This is a sample syllabus from Spring 2015. The instructor may make changes to the syllabus in the future.

Biofeedback, Meditation and Self-Regulation
Spring 2015
Tues. & Thurs., 5:00-6:15 p.m.
320 Campbell Hall

PY 405-2G/791-2G

Instructor: Edward Taub, Ph.D.

Office: 712 Center for Psychiatric Medicine
Telephone: 934-2471
Office Hours: Tues. & Thurs., 2:30 to 4:30 p.m.
(or call for alternate time)

Course Requirements

There will be two examinations. Both exams will consist of multiple choice questions that will cover material presented in the lectures. While Exam II will be given during Finals Week, both exams will be of nearly equal weight. In addition, class participation is a very important aspect of this course.

Grading Summary:

<table>
<thead>
<tr>
<th>Grading Summary</th>
<th>Examination 1</th>
<th>Examination 2</th>
<th>Class participation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>40%</td>
<td>45%</td>
<td>15%</td>
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<td>100%</td>
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Term paper (Optional)

The readings for the course can be bought at Snoozy’s (1321 10th Ave. South-Telephone No.: 328-2665).

The readings contain the lecture notes. The most efficient use of these notes would be to bring them into class each session and amplify them by including your own notes on germane material from what Dr. Taub says in the lectures. Many of the questions on the exams will come from what he says in class and not from material in the Snoozy’s lecture notes.

A term paper is optional. If it is done, then it will count as one-third of the term grade and the two exams will be reduced in weight, each counting for one-third the term grade (rather than 40% and 45%). The term paper is due on the last day of class. Instructions for this paper are attached to this syllabus. Your topic must be discussed with Dr. Taub by April 2. You can find some appropriate sample subjects at the front of the readings; they are the bolded titles above each pair of studies listed.
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**Attendance:** Attendance will be taken during class. All of the material in the exams will be presented in the class lectures. If you must miss class, please arrange to borrow notes taken in class by a fellow class member. If you choose not to attend class, you will probably find that your performance on the exams will be poor. There is no textbook other than the Snoozy’s readings and lecture notes. To do well on exams, take very careful notes that fill in the lecture material in the Snoozy’s volume. Missing lectures will be reflected in the class participation component of your grade and will be taken into consideration when an average is borderline between two grades.

**Lecture Format:** Some lectures will end with a meditation or relaxation exercise. The class will then discuss the experience of the exercise and its relation with other exercises that have been carried out in class. Participating in the relaxation exercises is voluntary. If you choose not to participate you can leave the room or sit quietly in your place; you will not be penalized in any way.

**Dishonesty:** The Psychology Department is putting an emphasis on preventing cheating. This will be assessed by computer programs. Term papers will have to be submitted to me by email (etaub@uab.edu).

### Course Schedule

<table>
<thead>
<tr>
<th>Date(s)</th>
<th>Topic</th>
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<tbody>
<tr>
<td>1/6, 1/8</td>
<td>Meditation</td>
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<tr>
<td>1/13, 1/15</td>
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<tr>
<td>1/20, 1/22</td>
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<td>1/27, 1/29</td>
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<td>2/3, 2/5</td>
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<tr>
<td>2/10, 2/12</td>
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<td>2/17, 2/19</td>
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<td>2/24, 2/26</td>
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<tr>
<td>3/3</td>
<td>Exam I (Tuesday)</td>
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<tr>
<td>3/5</td>
<td>Progressive Muscle Relaxation</td>
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<tr>
<td>3/10</td>
<td>Autogenic Training</td>
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<tr>
<td>3/12</td>
<td>Biofeedback</td>
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<tr>
<td>3/17, 3/19</td>
<td></td>
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<tr>
<td>3/23-3/27</td>
<td>Spring Break</td>
</tr>
<tr>
<td>3/31, 4/2</td>
<td>Biofeedback (continued)</td>
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<tr>
<td>4/2</td>
<td>REMINDER: Term paper topic should be discussed with Dr. Taub by 4/2</td>
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<tr>
<td>4/7, 4/9</td>
<td>Biofeedback (continued)</td>
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</table>
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4/14, 4/16  Term Paper Due (last day of class)
4/16

4/23  Exam II 4:15-6:45 p.m. (Thursday)

Term Paper
(after Drs. Edwin Cook and Katherine Stewart)

The term paper must be based on research articles. One or two of your source articles can be review-type papers or book chapters but the rest must be research papers. Alternate approaches are possible, but they will not be acceptable unless Dr. Taub gives explicit permission for changes in approach.

The topic of the paper is to be chosen by you and should relate to the general subject matter of the course. You may wish to cover an aspect of meditation, a biofeedback technique, or any relaxation method. Possible topics can be found at the beginning of your book of readings; they are the subheadings that appear above each pair of articles listed. Any other relevant subject is acceptable, but check with Dr. Taub before starting work. The paper should be based on your reading of appropriate materials from the library and all assertions of fact should be backed up with references to research articles or books. Format for the paper, including style for citing references, should be that given in the American Psychological Association (APA) Publications Manual (Sterne Library Reference: BF 76.7/P83/1984). Five books of articles on meditation research are on reserve at Sterne library. Looking through them may give you ideas (and some material) for possible papers.

Papers must be submitted on time in order to receive full credit. Papers must be typed. Although firm page and reference requirements are not set, I expect that you will need at least 12-15 double-spaced typed pages of text (excluding references) and six or more journal articles or books to adequately cover your topic.

1. Organization

a. Organization is an important point that is often missed. Organize each level of the paper, each section, and each paragraph. Make your organization clear to the reader. Regardless of how well you write, your paper’s organization will generally be improved if you take the time to do an outline before you write the paper. It is often useful to describe the overall organization of your paper (along with the topic) in the first paragraph.

b. Use headings for subsections. You will probably cover a considerable amount of information (e.g., symptoms, etiology, treatment types) in your headings. Write clear transitions between subsections to avoid confusing your reader and to lend some structure to your paper.

c. Have good introductory sentences to your paragraphs to keep your reader on track in terms of where you are in making your points. Transitions when you are changing topics or making a different point help your reader to avoid confusion.
2. Writing Style
   a. Avoid slang and colloquialisms. If you must use slang to convey your meaning, put slang terms in quotes.
   b. Watch your tense changes. In general, since your paper is a literature review, everything has already been done. Past tense is most appropriate for describing prior research, even though the research articles themselves may be written in present tense. Conclusions and generalizations can be in present tense, where appropriate.
   c. Make sure your writing style is not too casual for a formal literature review. The writing styles of the journal articles you are reading can serve as models for this. The main goal is clarity.

3. Format
   a. Double space throughout (except footnotes).
   b. Number your pages, preferably in the upper right of every page.
   c. Begin your paper with a title page that includes: the name of the paper, your name, the name of the course, and the semester and year.
   d. Avoid contractions. They may be acceptable for creative writing classes, but they are inappropriate in scholarly writing, unless they are quoted from someone else.
   e. Check your spelling. If you use a word processor or a typewriter with a built-in spelling checker, use it.
   f. Write in complete sentences. Beginning with a capital letter and ending with a period is a start, but it is not enough. You also need a subject (noun phrase) and a predicate (verb phrase). Avoid overuse of commas.
   g. Proofread your own paper for the above points. Then have someone who writes well read your paper before you turn it in. Try to get honest feedback.

Note: UAB offers free help with writing to all currently enrolled students. These services are provided at the Writing Skills Center, 224 Humanities Building.

4. References and Citations
This is a sample syllabus from Spring 2015. The instructor may make changes to the syllabus in the future.

a. Use APA style for citations to the literature in your text (author, year of publication). You can never really overcite. The best rule of thumb is that any information you obtain from a book or article should be cited so that due credit is given. Periods go after the citation at the end of a sentence, not before.

b. Be sure that if you are copying material word-for-word from an article you use quotes around that material.

c. Do not just reiterate someone else’s review of an area or include many references to the work of the same person. A term paper may rely to some degree on reviews, but should primarily be based on research articles (i.e., data papers). Therefore, if you find a review that is helpful, read the articles it cites and refer to them in your paper. If the research article is not available (e.g., in a foreign language), place it in the reference section, followed by “Cited in…” and the reference for the work that cited it.

d. Remember to do your references section in APA style. Alphabetize references. In choosing references, consider the following:

- The best sources are journal articles, especially empirical papers (those with Methods and Results sections). Case studies and reviews may also be used, but not overused. Recall that case studies have limited generalizability.

- Books are certainly acceptable references, although they can be overused. The general point is not to rely too heavily on one book. There are a few exceptions to this. For example, if the author of a book makes a number of points that you want to evaluate, you might cite the book multiple times. However, this should be balanced by material that you find that bears on the points made by the book’s author.

- Popular magazines should generally be cited only to support a point about popular culture (e.g., citing an article on dieting in the magazine Seventeen to illustrate cultural emphasis on thinness in a paper on anorexia nervosa).

- Encyclopedias are only slightly better than popular magazines. Because they are intended to cover an extremely broad range of topics, they tend to be out-of-date and somewhat superficial. In general, you should avoid them.

e. When you describe a research finding, state its relevance to the questions that your own paper is addressing. Isolated descriptions of research are not very helpful.

f. Do not plagiarize. If you use phrases or sentences from a paper you are summarizing, put them in quotes, and include the page number (s). For example:
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In the words of one investigator, “The placebo effect seems difficult to demonstrate using this experimental method” (Jones, 1988, p. 245). Generally, only a very small part of a paper should consist of quotations.