MINOR IN BEHAVIORAL MEDICINE AND HEALTH RESILIENCE

Program Learning Outcomes for the Minor in Behavioral Medicine and Health Resilience

Upon completing the minor in Behavioral Medicine and Health Resilience, students will be able to:

1. Explain psychological, biological, and social mechanisms linking stress, behavior, social processes, and context to health, disease, and resilience across the life course. (*Mechanisms and Biobehavioral Processes*)
2. Apply quantitative, qualitative, and/or mixed methods to design, analyze, and interpret behavioral and population health data. (*Methods and Data*)
3. Describe and compare health disparities and determinants at individual, interpersonal, organizational, and structural levels, and explain how these contexts influence vulnerability and resilience across populations and life stages. (*Disparities, Determinants, and Resilience Contexts*)
4. Synthesize evidence across mechanisms, methods, and social context in a supervised, health-related research experience that culminates in a research product. (*Research Integration*)

Requirements for the Minor in Behavioral Medicine and Health Resilience

Students pursuing the minor in Behavioral Medicine and Health Resilience must complete:

- A minimum of 8 courses (24-28 credit hours, depending on course selection) to satisfy minor requirements.
- A minimum of 4 courses (12 credit hours) taken at the 300-level or above.
- A maximum of 2 courses (6 credit hours) from study abroad or transfer credit. For additional guidelines regarding transfer credit, see the Policies (p. 2) tab.
- A minimum minor GPA of 2.00 or higher in all coursework that satisfies requirements for the minor.

The courses listed below satisfy the requirements for this minor. In certain instances, courses not on this official list may be substituted upon approval of the minor's academic advisor or, where applicable, the Program Director. (Course substitutions must be formally applied and entered into Degree Works by the minor's Official Certifier (https://registrar.rice.edu/facstaff/degreeworks/officialcertifier/)). Students and their academic advisors should identify and clearly document the courses to be taken.

Summary

Code	Title	Credit Hours
Total Credit Hours Required for the Minor in Behavioral Medicine and Health Resilience		24-28

Minor Requirements

Code	Title	Credit Hours
Core Requirements		
Introductory Course		
PSYC 101	INTRODUCTION TO PSYCHOLOGY	3
or PSYC 100	AP/OTH CREDIT IN PSYCHOLOGY	
Core Coursework		
PSYC 345	HEALTH PSYCHOLOGY	3
PSYC 346	STRESS AND HEALTH ACROSS THE LIFESPAN	3
Methods or Measurement		
Select 1 from the following:		*3-4*
PSYC 339	STATISTICAL METHODS-PSYCHOLOGY	
PSYC 340	RESEARCH METHODS - PSYCHOLOGY	
SOCI 381	RESEARCH METHODS	
SOSC 302	QUANTITATIVE ANALYSIS FOR THE SOCIAL SCIENCES	
SOSC 303	QUALITATIVE METHODS IN THE SOCIAL SCIENCES	
STAT 280	ELEMENTARY APPLIED STATISTICS	
or STAT 180	AP/OTH CREDIT IN STATISTICS	
Elective Requirements		
Select 3 elective courses from the following categories (see course lists below):		*9*
Mechanisms and Processes: Individual, Neural, Biobehavioral		
Populations and Systems: Social, Organizational, Structural		
Capstone: Health-Related Research Experience [1, 2]		
PSYC 485	UNDERGRADUATE SUPERVISED RESEARCH (minimum of 3 credit hours)	3-6
Total Credit Hours		**24-28**

Footnotes and Additional Information

1. PSYC 485 *UNDERGRADUATE SUPERVISED RESEARCH* is a variable credit hour course. Students must enroll for a minimum of 3 credit hours (and may enroll for a maximum of 6 credit hours) of PSYC 485 in order to fulfill minor requirements.
2. Students must enroll in the section of PSYC 485 *UNDERGRADUATE SUPERVISED RESEARCH* designated as the Behavioral Medicine and Health Resilience (BMHR) minor Capstone section. Instructor permission is required to enroll. Additionally, students must be placed with an approved faculty mentor. If a specific instance of PSYC 485 is approved to fulfill minor requirements, the approval must be formally applied and entered into Degree Works by the minor's Official Certifier.

Course Lists to Satisfy Requirements

Elective Requirements

To fulfill the remaining Behavioral Medicine and Health Resilience minor requirements, students must complete a total of 3 elective courses

(9 credit hours) from the following two categories as listed below. At least 1 course (3 credit hours) must be selected from the Mechanisms and Processes: Individual, Neural, Biobehavioral category, and at least 1 course (3 credit hours) must be selected from the Populations and Systems: Social, Organizational, Structural category. The remaining 1 course (3 credit hours) can be selected from either category.

Code	Title	Credit Hours
Mechanisms and Processes: Individual, Neural, Biobehavioral		
PSYC 310	PSYCHOLOGY OF AGING	3
PSYC 332	PSYCHOPATHOLOGY	3
PSYC 354	INTRODUCTION TO SOCIAL AND AFFECTIVE NEUROSCIENCE	3
PSYC 445	ADVANCED SEMINAR IN HEALTH PSYCHOLOGY	3
PSYC 452	EMOTION REGULATION	3
PSYC 463	MEDICAL HUMAN FACTORS	3
PSYC 480	ADVANCED TOPICS [1]	3

Code	Title	Credit Hours
Populations and Systems: Social, Organizational, Structural		
ANTH 380	GLOBAL HEALTH JUSTICE: HEALTHCARE INEQUALITIES IN CONFLICTS	3
ANTH 381	MEDICAL ANTHROPOLOGY	3
ECON 210	BEHAVIORAL ECONOMICS	3
ECON 481	HEALTH ECONOMICS	3
SOCI 335	RELIGION, SCIENCE, AND HEALTH: A SOCIOLOGICAL APPROACH	3
SOCI 344	SOCIOLOGY OF MENTAL HEALTH	3
SOCI 345	MEDICAL SOCIOLOGY	3
SOCI 351	REPRODUCTIVE HEALTH AND SOCIETY	3
SOCI 377	HEALTH DISPARITIES IN THE UNITED STATES	3

Footnotes and Additional Information

[1] PSYC 480 *ADVANCED TOPICS* is an advanced topics course. Therefore, this course only counts toward the Behavioral Medicine and Health Resilience minor when the topic of the course is health-relevant. If a specific instance of this course is approved to fulfill minor requirements, the approval must be formally applied and entered into Degree Works by the minor's Official Certifier.

Policies for the Minor in Behavioral Medicine and Health Resilience

Program Restrictions and Exclusions

Students pursuing the minor in Behavioral Medicine and Health Resilience should be aware of the following program restriction:

- As noted in Majors, Minors, and Certificates (https://ga.rice.edu/undergraduate-students/academic-opportunities/majors-minors-certificates/), i.) students may declare their intent to pursue a minor only after they have first declared a major, and ii.) students may not major and minor in the same subject.

Transfer Credit

For Rice University's policy regarding transfer credit, see Transfer Credit (https://ga.rice.edu/undergraduate-students/academic-policies-procedures/transfer-credit/). Some departments and programs have additional restrictions on transfer credit. Requests for transfer credit must be approved for Rice equivalency by the designated transfer credit advisor for the appropriate academic department offering the Rice equivalent course (corresponding to the subject code of the course content). The Office of Academic Advising maintains the university's official list of transfer credit advisors (https://oaa.rice.edu/advising-network/transfer-credit-advisors/) on their website: https://oaa.rice.edu. Students are encouraged to meet with the applicable transfer credit advisor as well as their academic program director when considering transfer credit possibilities.

Program Transfer Credit Guidelines

Students pursuing the minor in Behavioral Medicine and Health Resilience should be aware of the following program transfer credit guideline:

- No more than 2 courses (6 credit hours) of transfer credit from U.S. or international universities of similar standing as Rice may apply towards the minor.

Additional Information

For additional information, please see the Psychological Sciences website: https://psychology.rice.edu/.

Opportunities for the Minor in Behavioral Medicine and Health Resilience

Academic Honors

The university recognizes academic excellence achieved over an undergraduate's academic history at Rice. For information on university honors, please see Latin Honors (https://ga.rice.edu/undergraduate-students/honors-distinctions/university/) (*summa cum laude*, *magna cum laude*, and *cum laude*) and Distinction in Research and Creative Work (https://ga.rice.edu/undergraduate-students/honors-distinctions/university/). Some departments have department-specific Honors awards or designations.

Opportunities in Behavioral Medicine and Health Resilience

The minor in Behavioral Medicine and Health Resilience connects students with faculty research groups in Psychological Sciences, Sociology, Anthropology, and Economics, with the Institute of Health Resilience and Innovation (IHRI), and with partners across the Texas Medical Center and the greater Houston area. Opportunities are supervised, skills building, and aligned with each student's goals.

Additional Information

For additional information, please see the Psychological Sciences website: https://psychology.rice.edu/.