**COUN 7900**

Independent Study

***Summer 2017***

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**Special Education, Rehabilitation, & Counseling**

**College of Education**

Instructor Information:

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Office Hours:

**TBA**



**AUBURN UNIVERSITY**

**College of Education**

**Special Education, Rehabilitation, & Counseling**

**AUBURN UNIVERSITY**

**COURSE SYLLABUS**

**COUN 7900 (Buckhalt)**

**Independent Study (1 semester hour)**

Summer 2017

**1. Course Number:** COUN 7900

**Course Title:** Independent Study

**Credit Hours:** 1 IND

**Prerequisites:** Departmental and Instructor approval

**Corequisites:** None

**2. Date Prepared: June 2017**

**3. Course Texts or Major Resources**

Determined by faculty member supervising independent study. For this course, there will be no texts. Instructor may assign readings when deemed necessary. Student will be responsible for identifying and obtaining relevant referred publications needed to complete research tasks and enhance own knowledge of the research area.

**4. Course Description**

Independent learning effort directed at desired objectives. Includes evaluation by professor and student at regular intervals. Course may be repeated for a maximum of 9 credits hours. This particular section will be for the purpose of conducting research in the instructor’s research laboratory. Specific tasks will be determined following an orientation period during the first week of the term. Ongoing laboratory tasks will be discussed with the student and matched to the student’s level of experience and knowledge.

**5. Course Objectives:**

1. Familiarization with research conducted in the lab by reading a set of journal articles and book chapters based on that research. (See attached reading list)
2. Completion of CITI training via the OVPR website

<http://www.auburn.edu/research/vpr/ohs/resources.htm>

1. Observation of data collection sessions with children and families
2. Preparation of a summary of activties performed during the term
3. Preparation of a research proposal related to research conducted in the lab

**6. Course Content and Schedule:**

The student will spend a minimum of 15 hours in the lab over the duration of the term. Weekly assignments will be made by the lab coordinators and approved by the faculty member who is the course instructor. The student will meet with the instructor biweekly to summarize and discuss the activities performed by the student.

**7. Grading and Evaluation Procedures: S/U**

Grading will be S/ U with

S = Satisfactory completion of activities during the term

U = Unsatisfactory completion of activities during the term

A written evaluation will be provided by the research lab supervisor at mid-term and at the end of the term. The faculty member will incorporate this feedback into a written summary justifying the grade.

**8. Course Policy Statements:**

**a. Policy on Academic Misconduct:** The disciplinary policy of the Academic Honesty Code is outlined in the *Tiger Cub*. This policy will be encouraged in the event of such behavior.

**b. Accommodations:** Students who need accommodations are asked to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternative time can be arranged. To set up this meeting, please contact me by e-mail. Bring a copy of your Accommodation Memo and an Instructor Verification Form to the meeting. If you do not have an Accommodation Memo but need accommodations, make an appointment with the Program for Students with Disabilities at 1244 Haley Center, 844-2096 (V/TT).

**c. Professionalism:** As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College of Education’s conceptual framework. These professional commitments or dispositions are listed below:

Engage in responsible and ethical professional practices

Contribute to collaborative learning communities

Demonstrate a commitment to diversity

Model and nurture intellectual vitality

**9. Justification for Graduate Credit**

Graduate course is progressively more advanced in academic content than undergraduate course and fosters independent learning. Content is of

sufficient depth to develop the critical and analytical skills of students including their application of the relevant literature.

**9. Partial reading List**

Philbrook, L., Hinnant, J.B., Elmore-Staton, L., Buckhalt, J.A., & El-Sheikh, M. (2017, in press). Sleep and cognitive functioning in childhood: Ethnicity, socioeconomic status, and sex as moderators. ***Developmental Psychology***

Bagley, E.J., Tu, K.M., Buckhalt, J.A., & El-Sheikh, M. (2016). Community

violence concerns and adolescent sleep. ***Sleep Health***, 2, 57-62. doi:10.1016/j.sleh.2015.12.006

El‐Sheikh, M., Tu, K. M., Saini, E. K., Fuller‐Rowell, T. E., & Buckhalt, J. A. (2016). Perceived discrimination and youths' adjustment: Sleep as a moderator.

***Journal of Sleep Research***, 25, 70-77. doi: 10.1111/jsr.12333

Gruber, R., Anders, T. F., Beebe, D., Bruni, O., Buckhalt, J. A., Carskadon, M. A., ... & Ivanenko, A. (2016). A call for action regarding translational research in pediatric sleep. *Sleep Health: Journal of the National Sleep Foundation*, *2*(2), 88-89.

El-Sheikh, M. & Buckhalt, J.A., (2015). Moving sleep and child development

research forward: Priorities and recommendations from the SRCD-sponsored Forum on Sleep and Child Development. ***Monographs of the Society for Research in Child Development***, ***80,*** 15-32.

Erath, S.A., Tu, K.M., Buckhalt, J.A., & El-Sheikh, M. (2015). Associations

between children’s intelligence and academic achievement: The role of sleep. ***Journal of Sleep Research, 24,*** 510-513. doi: 10.111/jsr.12281

Bagley, E.J., Kelly, R.J., Buckhalt, J.A., & El-Sheikh, M. (2015). What keeps low

SES children from sleeping well: The role of pre-sleep worries and sleep environment. ***Sleep Medicine***, ***16***, 496-592. http://dx.doi.org/doi: 10.1016/j.sleep.2014.10.008.

El-Sheikh, M., Tu, K.M., Erath, S. A., & Buckhalt, J. A. (2014). Family stress and

adolescents’ cognitive functioning: Sleep as a protective factor. ***Journal of Family Psychology, 28***, 887-896.

Elmore-Staton, L., Hinnant, J.B., Buckhalt, J.A., & El-Sheikh, M. (2014). Sleep

and cognitive performance: The role of income and respiratory sinus arrhythmia

reactivity. ***Developmental Psychobiology, 56***, 1528-1540.

Keller, P.S., Smith, O.A., Gilbert, L.R., Bi, S., Haak, E.A. & Buckhalt, J.A. (2014). Earlier school start times as a risk factor for poor school performance: An examination of public schools in the Commonwealth of Kentucky. ***Journal of Educational Psychology.*** Advance online publication <http://dx.doi.org/10.1037/a0037195>

Buckhalt, J.A. & Suh, S. (2014). Research on sleep of children and adolescents:

Implications for East Asian counselors. ***Journal of Asia Pacific Counseling, 4,*** *31-47.*

Buckhalt, J.A. & El-Sheikh, M. (2013). Sleep and poverty. ***SES Indicator*** – Online Newsletter of American Psychological Association Socioeconomic Status Office, November Vol. 6. <http://www.apa.org/pi/ses/resources/indicator/>

Buckhalt, J.A. (2013). The role of schools in identification, treatment and

prevention of sleep problems. In A.Wolfson and H.Montgomery- Downs (Eds.). ***The Oxford handbook of infant, child, and adolescent sleep problems****.* (pp. 292-301)*.*NY: Oxford University Press.

Hinnant, J.B., El-Sheikh, M., Keiley, M., & Buckhalt, J.A. (2013). Marital conflict, allostatic load, and the development of children’s fluid cognitive performance. ***Child Development,*** *84*, 2003-2014.

Buckhalt, J.A. (2013). Sleep and cognitive functioning in children with disabilities. ***xceptional Children, 79,*** 391-405.

El-Sheikh, M., Bub, K.L., Kelly, R.J., & Buckhalt, J.A. (2013). Children’s sleep and adjustment: A residualized change analysis. ***Developmental Psychology, 49,*** 1591-1601.

Buckhalt, J.A. (2013). Sleep and cognitive functioning in children with

disabilities. ***Exceptional Children, 79,*** 391-405.

El-Sheikh, M., Bagley, E. J., Keiley, M., Elmore-Staton, L., Chen, E., & Buckhalt, J. A. (2013). Economic adversity and children's sleep problems: Multiple indicators and moderation of effects. ***Health Psychology,***

***32,*** 849-859.

Keller, P.S., El-Sheikh, M., Granger, D.A. & Buckhalt, J.A. (2012). Interactions

between salivary cortisol and alpha-amylase as predictors of children’s

cognitive functioning and academic performance. ***Physiology & Behavior,***

***4,*** 987-995. doi:10.1016/j.physbeh.2011.11.005

Buckhalt, J.(2011). Children’s sleep, sleepiness, and performance on cognitive tasks.

***WMF Press Bulletin, No.2***. Online publication on the ***Woodcock-Muñoz***

***Foundation website****:* <http://woodcock-munozoundation.org/press/pressbulletins.html>

Bub, K., Buckhalt, J.A., & El-Sheikh, M. (2011). Children’s sleep and cognitive

performance: A cross-domain analysis of change over time. ***Developmental Psychology, 47,*** 1504-1514.

Buckhalt, J.A. & Staton, L. E. (2011). Children's sleep, cognition, and academic

performance in the context of socioeconomic status and ethnicity. Chapter

in M. El-Sheikh (Ed.). ***Sleep and development: Familial and socio-***

***cultural considerations.*** New York***:*** Oxford University Press. (pp 219-

244) <http://www.oup.com/us/catalog/general/subject/Psychology/Developmental/?view=usa&ci=9780195395754#Description>

Buckhalt, J.A. (2011). Insufficient sleep and the socioeconomic status

achievement gap. ***Child Development Perspectives, 5,*** 59-65.

Rauer, A., Kelly, R, J., Buckhalt, J., & El-Sheikh, M. (2010). Sleeping with one

eye open: Marital abuse as an antecedent of poor sleep. ***Journal of Family*** ***Psychology, 24,*** 667-677.

Buckhalt, J.A., Wolfson, A., & El-Sheikh, M.(2010). Sleep and sleep disorders in

children and adolescents. Chapter in A. Canter, L.Z. Paige, & S. Shaw (Eds.). ***Helping children at home and school: Handouts for families and educators.*** Bethesda, MD: National Association of School Psychologists. Available at <http://www.nasponline.org/publications/booksproducts/hchs3.aspx>

ISBN13: 978-0-932955-73-9

Buckhalt, J.A. & El-Sheikh, M. (2010). Assessment and intervention for sleep problems. Chapter in P. McCabe & S. Shaw (Eds.) P***ediatric disorders: Current topics and interventions for Educators.*** Thousand Oaks, CA: National Association of School Psychologists & Corwin Press. (pp. 52-60)

El-Sheikh, M., Kelly, R., Buckhalt, J.A. & Hinnant, J. (2010). Children's sleep

and adjustment over time: The role of the socio-economic context. ***Child***

***Development, 81,*** 870-883***.***

Cummings, E.M., El-Sheikh, M., Kouros, C., & Buckhalt, J.A. (2009). Children

and violence: The role of children’s regulation in the marital aggression-

child adjustment link. ***Clinical Child and Family Psychology Review, 12***,

3-15***.***

Staton, L., El-Sheikh, M., & Buckhalt, J.A. (2009). Respiratory sinus arrhythmia

and cognitive functioning in children. ***Developmental Psychobiology, 51,*** 249-

258.

Buckhalt, J.A., Wolfson, A, & El-Sheikh, M. (2009). Children’s sleep and school psychology practice. ***School Psychology Quarterly, 24,*** 60-69***.***  (2008 Impact factor 1.043). (Abstract also published in ***The School Psychologist, 2009, 16,*** 37-38.)

Buckhalt, J.A., El-Sheikh, M, Keller. P., & Kelley, R. (2009). Concurrent and

longitudinal relations between children’s sleep and cognitive functioning.

***Child Development, 80,*** 875-892 ***.***

Keller, P.S., El-Sheikh, M.,& Buckhalt, J.A. (2008). Children's attachment to parents and their academic functioning: Sleep disruptions as moderators of effects. ***Journal of Developmental and Behavioral Pediatrics, 29,*** 441-449.

El-Sheikh, M., Erath, S.A., Buckhalt, J.A., Granger, D.A., & Mize, J. (2008).

Cortisol and children’s adjustment: The moderating role of sympathetic nervous system activity. ***Journal of Abnormal Child Psychology, 36,*** 601-611.

Keller, P.S., Buckhalt, J.A., & El-Sheikh, M. (2008). Links between family functioning and sleep. Chapter in A. Ivanenko (Ed.). ***Sleep and psychiatric disorders in children and adolescents.*** New York: Informa Healthcare.

El-Sheikh, M., Cummings E. M., Kouros, C., Elmore-Staton, L., & Buckhalt, J.A. (2008) Marital, psychological, and physical aggression and children’s mental and physical health: Emotional insecurity as mediators of effects. ***Journal of Consulting & Clinical Psychology, 76,*** 138-148.

El-Sheikh, M., Buckhalt, J.A., Keller, P. S., & Granger, D. (2008). Children’s objective and subjective sleep disruptions. Links with afternoon cortisol

***Health Psychology, 27, 2***6-33.

El-Sheikh, M., Buckhalt, J.A., Granger, D.A., Erath, S., & Acebo, C. (2007). The association between children’s sleep and afternoon salivary interleukin-6. ***Journal of Sleep Research,*** *16,* 188-197. (Impact Factor 2.991)

Buckhalt, J.A., Wolfson, A., & El-Sheikh, M. (2007). Children’s sleep, academic performance, and school behavior. ***NASP Communique, 35,*** *40-43.* Linked to NASP Resources through <http://www.nasponline.org/resources/listingr_u.aspx>

Buckhalt, J.A., El-Sheikh, M., Holthaus, C., Baker, S., & Wolfson, A.(2007)***.*** Sleep and school performance: What teachers and parents can do. ***NASP Communique, 35,*** (insert), 2-3. Linked to NASP Resources through <http://www.nasponline.org/resources/listingr_u.aspx>

El-Sheikh, M., Buckhalt, J.A., Keller, P., Cummings M., & Acebo, C. (2007). Child emotional insecurity and academic achievement: The role of sleep disruptions. ***Journal of Family Psychology, 21,*** 29-38*.*

Buckhalt, J.A., El-Sheikh, M, & Keller. P. (2007) Children’s sleep and cognitive functioning: Race and socioeconomic status as moderators of effects***. Child Development, 78,*** 213-231.

El-Sheikh, M., Buckhalt, J.A., Cummings, E.M., & Keller, P. (2007). Sleep disruptions and emotional insecurity are pathways of risk for children. ***Journal of Child Psychology and Psychiatry, 48,*** 88-96.

Granger, D.A., Kivlighan, K.T., Blair, C., El-Sheikh, M., Mize, J., Lisonbee, J., Buckhalt, J.A., Stroud, L.R., Schwartz, E.B., Handwerger, K. (2006). Integrating the measurement of salivary alpha-amylase into studies of child health, development, and social relationships. ***Journal of Social and Personal Relationships* (Special issue)**, *23*, 267-290.

El-Sheikh, M., Buckhalt, J.A., Mize, J., & Acebo, C. (2006). Marital conflict and disruption of children’s sleep. ***Child Development, 77***, 31-43.

El-Sheikh, M. & Buckhalt, J.A. (2005). Vagal regulation and emotional intensity predict children’s sleep problems. ***Developmental Psychobiology***,*46*, 307-317.