To-Do Checklist

**Introduce Yourself**

☐ Throughout this course, many discussion opportunities come up where you need to respond to other people’s opinions and comments. This week, we introduce ourselves to the class.

**Final Project Information**

☐ You will be given your Final Project Information.

**Reading**

☐ You will read Chapter 1 in your text, Health Psychology, which will introduce the basic concepts and methods of health psychology.

**Discussions**

☐ You will participate in two discussion questions. The first question will address your definition of health psychology. The second question will look at psychological factors involved in the relationship between the mind and body.

**Seminar Discussion**

☐ This week, you will be introduced to the course and its policies, and we will discuss how the mind and body interact in illness and health.