



The mission of Concord University is to provide quality, liberal arts based education, to foster scholarly and creative activities and to serve the regional community (<http://www.concord.edu/academics/>).

Course Prefix, Number and Title: H ED 303 Principles of Mental and Emotional Health

Course CRN # and Section 20450 01

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|----------------------------------|--------------------------|------------------------------------|--|
| Semester Taught: | Spring 2019 | Professor: | Jill A. Nolan |
| Credit Hours: | 2 | Office Location: | 301H Carter Center |
| Prerequisites: | none | Office Hours: | MTWR 9:45-11:00 |
| Course Time: | MW 12:00-12:50 | Email: | jnolan@concord.edu |
| Building and Room Number: | Carter Center 402 | Phone: | 304-384-6327 |
| | | Office Fax: | 304-384-5117 |
| | | College/Department Website: | https://www.concord.edu/hpat/node/1 |

Course Description/Rationale: A study of mind/body health and the effects of attitudes, emotions, and relationships on physical/mental health. Consideration is given to stress with an emphasis on appropriate management techniques and strategies.

Course Management System: blackboard

Hardware/Software Needed: You must be able to access Blackboard at elearn.concord.edu. You must also be able to create written documents in Microsoft Word compatible format

Text requirements: Olpin & Hesson. Stress Management for Life, fourth edition. Wadsworth, Belmont CA. ISBN: 978-1-305-12059-4' [Older editions are also fine]

Concord University Educational Goal(s)

Skills:

3. An ability to employ appropriate methods and technologies for conducting empirical and scholarly research, to interpret research findings, and to use insights gained from such research as a basis for informed decision making

Knowledge:

1. An ability to discern the reciprocal influences of environments, cultural beliefs and attitudes, and societal institutions and practices.
5. A recognition of the complex interactions between organisms, including human beings, and their environments.

Attitudes:

4. Cultivation of and support for attitudes and practices that foster physical, mental, emotional, and social well-being.

Motivation to pursue lifelong learning and ongoing intellectual growth.

Specific Learning Outcomes

By the end of the course, the student will be able to:

- Explain the effects emotions play in disease
- Describe the way the physical health is affected by mental and emotional health.
- Describe the impact of stress on health.
- Understand sources of stress.
- List the health effects and the types of treatment for insomnia and sleep deprivation.
- Explain the importance of social support and health.
- Describe mental and emotional stresses related to marriage, family, death, loneliness, job-loss, financial issues, etc
- Describe the healing powers of spirituality.
- Identify different methods of stress prevention and reduction

Course Requirements

Required Attendance: Students are allowed 2 absences from class. Any absences after 2 will result in a 5-pt. Grade reduction off the final average.

- Tests: there will be 3 tests throughout the course
- Paper: five page research paper OR book report.
 - The research paper must be on a topic related to mental and emotional health. This could be a mental health disorder, such as depression, or a health or risk behavior that influences mental health, such as exercise or substance abuse. Instructions/guidelines are attached to this syllabus.
 - The book report should include a 3-4 page summary of the book followed by 1-2 pages of your response to the book. Acceptable books include:
 - Mans Search for Meaning by Victor Frankl
 - The upside of Stress by Kelly McGonigal

- Superbetter by Jane McGonigal
- Spark by John Ratey
- Quiet: The power of Introverts in a World that Can't Stop Talking by Susan Cain
- The power of Habit by Charles Duhigg

No Cell phones!

No laptops or tablets for taking notes

Grading Policy and Scale, Make-up Policy, Late Work

90-100 A

80-89 B

70-79 C

60-69 D

0-59 F

Late work is subject to a 20% grade deduction. You must notify the instructor if your work will be late. Acceptance of late work is at the discretion of the instructor.

Final Grade determination:

| | |
|------------------|-----|
| Research paper | 25% |
| Tests (25% each) | 75% |

Course schedule:

| | Topic | Reading |
|---------|--|--------------------------|
| Week 1 | Stress in Today's World The Science of Stress | Chapter 1 Chapter 3 |
| Week 2 | <u>No Class: Start on your paper</u> | |
| Week 3 | The Mind Body Connection | Chapter 4 |
| Week 4 | The Power of Perception | Chapter 5 |
| Week 5 | Test 1: February 13 | |
| Week 6 | Thinking and Choosing | Chapter 6 |
| Week 7 | Mindfulness | Chapter 7 |
| Week 8 | Managing Emotions ** Paper Due ** March 6 | Chapter 8 |
| Week 9 | SPRING BREAK! Have fun, make good decisions 😊 | |
| Week 10 | Spirituality | Chapter 10 |
| Week 11 | Test 2: March 27 | |
| Week 12 | Time and Life Management Money Matters | Chapter 11 Chapter 12 |
| Week 13 | Social Support | Chapter 13 |
| Week 14 | Creating a Healing Environment Happiness Research | Chapter 14 |
| Week 15 | Healthy Lifestyles | Chapter 15 |
| Week 16 | Test 3: May 1 | |

Accessibility/Accommodations:

Concord University is committed to responding to the needs of students with disabilities as defined by the Americans with Disabilities Act. Please inform your instructor at the beginning of the class semester if you have a disability and are requesting accommodations. It is your responsibility to self-disclose that you are requesting accommodations. The University and instructor will provide you with a reasonable accommodation. You should register with CU's Disability Services Office, located in the Athens campus Jerry and Jean Beasley Student Center, Bottom Floor, across from the Campus Post Office. The Disability Services Office phone is 304-384-6086 or you can email the Director, Nancy Ellison, at nellison@concord.edu for assistance.

Academic Dishonesty

Academic dishonesty is morally unacceptable as well as destructive to the learning and teaching atmosphere. Academic dishonesty includes the giving or receiving of improper help on examinations or assignments, falsifying documents, and plagiarism (the act of stealing and using, as one's own, the ideas or the expression of the ideas of another). Such dishonesty can lead to a variety of penalties — including but not limited to failure of assignment, failure of course, loss of institutional privileges, or dismissal from the University. (See University Catalog Academic Policies and Procedures.)

Concord University Honor Code

A Concord University Honor Code was approved by students, staff, faculty, administration, and the CU Board of Governors. The Code states:

"As a member of the Concord University Community I will act with honesty and integrity in accordance with our fundamental principles and I will respect myself and others while challenging them to do the same."

The Honor Code is intended to unite the Concord community behind a culture of honesty, integrity, and civility.

Class/Online Attendance Policy

Regular class attendance is part of a student's academic obligation at Concord. Irregular attendance may affect academic performance adversely and is detrimental to the atmosphere of a class. (See University Catalog Academic Policies and Procedures.)

Emergency Alert System

In an effort to increase safety and security on our campus, Concord University encourages everyone to register for instant text message alerts. Alerts will only be used for security and safety notices. All students, faculty, and staff are eligible to receive text message alerts on their cell phones or email alerts. Please contact the IT Help Desk for further assistance (304-384-5291).

Emergency Information

Emergency/courtesy telephones are located at the main entrance of each residence hall and at various other locations on campus. Emergency telephones can be identified by the flashing blue light and will provide the user with a direct link to Public Safety at the press of a button. To report an on-campus emergency, call 304-384-5357 or 911. The Office of Public Safety is located on the bottom floor of the

Rahall Technology Center. For further emergency information go to:
<http://www.concord.edu/administration/office-public-safety>.

Inclement Weather Policy

As a general policy, the University will remain in normal operations during adverse weather conditions. In the event of severe weather conditions, the following may occur:

University Closure

No students or employees are to report.

Classes Cancelled

Students do NOT report BUT employees are expected to report to work at their normal time.

Operating on an Inclement Weather Delay

Under this schedule, all 8 a.m. classes will start at 10 a.m. Students and faculty will follow the Inclement Weather Schedule. (See <http://www.concord.edu/emergency-alerts> for Athens/Beckley Inclement Weather Schedules.)

**Announcements invoking the late schedule or other options referenced above are aired on area radio and television stations and are sent as text and email messages to those enrolled for this service.*

Student Conduct

In classrooms, online, laboratories, and during any activities that are part of course requirements, students are expected to observe reasonable rules of conduct.

Sexual Harassment & Assault

Federal law, Title IX, and Concord University policy prohibits discrimination, harassment, and violence based on sex and gender (Including sexual harassment, sexual assault, domestic/dating violence, stalking, sexual exploitation, and retaliation). If you or someone you know has been harassed or assaulted, you can receive confidential counseling support through the Concord University Counseling Center (304-384-5290). Alleged Violations can be reported non-confidentially to the Concord University Title IX Coordinator at 304-384-6327 or titleix@concord.edu. Reports to Campus Security can be made at (304-384-5357). As an employee at Concord University, I am a mandatory reporter which means I must report any sexual misconduct I am made aware of. This includes verbal or written (such as in an assignment) disclosures of sexual harassment or sexual assault.

Technology Services

Contact the CU Help Desk at extension 5291 from campus or 304-384-5291 off campus. You may also e-mail cuhelpdesk@concord.edu.

Syllabus Disclaimer

"This syllabus is subject to change based on the needs of the class. Please check it regularly."