

Course Type/ Level:	Psychology
Assignment Goals:	<ul style="list-style-type: none"> • Examining physical and mental health during times of disruption. • Developing individual resilience by considering the effect of disruption on physical and mental health.
Materials to Provide Students:	https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30460-8/fulltext?fbclid=IwAR1HXS0HoxqdKxffP8C5IYv2A5Xi9SqCmH_V80pZyRerekjkEy3RZB4ejnQ#seccestitle150
Technological Resources Needed:	LMS
Preparatory Steps:	Discussion or lecture on health psychology.
Tasks/Activities: (Outline of the steps this activity or assignment requires)	<p>Part 1: Based on our Zoom lecture on health psychology, please answer the following questions:</p> <ol style="list-style-type: none"> 1. Even if you are in a low-risk group, why is it important to minimize the spread of Covid-19? 2. What are evidence-based recommendations for reducing the spread of the virus? 3. Which of these recommendations do you think psychologists can most help with? Be specific as to how psychologists can help with these recommendations.

4. What are some of the psychological implications of following the guidelines?

5. We discussed why people are stockpiling items (e.g., toilet paper and groceries). What problems arise when people stockpile? How can we use tools from psychology to reduce stockpiling?

Part 2: Read the section “stressors during quarantine” through the end of the paper of [this](#) article and then answer the questions below. (PDF of article is also posted on Canvas).

1. What are the psychological impacts of quarantine discussed in the study?

2. While you may not be quarantined, you may still face some of these challenges due to social distancing. Which of these impacts do you think will face the biggest challenge to you?

3. Are there any other challenges you anticipate that were not discussed in the study?

4. How do you plan to reduce the psychological impact of social distancing/quarantining?

5. How do you plan to reduce the psychological impact of the disruption to daily life (e.g., loss of daily structure in terms of online learning, participation in athletics, reduced need to leave dorm/apartment/house)?