IDEAL PROGRAM
PSYC 345 – Health Psychology
COURSE SYLLABUS

Please read the following course syllabus carefully, especially the course dates, times and location. If you have any questions, please do not hesitate to communicate with the IDEAL office, your academic advisor, or the instructor.

The IDEAL degree-completion program is designed with the adult learner in mind. Adult learners approach learning with specific goals, want to be able to directly apply new learning to their work and personal lives, and tend to learn best when the coursework is problem-centered so that they are actively engaged in the learning process. In addition, adults bring rich and varied experience to the classroom, which becomes a valuable learning resource for other students.

The IDEAL Program assumes joint responsibility in the learning process. The activities and assignments in the courses build on the shared experience of all learners in each class. This is why each student’s preparation, participation and interaction in class activities and discussions are critical to the success of each course. The accelerated format of each course requires a significant amount of time outside the classroom to prepare for and complete the course assignments. This varies between students and courses; however, students typically spend a minimum of nine - twelve hours per week on course material.

To participate in the IDEAL Program, it is expected that you will do the following:

1. Attend every class session. Be on time.
2. Obtain the required course materials prior to the first class session.
3. Complete the 1st assignment prior to the 1st class session and all subsequent assignments to the best of your ability.
4. Participate in the class discussions and demonstrate respect and consideration to the instructor and other students when they express themselves in discussion.

If you cannot perform these four expectations, it is recommended that you drop the course. We look forward to your academic success in each course and the ultimate completion of your degree.
**Course:** Health Psychology *(Psychology 345)*  
**Pre-requisites:** PSYC 103 and 201 or 202  
**Course Code:** HS-PE, LA, PSY-PE, SsC  
**Instructor:** Katherine Palko, PsyD, LMHC  
**Telephone:** (954) 628-2198  
**Email:** kpalko@bridgeport.edu  
**Term:** Fall 2016  
**Office Hours:** By appointment  
**Meeting Dates:** Tuesdays, 8/23 to 10/11, 2016  
**Meeting Time:** 6:00 – 9:00 pm  
**Meeting Place:** Mandeville Hall, Room 221

**COURSE DESCRIPTION:**  
Health Psychology provides psychology’s contribution to the interdisciplinary field of behavioral medicine. The course will examine implications of the mind-body interaction for understanding the effects of stress, the seeking of medical treatment, and the promotion of healthier living. It will also address the ways in which professionals can understand and modify behavioral sources of illness, and thereby lessen peoples’ suffering, increase their life expectancy, and improve their quality of life.

The course explores the biological, psychological, and social context of health and illness with a focus on such topics as addictions, pain, nutrition, eating disorders, HIV/AIDS, cardiovascular disease, pediatric health, aging.

**REQUIRED TEXTBOOK:**  
To order textbooks, go to the bookstore website at: ubcampusstore.com

**SUGGESTED RESOURCES**  
American Psychological Association website for assistance with APA Style: http://www.apastyle.org

**LEARNING OUTCOMES:**  
Upon completion of this course the student should be able to:

1. Describe the *models and theories* that are used to explain health risk and health-enhancing behaviors and be able to apply this knowledge in the analysis of prevention, recovery and healing processes.

2. Explain the *biopsychosocial model* and its relevance to the prevention, etiology, and treatment of disease. Apply the model to specific health issues such as stress, cancer, pain, addictions, eating disorders, HIV/AIDS, cardiovascular disease, etc.

3. Evaluate and synthesize *research* on factors involved in causing, maintaining, contributing to, preventing, and treating a specific health issue.

4. Review and articulate *advances in the fields* of health and coping as these advances relate to prevention, treatment and recovery, including *alternative medical systems and approaches.*
5. Explore his/her own health history and habits and develop a positive, proactive approach for healthy living.

**INSTRUCTIONAL METHODS / ACTIVITIES / ASSESSMENTS**
We will identify, analyze, discuss, and research various issues related to the relationship between health and human behavior. We will do this through in-class discussions, student reflection and individual assignments (both online and in-class), quizzes, and a research project.

Students are responsible for obtaining all required materials, completing assigned readings from the textbook and completing all required in-class and online assignments as outlined on the syllabus. Due to the accelerated nature of the course, student organization and time management are critical for success. Students are responsible for making sure assignments are submitted on time. Make-up policy is at the discretion of the instructor. Late completion of assignments or examinations will result in penalty of 2 points deducted for each day of tardiness.

**ACCESS AND NAVIGATION**
This course will be supplemented by using Canvas, the Learning Management System used by the University of Bridgeport which requires you to use your UBNet username and password. For assistance, contact UB Help Desk at (203) 576-4606 or contact the Office of Distance Education immediately at ubonline@bridgeport.edu.

**COMMUNICATION AND SUPPORT**
The best way to reach me is via my cell phone (954) 628-2198 or University Email (kpalko@bridgeport.edu) which I will check daily. I will reply within 24 hours to your calls, texts, messages or official University of Bridgeport email.

**COURSE REQUIREMENTS**

- **Weekly Discussions (8)**
  Format: In class
  Content: See description
  Due Dates: Tuesdays 8/23 - 10/11

- **Quizzes (4)**
  Format: In-class, Multiple choice and/or short answer
  Content: Based on assigned readings from text and in-class discussions
  Due Dates: 8/30, 9/6, 9/13, 10/4

- **Assignments (3)**
  Format: In-Class and Online
  Content: “Health Psychology in Everyday Life”, “Health Issues Interview” & “Final Reflection” (See descriptions)
  Due Dates: 9/5, 10/3 & 10/14

- **Behavior Change Project and Reflection Paper**
  Format: 3 page minimum, APA style paper (references not required for this personal reflection-style assignment)
  Content: See description
  Due Dates: Target Behavior approved by instructor: Saturday 8/27 submitted by 11:59 pm
  Paper submitted: Tuesday 9/27, in class

- **Research Paper**
  Format: APA style format, minimum 6-8 pages long (title page, abstract page and reference pages are in addition to the minimum 6 pages of text). The paper must reference no fewer than 4 academic quality references,
Content: Students are to choose and research a specific topic within health psychology for in-depth exploration. Considering the biopsychosocial model and the theories studied in the course, papers should discuss details such as prevalence, risk and protective factors, causes, methods of prevention, current interventions and their efficacy and/or emerging interventions. Students choose their own topic, however, all topics must be cleared by the instructor.

Due Dates: Topic submitted to instructor: Saturday 9/19 submitted before 11:59 pm
Paper submitted: Tuesday 10/11, in class

GRADING CRITERIA:

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<th>GRADES / EVALUATION</th>
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<td>Attendance &amp; Participation (Weekly In-class Discussions)</td>
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<td>Quizzes (4)</td>
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<td>Assignments (3)</td>
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<tr>
<td>Behavior Change Project &amp; Reflection</td>
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<td>Research Paper</td>
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LETTER GRADING SCALE

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<td>79-77</td>
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COURSE ASSIGNMENT (DESCRIPTIONS)

Pre-Week 1: Course Prep Activities & Student Introduction – Due In-Class & Online by 8/22 (5 points)
Students will complete 5 introductory tasks in the week before class begins to prepare for the course start. Log in to Canvas to find the “Welcome” Announcement from your instructor with information and full instructions on completing the following tasks:

* Upload a Canvas profile photo
* Review the Course Syllabus for specifics on assignments, due dates, course activities, grading, etc. Make a note of any questions you may have for discussion in class
* Acquire the required Textbook as listed in the syllabus
* Post a brief personal introduction and a reflection on “Health Psychology and You” by the Monday, 8/22 11:59 pm deadline.
* Read Chapter 1: Introduction to Health Psychology” & Chapter 2: “Research” in your text before the first class meeting on 8/23

Weekly Discussions (8 in-class discussions at 25 points = 25% of final grade)
Eight weekly, in-class lectures/discussions will take place during the term on topics related to the weekly readings from the text. Students are expected to be active in all 8 discussions and must read the assigned chapters by the scheduled due dates in order to effectively participate.

Active participation is demonstrated by: (1) attentive, thoughtful and engaged responses to instructor’s remarks and other students’ comments; (2) quality of remarks that shows understanding of the material as a result of thorough and critical reading of the text and handouts; and (3) ability to apply the new knowledge/information by connecting it to “real-world” topics from the latest research, relevant news, current events that further the discussion.

**Weekly Chapter Quizzes** (4 in Class Quizzes at 5 points each = 20% of final grade)
Per the course schedule, 4 quizzes associated with key chapters will be given in class. These quizzes will assess your knowledge and comprehension of the week's assigned reading and related discussions. To score well, it is recommended that students re-read the Summary sections in each chapter and review chapters sufficiently.

* Each quiz will be approximately 20 questions (multiple choice, short answer, etc.) related to essential concepts, terms, and key points from the chapter.

* No extensions or make-ups are given.

**Assignments** (3 activities at 5 points each = 15% of final grade)

**Assignment 1: “Health Psychology in Everyday Life / Current Events”**
Students will identify articles “in the news” related to current events, news stories, healthcare policy and/or research findings as they relate to the broad topic of Health Psychology. These can include content on new discoveries/advances in the field, findings on risk factors, prevention, treatment and/or recovery outcomes.

* Students will post 2 articles online to share with class members along with a 3-6 sentence personal commentary/reaction to the article by the Monday, 9/5 11:59 pm deadline.

* At least 1 article must reference an empirical research study and its findings. (In other words, they should come from quality sources versus an online quiz, “How Healthy are You?” or other entertainment-based content from Facebook, The Onion, DrPhil.com etc.)

**Assignment 2: “Health Issues Interview”**
Students will interview a willing friend, co-worker or family member about a health issue they have and apply the Biopsychosocial Model in describing their case. **Note:** Students should only enlist a subject that is open to discussing his/her health history and should focus on a health issue that he/she is comfortable describing (example: weight loss, stopping smoking, hypertension, diabetes, insomnia, pain, allergies, etc.) Students will:

* Post a 500 word minimum case summary on line based on interview details by the Monday 10/3 11:59 pm deadline.

* Identify subjects by a first name pseudonym only and include only include general demographic information (age, sex, race) in the summary and describe from a wholistic biopsychosocial perspective general symptoms while proposing possible diagnosis, causes, risk and preventive factors as well as the subject’s efforts to address/manage the problem.

**Assignment 3: “Final Course Reflection”**
Students will post a final reflection at the conclusion of the course, summarizing and consolidating learning and reflecting on the course experience overall.

* This brief reflection will be posted online on Canvas by the Friday, 10/14 11:59 pm deadline.

**Behavior Change Project and Reflection Paper** (15 points = 15% of final grade)
This project requires students to evaluate their own health history and habits while developing and enacting a concrete, achievable plan for change. The goal is to promote a positive, proactive attitude toward healthy living and for students to experience similar processes that health psychology patients undergo to change behavior and improve health. Students will:

* Identify a behavioral change that would contribute to their personal health (Examples: exercising regularly, eating more fruit/vegetables, better managing stress, quitting smoking, improving sleep, etc.) This behavior must be approved by the instructor and described/quantified & qualified using a “SMART Goals” approach as outlined in class. Students must email the instructor the behavior they wish to change by the end of Week 1 (deadline Saturday 8/27 by 11:59 pm).

* Keep a weekly log for 1 month during the semester based on concrete actions and behaviors while also monitoring the impact of emotions, motivation and environmental factors.

* Write a 3 page minimum, APA style paper describing the success (or lack thereof) in changing the target behavior. Papers are due in class on 9/27.

* Note: References are not required for this personal reflection-style assignment.

**Research Paper** (20 points = 20% of final grade)

Students are to research a specific topic of their choice within the field of health psychology and conduct an in-depth, evidence-based exploration while considering the biopsychosocial model and the various theories studied in the course. The goal is for students to synthesize their new knowledge of the field, incorporating and applying research to critically evaluate a health-related topic. Grade will be based on your knowledge of the topic, quality of references and the accompanying document. Students will:

* Identify a topic for research and email the instructor for approval by the Saturday 9/17 11:59 pm deadline.

* Write an APA style paper, minimum 5-6 pages long (title page, abstract page and reference pages are in addition to the minimum 5 pages of text), discussing details such as prevalence, risk and protective factors, causes, methods of prevention, current interventions and their efficacy and emerging interventions.

* Reference no fewer than 4 references with at least 2 peer-reviewed journal articles and may include books or chapters in edited books.

* Paper is due in the final class on 10/11.
**COURSE & ASSIGNMENTS WEEKLY SCHEDULE**

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<tr>
<th>Week of</th>
<th>Topic</th>
<th>Reading Due/Assignments</th>
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<tr>
<td><strong>8/16 Prep Week</strong></td>
<td><strong>Activity:</strong> Student &amp; Canvas Introduction Activities <strong>Lecture:</strong> None <strong>Online:</strong> See Canvas</td>
<td><strong>Course Prep Activities/Student Introduction</strong> (to be completed prior to first class meeting on 8/23) * Review Instructor’s Welcome on Canvas * Acquire the required Textbook * Complete Student Intro &amp; Reflection Q * Read Syllabus &amp; Ch.1: Intro to Health Psych &amp; Ch.2: Research</td>
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<tr>
<td><strong>8/23</strong></td>
<td><strong>Activity:</strong> Class/Text/Course Intro &amp; Behavior Change Project Info/SMART Goals <strong>Lecture:</strong> Ch.1 Intro to Health Psych &amp; Ch.2 Research <strong>Online:</strong> Choose Target Behavior</td>
<td><strong>Read Chapters 3 &amp; 4</strong> (for next class) * Assignment: Study for Quiz 1 (Ch. 1&amp;2) * Email Target Behavior (due by 8/27)</td>
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<td><strong>8/30</strong></td>
<td><strong>Activity:</strong> Quiz 1, Assignment 1 Info: Current Events <strong>Lecture:</strong> Ch.3: Healthcare &amp; Ch.4 Adherence to Treatment <strong>Online:</strong> Assignment 1 Post on Canvas</td>
<td><strong>Read Chapters 5 &amp; 6</strong> (for next class) * Assignment: Study for Quiz 2 (Ch. 3&amp;4) * Complete Assignment 1 (due by 9/5)</td>
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<td><strong>9/6</strong></td>
<td><strong>Activity:</strong> Quiz 2, A1 &quot;Current Events” Discussion <strong>Lecture:</strong> Ch.5 Stress, Immunity, Disease &amp; Ch.6 Coping <strong>Online:</strong> None</td>
<td><strong>Read Chapters 7 &amp; 8</strong> (for next class) * Assignment: Study for Quiz 3 (Ch. 5&amp;6)</td>
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<td><strong>9/13</strong></td>
<td><strong>Activity:</strong> Quiz 3, Research Paper Info <strong>Lecture:</strong> Ch. 7 Managing Pain &amp; Ch. 8 Alternative Approaches <strong>Online:</strong> Choose Research Paper Topics</td>
<td><strong>Read Chapters 9, 10, 11</strong> (for next class) * Assignment: Finish Behavior Change Reflection (due in class on 9/27) * Email Research Paper Topic (due 9/17)</td>
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<td><strong>9/20</strong></td>
<td><strong>Activity:</strong> Assignment 2 Info: Health Issues Interview <strong>Lecture:</strong> Ch.9 Behavioral Factors in Cardiovascular Disease, Ch.10 Cancer &amp; Ch. 11 Chronic Illness <strong>Online:</strong> None</td>
<td><strong>Read Chapters 12 &amp; 13</strong> (for next class) * Assignment: Work on Research Paper * Behavior Change Reflection Papers (due in class on 9/27)</td>
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<td><strong>9/27</strong></td>
<td><strong>Activity:</strong> Behavior Change Reflection Papers Due <strong>Lecture:</strong> Ch.12 Tobacco &amp; Ch.13 Alcohol &amp; Drugs <strong>Online:</strong> Assignment 2 Post on Canvas</td>
<td><strong>Read Chapters 14 &amp; 15</strong> (for next class) * Assignment: Study for Quiz 4 (Ch.12&amp;13) * Complete Assignment 2 (due by 10/3)</td>
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<td><strong>10/4</strong></td>
<td><strong>Activity:</strong> Quiz 4, A2: Health Issues Interview” Discussion <strong>Lecture:</strong> Ch.14 Eating, Weight &amp; Ch.15 Exercising <strong>Online:</strong> None</td>
<td><strong>Read Chapter 16</strong> (for next class) * Assignment: Complete Research Paper (due in class on 10/11)</td>
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<td><strong>10/11</strong></td>
<td><strong>Activity:</strong> Research Papers Due &amp; Assignment 3 Info <strong>Lecture:</strong> Ch.16 Future Health Psych Challenges &amp; Wrap Up <strong>Online:</strong> Canvas Final Post: Course Reflection / Wrap Up</td>
<td><strong>Complete Assignment 3</strong> (due by Fri. 10/14)</td>
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**NNN Please note that any late assignments will be subject to a 2 point deduction for each day it is late.**
ACADEMIC POLICIES

Attendance Policy
Course attendance via online participation is an integral part of the academic experience; therefore, students are expected to attend all class sessions. If an absence is unavoidable, the student, prior to class, should communicate with the instructor. Arrangements should be made at that time for submission of any missed assignments. It is also expected that students arrive on time and not leave until the class is dismissed. Tardiness will result in a reduced grade for the course. If you cannot attend every class session you should consider dropping the course.

**IMPORTANT:**
- Missing one class session will drop the final grade by one letter grade (for example, if a student earns a grade of “B” in the course, the final grade would be a “C”).
- Missing two or more class sessions will be cause for a failing grade.
- Note: For 15-week courses, missing two class sessions will result in a letter grade drop and three or more will cause a failing grade.

Drop Procedures
To drop a course, you must complete and submit a Schedule Change Request Form. The form can be accessed at the IDEAL Course Schedule webpage: [http://www.bridgeport.edu/academics/continuinged/ideal-academic-degree-programs-and-certificates/ideal-course-schedule/](http://www.bridgeport.edu/academics/continuinged/ideal-academic-degree-programs-and-certificates/ideal-course-schedule/).

Please print and complete the form and fax the form to the IDEAL Office: 203-576-4537. Prior to dropping a course, the student should contact their IDEAL Academic Advisor to understand the implications to financial aid and/or degree plan progress.

Please review the drop fees and tuition refunds at the Academic Calendar; accessed at the IDEAL Course Schedule webpage (same link above).

Cell Phones
Cell phones must be turned off (or placed on “vibrate”) while in the classroom. A cell phone call is disruptive and disrespectful to the other students in the class.

Academic Dishonesty
The IDEAL program prohibits all forms of academic dishonesty. Academic dishonesty is normally defined as, but not limited to, the following two categories:

Cheating – Using inappropriate sources of information in an assignment or on a test. The following are examples of cheating taken from real student experiences:

Case #1: A student is enrolled in an introductory psychology course. He has co-workers who have taken the same course. As the end of the course approaches, he wonders how he will find the time to get the research paper finished, and asks one of his co-workers for help. His co-worker hands him a research paper that he submitted in a similar course. The student makes minor modifications to the paper, and submits it under his own name.

Case #2: A student enrolled in a humanities course is unsure about how to structure an essay. She is doing research on the World Wide Web, and comes across an essay written by a student from another university. Using her computer mouse, she copies and pastes the essay into her word processor. She goes to great lengths to re-word the paper in her own style, but essentially leaves the content and organization the same.

Plagiarism – Intentional as well as unintentional failure to acknowledge sources as well as the use of commercially available so-called “research papers” without full recognition of the source. Presenting as one’s own, the ideas, words, or products of another. The following are examples of plagiarism taken from real student experiences:

Case #3: A student is conducting research for a Civil War research paper. He has reviewed work on the Internet. Finding helpful information, he has summarized his findings without citing his sources. He believes that minor paraphrasing is all that is necessary.
Case #4: A student is writing a paper that requires her to address specific topics and problems in the assigned course textbook. She takes the information directly from the textbook with slight modification, without giving any citation. She thinks that since it is the course textbook, she does not have to use quotations or citations.

Academic dishonesty applies to all courses, assignments or exams completed by students and submitted as their own original work, whether in person or by electronic means. The University does not tolerate cheating in any form. It is a serious breach of conduct with serious consequences. Instructors have the right to determine the appropriate penalty for academic dishonesty in their own classes; generally, however, such acts will result in a failing grade for the assignment and/or the course. The penalty for subsequent acts of academic dishonesty may include expulsion.

More information on how to recognize plagiarism can be found at this site:
http://www.indiana.edu/~istd/plagiarism_test.html

Academic Resource Center
The Academic Resource Center is available for IDEAL students seeking help in their studies. The Center is staffed by writing professionals and peer tutors. More information can be found at: http://www.bridgeport.edu/pages/2209.asp

The Center is located on the 5th Floor of the Wahlstrom Library. Make an appointment or walk-in: Telephone: 203-576-4290. Online Tutoring is available at: www.etutoring.org. To use this free service you must have a UBNet account.

Obtaining a UBNet Account
Every registered student should obtain a UBNet Account. The account allows you to access MyUB; the portal for grades, library services, Canvas online learning system. Also, the account allows you access to computers in the Library and computer labs, and provides an email account in which the University sends out information. Go to:
http://www.bridgeport.edu/ubnet - Click on “New UBNet Account” and follow the instructions.

The @bridgeport.edu email address is the official email the University uses to send information to you. You can have your Bridgeport.edu email forwarded to any other email account you use. Following the activation of your UBNet account (takes 24 hours), login at: http://www.bridgeport.edu/email and click on “forwards” at the top of the page. Follow the directions to forward email messages to your other account.

Accessing Your Grades & Schedule Online
The WebAdvisor online information system allows students to search for available classes, check grades, view semester class schedule and verify your personal profile. Grades are generally posted 2-3 weeks following the end of a course. To access WebAdvisor, login in to MyUB and follow the WebAdvisor menu on the right. If you are carrying a financial balance, access to WebAdvisor will be restricted.

Using the Library
Access to the Digital Library is through MyUB. On the MyUB home, in the central column, click on “myEureka Digital Library.” Research tools available:
- Search for books held at the library.
- Search the online databases for your academic field; business, counseling, human services, psychology, etc.
- Send questions to the Reference Librarian for assistance in research topics and searching strategy.

Using Computers
Open access computer labs are available at three campuses:
- Bridgeport – 1st floor of the Wahlstrom library. Check library hours of operation at: http://www.bridgeport.edu/library.
- Stamford – Room D; Check open hours at: http://www.bridgeport.edu/stamford
- Waterbury – Computer Lab; Check open hours at: http://www.bridgeport.edu/waterbury

Course Cancellations/ Weather Policy
Any emergency necessitating the canceling of courses will be announced by the University through the Emergency Notification Telephone Line, (203) 576-4159. Please call this number for information on course cancellations. Also, information will be posted under “Latest News” on the UB home page, (www.bridgeport.edu). Canceled classes will be made
up either the week following the end of the course or in consultation between the instructor and the students as to day and
time availability. Course cancellations are also announced on television and radio stations.

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<td>Bridgeport Campus Security</td>
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Directions to IDEAL Campus locations  
http://www.bridgeport.edu/pages/2260.asp

To fill out your financial aid report to the Federal Government, please go online to www.fafsa.ed.gov. The school code for the University of Bridgeport is 001416. Federal Student Aid Information: 1-800-433-3243