

Department of Health, Fitness and Recreation Resources  
HEAL 220 – Dimensions of Mental Health  
Fall 2010

**INSTRUCTOR:** Amanda Fitzgerald  
**DAY/TIME:** Thursday, 4:30 p.m. – 7:10 p.m.  
**LOCATION:** Science & Technology I, Room 212  
**OFFICE HOURS:** By appointment only  
**E-MAIL:** afitzge6@gmu.edu  
**MAILBOX:** PE 207

**PREREQUISITES:** None

**COURSE DESCRIPTION:** Focuses on integrating behavioral and sociocultural factors in studying mental health.

**COURSE OBJECTIVES:** At the completion of this course, students should be able to:

- o Describe a preventive approach to mental health
- o Discuss the major theories of personality development and therapeutic intervention
- o Describe the physiological basis of mental health
- o Describe the adverse effects of stress on functioning
- o Have knowledge and understanding of environmental factors affecting mental health
- o Have a better understanding of contemporary mental health issues, such as behavior and personality disorders, depression, anxiety, substance abuse, and others
- o Understand mental health in the larger social context

**REQUIRED READING:** *Mental Health – Dimensions of Self-Esteem and Emotional Well-Being*, Donnelly, J., Eburne, N., and Kittleson, M. (2001). Boston: Allyn & Bacon

Supplemental Readings will be provided.

<b>EVALUATION REQUIREMENTS:</b>	Participation/In-class assignments	7 points
	Mid-Term Examination:	15 points
	Exam 1	12 points
	Exam 3	12 points
	Four open-note "mini quizzes"	10 points
	12-Step Reaction Paper	10 points
	Memo/Current Events	14 points
	Final Exam	20 points
	<b>Total Points:</b>	<b>100 pts</b>

\*Students *may* have the opportunity to earn extra credit points.

<b>GRADING SCALE:</b>	93 - 100 = A
	90 - 92.9 = A-
	87 - 89.9 = B+
	83 - 86.9 = B
	80 - 82.9 = B-
	77 - 79.9 = C+
	70 - 76.9 = C
	60 - 69.9 = D
Below 59.9 = F	

**COURSE OUTLINE:** There are 14 class sessions in which academic reading may be required. You are expected to complete the assigned reading, prior to class each week and be prepared to discuss it in class. Test questions will be taken from the required text, class lecture, videos, and discussion – you will not do well on the exam if you are not in class.

**Integrity:** Coursework will be completed in accordance with the George Mason University Code of Academic Integrity and/or Honor code.

**Assignments:** Assignments will be written in American Psychological Association (APA) style, using the American Publication Manual (6<sup>th</sup> Ed.). The website is [www.apastyle.org/](http://www.apastyle.org/). Assignments will be Word Documents, 12 point font, New Times Roman, one inch margins, a title page, page headers, and double-spaced. Due to the nature of the course assignment abstracts will not be utilized in any course requirement. Assignments should be grammatically correct. A penalty of ½ letter grade will be given to an assignment each business day it is late. Assignment will be handed in at the beginning of the class period it is due. Assignments **ARE NOT** accepted electronically.

**Scholarly Work:** Papers should have a foundation of academic thought. Information gained from your text, additional background reading, journals, guest presentations, and class lecture can all be used as resources, with the appropriate concepts and terms applied to your work.

**Attendance:** Regular attendance and participation is expected. The student's attendance and participation may be used as a determinant when the student's final course grade is within one or two percentage points from the next highest letter grade. If a student is absent from a class, it is the student's responsibility to obtain the information from his or her class peers. Students must notify faculty during the first week of the semester of their intention to be absent from class on their day(s) of religious observance, and faculty may continue to extend to these students the courtesy of absence without penalty on such occasions, including permission to make up examinations. Students will not be successful in this course if they are not present in class. **Four or more absences in this course will result in a failing grade.**

**In class assignments:** In class assignments/ brief homework assignments will be given daily at the discretion of the instructor. The point value on these assignments will vary and will contribute to the Participation score. These assignments will only be accepted by those students present in class. Late assignments will not be accepted and electronic assignments are **never** accepted.

**Four open-note "mini quizzes"** will be given throughout the semester worth five points each. The purpose of these quizzes is to make sure that you are taking adequate notes and are coming to class on a regular basis. They will consist of 4 or 5 EASY questions that you should have no problem answering if you are taking notes. I will **not** announce when these quizzes will be given. Your 2 lowest quiz scores will be dropped at the end of the semester.

**12-Step Reaction Paper:** Students will attend one twelve-step meeting of AA, Al-Anon, Alateen, or another approved by the instructor. Students will report on their experiences and the AA concept in class. A brief paper (2-3 pages in length) that describes your AA experience and your reaction to that experience is required.

**Memo/Current Events Assignment:**

Memo assignment will be discussed in detail during class. You will be asked to create a memo to a stakeholder of your choice based on a class topic determined the second week of class. You are to choose an article to summarize and state your thoughts and opinion on it in relation to how it impacts one of the areas of mental health that we cover in this course. Articles can come from major sources of media: newspaper, reputable magazine, reputable Internet sites (cnn, msn, msnbc, etc.), or scholarly journals. If you are unsure if the article you have selected to complete the assignment is appropriate, please ask the instructor prior to completing the assignment. The memo is to be two pages long; anything submitted that is shorter than two pages will not receive full credit. Page one of the memo should summarize the article and page two of the memo should be your thoughts and stance on the article and topic and how it can apply to your life, career, future, etc. The day your memo is due you will be asked to do a very brief presentation on your assignment that will entail highlights of your article along with your stance and how it identifies with your mental health topic.

\*\* You must submit a copy of the entire article along with your memo in order to receive credit.

\*\* **Late assignments will not be accepted.**

**Extra Credit Option:** You will have an opportunity to earn an additional 6 points by completing two three-point summaries of journal articles. The summary shall include:

- (1) Title Page [APA Format]
- (2) Complete citation
- (3) Hypothesis being examined
- (4) Brief description of the methodology used
- (5) Description of subject pool
- (6) Major conclusions
- (7) A short statement regarding what you learned by reading this article

\*\* You must submit a copy of the entire article along with your summary in order to receive credit. You must choose an article from a scholarly, peer-reviewed journal (i.e. Journal of the American Medical Association, Journal of Adolescent Development, Journal of Counseling and Development). If you are unsure if the journal you have selected to complete the assignment is appropriate, please ask the instructor prior to completing the assignment. The deadline for turning in the first article is **October 14, 2010**. The second article may be turned in no later than **December 09, 2010**. You may turn in the extra credit options any time prior to the deadlines, and are encouraged to do so.

## Class Meeting Schedule

Class	Date	Topic	Assignment/Presentation
1	9/02	Welcome	Introduction & Class Requirements
2	9/09	Psychological Theorists	Supplemental Readings
3	9/16	Mentally Healthy People	Chapters 1-3
4	9/23	Exam 1	<u>Chapters 1-3, Assigned Readings, Class Lecture/Discussion, Video</u>
5	9/30	Mental & Emotional Disorders	Chapter 4
6	10/07	Self-Esteem & Depression	Chapter 5/Assigned Readings
7	10/14	Midterm	<u>Chapters 1-5, Assigned Readings, Class Lecture/Discussion, Video</u> <i>Extra Credit Option #1 DUE</i>
8	10/21	Stress/ Stress Management	Chapter 7-8
9	10/28	Body Image/ Eating Disorders	Supplemental Readings
10	11/04	Exam 3	<u>Chapters 7-8, Assigned Readings, Class Lecture/Discussion, Video</u>
11	11/11	Spiritual Well Being Goal Setting	Chapter 9 Chapter 10
12	11/18	Attend 12-step meeting	
13	11/25	Thanksgiving	<b>NO CLASS!</b>
14	12/02	Associated Mental Health Issues Communication & Social Well Being Alcoholism/Addictions	Chapter 11-12 Chapter 6 <u>12-Step Reaction DUE</u>
15	12/09	Catch up & Review	<u>Extra Credit Option #2 DUE</u>
16	12/16	Final Exam 4:30-7:15 P.M.	

\*IT IS **REQUIRED** YOU ACTIVELY CHECK YOUR GMU EMAIL ACCOUNT FOR THIS COURSE. FOR INFORMATION ON HOW TO FORWARD TO ANOTHER ACCOUNT, PLEASE CONTACT TECHNOLOGY SERVICES at 703-993-8870\*

\*Some classes may have guest speakers and supplemental reading is required.

\*This course will require outside work and participation.

\* Syllabus is subject to change, students will be notified of coursework change



- ❖ All students are held to the standards of the George Mason University Honor Code [See <http://www.gmu.edu/catalog/apolicies/#Anchor12>]
- ❖ University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor
- ❖ Students with disabilities who seek accommodations in a course must be registered with the Office of Disability Services (ODS) and inform the instructor, in writing, at the beginning of the semester [See [ods.gmu.edu](http://ods.gmu.edu)]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>