
- Makeup work for legitimate absences
- Student conduct code
- Sexual harassment, sexual assault, stalking and relationship violence
- Equity, diversity, equal employment opportunity, and affirmative action
- Disability services
- Academic freedom and responsibility

The University offers academic, community, financial, and wellbeing resources to support undergraduate students. We care about your wellbeing and encourage you to learn more about these valuable [student resources](#), including:

- [Disability accommodations](#)
- [Housing and financial instability resources](#)
- [Technology help and readiness](#)
- [Academic support](#)

Please note that this is not an exhaustive list. We invite you to contact your TA, instructor, or Academic Advisor if you would like help identifying campus resources that are relevant to you.

## **MENTAL HEALTH AND STRESS MANAGEMENT**

As a student, you may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance and may reduce your ability to participate in daily activities. University of Minnesota services are available to assist you. You can learn more about the broad range of confidential mental health services available on campus via the [Student Mental Health website](#).

## **EVALUATION AND GRADING**

### **ASSESSMENTS OVERVIEW**

Your performance in this course will be assessed through quizzes and assignments; the course schedule is finalized before the start of the term and will not change after the first day. A brief summary of each assessment category is included here. More specific instructions are located in the submission descriptions in the Canvas course site.



It is expected that you do your own work and that you work individually. Academic dishonesty will not be tolerated and will be dealt with according to [University policy](#).

## QUIZZES

### **COURSE ORIENTATION QUIZ (0 POINTS, BUT REQUIRED)**

The course orientation quiz is required and is based on information in the syllabus, orientation video, and Tech Support website (linked in the Canvas course site). This quiz is available in the “Course Overview and Orientation” section of the course site. You will not be able to view any of the course materials until you receive 100% on the Orientation Quiz, but you can take the quiz as many times as necessary to receive that score.

### **CONTENT QUIZZES (4 X 20 POINTS + 1 X 10 POINTS + 1 X 5 POINTS = 95 POINTS)**

There are six required quizzes throughout the term. All quizzes include multiple-choice or true/false questions. There are two 5-point quizzes available for extra credit. Navigating away from a quiz (i.e. viewing the interactive modules or readings) while taking it may cause the quiz to close unexpectedly.

### **QUIZ TIMES AND SCORES**

You are given a short window of time to complete your quiz (approximately a minute per question), so be sure to carefully review the required content for each quiz before beginning. You must start your quiz by 4:59 pm on the due date in order to receive full credit for your quiz. Quizzes started at 5:00 pm or after, but within 24 hours of the due date, will be eligible for up to half credit. You will be allowed **one attempt** on each quiz.

You will be able to review quiz questions and correct answers once the quiz closes for all students; your score will be available immediately upon submitting a quiz on the course site. We encourage you to review the correct answers for any questions you may have answered incorrectly; this will further your understanding of important course concepts and help guide your studying for future quizzes and assignments. Contact your TA or the instructor if you have any questions.

## ASSIGNMENTS

### **CRITICAL EVALUATION OF SOURCES OF HEALTH INFORMATION REFLECTION (20 POINTS)**

You will evaluate sources of information that result from an internet search on a topic of your choosing. You will evaluate the credibility and accuracy of sources and discuss characteristics of credible and reliable sources

### **TIME AND PROCRASTINATION ANALYSIS AND REFLECTION (15 POINTS)**

You will complete a reflection activity to align your values with how you spend your time and explore and recognize your own reasons for procrastination.

### **EXPLORATION ASSIGNMENTS (3 X 10 POINTS EACH = 30 POINTS)**

There are three required exploration assignments. For each, you will be asked to select one of three assignments options. Each exploration assignment asks you to complete an activity and then reflect on the experience.

### **UNDERSTANDING AND APPRECIATING THE BODY REFLECTION (10 POINTS)**

You will reflect on your own wellbeing, personal experiences and thoughts related to body image, and messages you have received or noticed related to body, health, and wellbeing.

### **FINAL REFLECTION: BEHAVIOR LOG AND ANALYSIS (30 POINTS)**

The final reflection in the course will require behavior logs focussing on two of the three main course topics (sleep, nutrition, and physical activity). You will record your behavior for a

minimum of five days including weekend days (Saturday and Sunday) then answer a series of analysis questions. Based on what you've learned from tracking your behavior and from the lesson content, you will assess your current readiness to change and answer a set of questions based on your current stage of change.

## GRADING SCALE

The University uses plus and minus grading on a 4.000 cumulative grade point scale in accordance with the following, and you can expect the grade lines to be drawn as follows:

% In Class	Grade	GPA
92 - 100%	A	4.000
90 - 91%	A-	3.667
88 - 89%	B+	3.333
82 - 87%	B	3.000
80 - 81%	B-	2.667
78 - 79%	C+	2.333
72 - 77%	C	2.000
70 - 71%	C-	1.667
68 - 69%	D+	1.333
60 - 67%	D	1.000
≤ 59%	F	

- A = achievement that is outstanding relative to the level necessary to meet course requirements.
- B = achievement that is significantly above the level necessary to meet course requirements.
- C = achievement that meets the course requirements in every respect.
- D = achievement that is worthy of credit even though it fails to meet fully the course requirements.
- F = failure because work was either (1) completed but at a level of achievement that is not worthy of credit or (2) was not completed and there was no agreement between the instructor and the student that the student would be awarded an I (Incomplete).
- S = achievement that is satisfactory, which is equivalent to a C- or better
- N = achievement that is not satisfactory and signifies that the work was either 1) completed but at a level that is not worthy of credit, or 2) not completed and there was no agreement between the instructor and student that the student would receive an I (Incomplete).

## GRADE CALCULATION

You can calculate your course grade throughout the term and potential final grade using [What-if Grading in Canvas](#). **Reminder: The Orientation Quiz is required, but points do not count toward the course total.**

## EVALUATION AND GRADING POLICIES

As noted in the [SPH and University Policies and Resources section](#) of the syllabus, there is essential information for students on the SPH Student Policy website, including a [Grading Policies](#) section with information on grade option changes, course evaluations, withdrawals, and more.

#### 5:00 P.M. CST DEADLINES

The Rothenberger Institute uses 5:00 p.m. deadlines for assignments and quizzes throughout the term. Turning your assignment in at 5:00 p.m. means that the evening is available for you to practice habits that foster wellbeing and engage socially with your community; this deadline also encourages you to plan ahead and work on assignments in advance, which is one effective strategy for reducing academic stress. Public health professionals work to change policies to make the world a healthier place; by building a system that supports health we are improving health outcomes for students!

#### SAVING AND SUBMITTING COURSEWORK

**The Canvas site will only accept assignments as Google Docs.** Google Docs that students submit are considered final. Directions on how to submit a Google Doc via Canvas can be found on the assignment page or in the syllabus under Technology>Google Drive.

In addition, we strongly discourage you from deleting assignments from your Drive until the end of the term.

#### TECHNICAL ISSUES WITH COURSE MATERIALS

You are expected to submit all coursework on time and **it is your responsibility to ensure that your work is submitted properly before the deadline.** Double-check your quiz and assignment submissions right after you submit them. Make sure you have a strong and reliable internet connection before attempting to complete quizzes or submit assignments.

While we understand that technical problems could still occur, it is your responsibility to take all the steps possible to limit potential issues that may interrupt the submission of your quiz answers; the course team reserves the right to take into consideration the steps taken to decrease potential issues and report them in a timely manner when making final determinations on quizzes that do not submit properly.

#### **If you experience technical difficulties while navigating through the course site or attempting to submit coursework:**

1. Search for a solution in the [RI Tech Support & Troubleshooting website](#) (also linked in the Canvas course site).
2. If you cannot find a solution, submit a [Tech Help Form](#) (in the RI Tech Support Website) **within 30 minutes** of the problem's occurrence.
  - a. Provide as much information as possible, so the tech team can best help you as soon as possible.
  - b. You can expect a response within one to two business days to help resolve the problem.
3. For other issues related to tools supported by the University (e.g. access to Canvas, DUO, email, etc.), contact [OIT's Help Desk](#).

#### CHECKING ASSIGNMENT SCORES AND FEEDBACK

It is our goal to complete the grading of assignments within seven days of their deadline. In addition to grading your work, TAs provide feedback relevant to your knowledge, attitudes, and/or behavior. Read your TA's feedback to enhance your learning experience. You can check your assignment score and feedback by returning to the assignment submission page or via your grade book..

If you have general questions about your grade, email your TA. If you would like an assignment, quiz score, or final grade to be reconsidered by the instructional team, email your instructor *within two weeks of the assignment or quiz deadline or within 48 hours of final grades being submitted (whichever comes first)* with a detailed justification as to why you believe the grade should be reconsidered.

#### LATE ASSIGNMENTS

If you have other priorities when a quiz or assignment is due, plan ahead and submit the work early. Late work will be accepted within a 24-hour window past its deadline for up to half credit. The only potential exception to this policy is for a legitimate reason, as defined below. Also note, extra credit opportunities are posted on the course site if you wish to make up lost points, but extra credit will not be accepted for any credit past posted deadlines.

#### MAKEUP WORK FOR LEGITIMATE REASONS

If you experience an extraordinary event that prevents you from completing coursework on time and you would like to make arrangements to make up your work, contact your instructor within 48 hours of the missed deadline if an event could not have been anticipated and at least 48 hours prior if it is anticipated. Per University policy, legitimate reasons for making up work may include:

- illness, physical or mental, of the student or a student's dependent;
- medical conditions related to pregnancy;
- participation in intercollegiate athletic events;
- subpoenas;
- jury duty;
- military service;
- bereavement, including travel related to bereavement;
- religious observances;
- participation in formal University system governance, including the University Senate, Student Senate, and Board of Regents meetings, by students selected as representatives to those bodies; and
- activities sponsored by the University if identified by the senior academic officer for the campus or the officer's designee as the basis for excused absences.

Because this course is entirely online and all materials are available to students from the first day of the term, we expect students to plan accordingly if travels or access to internet will cause them to miss a deadline. Note that our deadlines are generally set for 5:00 p.m. CST, so traveling to a different time zone will require additional planning. Further, circumstances that qualify for making up missed work will be handled by the instructional team on a case-by-case basis; they will always be considered but not always granted. For complete information, view the [policy on Makeup Work for Legitimate Absences](#).

#### OPTIONAL EXTRA CREDIT (UP TO 15 POINTS)

You may earn a maximum of 15 points of extra credit throughout the term. Extra credit opportunities may take several forms (e.g., optional/bonus work on required assignments, experiential activities, campus or community events related to course topics, current events articles, etc.). Check the Canvas Course Site to see extra-credit opportunities available throughout the term as well as the announcements for additional extra credit opportunities that may become available throughout the term.

#### SCHOLASTIC DISHONESTY, PLAGIARISM, CHEATING, ETC

You are expected to do your own academic work and cite sources as necessary. Failing to do so is scholastic dishonesty. Scholastic dishonesty means plagiarizing (including self-plagiarism or using work from a previous term or course); cheating on assignments or examinations; engaging in

unauthorized collaboration on academic work; taking, acquiring, or using test materials without faculty permission; submitting false or incomplete records of academic achievement; acting alone or in cooperation with another to falsify records or to obtain dishonestly grades, honors, awards, or professional endorsement; altering, forging, or misusing a University academic record; or fabricating or falsifying data, research procedures, or data analysis (As defined in the Student Conduct Code). For additional information, please see the [official policy](#).

The Office for Student Conduct and Academic Integrity has compiled a useful list of [Frequently Asked Questions](#) pertaining to scholastic dishonesty.

If you have additional questions, please clarify with your instructor. Your instructor can respond to your specific questions regarding what would constitute scholastic dishonesty in the context of a particular class-e.g., whether collaboration on assignments is permitted, requirements and methods for citing sources, if electronic aids are permitted or prohibited during an exam.

Indiana University offers a [clear description of plagiarism and an online quiz](#) to check your understanding.

#### INCOMPLETE CONTRACTS

Please review the [SPH Student Policies](#) page for Incomplete Contract information. A grade of incomplete, "I," can be assigned by the instructor when, due to extraordinary circumstances, the student was prevented from completing the work of the course on time. The assignment of an "I" requires that a contract be written by the instructor and signed by both the instructor and the student before the last day of the term. Note: Incompletes are always assigned at the discretion of the instructor and we will not grant an "I" grade unless a substantial portion of the coursework has already been completed satisfactorily.