

**GEORGE MASON UNIVERSITY**  
**School of Recreation, Health and Tourism**  
**College of Education and Human Development**

**HEAL 499— Mental Health and Wellness (3)**

Fall, 2010

<b>DAY/TIME:</b>	INDEPENDENT STUDY	<b>STUDENT:</b>	MELISSA TRAUB
<b>PROFESSOR:</b>	David S. Anderson, Ph.D.	<b>OFFICE LOCATION:</b>	4260 CHAIN BRIDGE ROAD A-6
<b>OFFICE HOURS:</b>	8:30 - 4:30 MON-THURS; CALL FOR APPT	<b>FAX NUMBER:</b>	703-246-8997
<b>PHONE NUMBER:</b>	703-993-3697	<b>WEB SITE:</b>	www.caph.gmu.edu
<b>EMAIL ADDRESS:</b>	danderso@gmu.edu		
<b>PREREQUISITES:</b>	None		

**COURSE DESCRIPTION:**

This independent study is designed to provide substantive knowledge on a range of health and wellness issues, demonstrating competence with these through a critical analysis, assessment, and written summaries of a wide range of resources. The specific activities will focus on updating and bringing current the GMU Resource materials for COMPASS: A Roadmap to Healthy Living, forming an integral part of GMU's Center for the Advancement of Public Health (GMU's CAPH).

**COURSE OVERVIEW:**

The subject matter will be comprised of 15 topics to be chosen from the 31 topics currently maintained on the COMPASS resource pages. The student will:

- Research each topic comprehensively and bring the resource lists up to date
- Identify updated information for existing resources
- Prepare an annotated bibliography for each new resource to be posted on COMPASS; these include national, state and local resources.
- Compile an annotated listing of "cool links" for each of the 15 topics.
- Generate a separate log with any other pertinent information during the course of my research that is relevant to COMPASS.
- Review the two worksheets for each of these 15 topics ("Looking Back" and "Moving Ahead").

The student will have access to resources at GMU's CAPH, such as sample textbooks, books, and other information. These materials will be prepared in written and electronic format; note that the responsibilities do not include the formal 'posting' of the materials online, as that will be conducted by a GMU's CAPH staff member.

**RELEVANCE TO MAJOR COURSE OF STUDY:**

This subject is relevant to the student's major coursework in several ways. The research will focus on subjects that impact the mental health of all people, but in particular college students. It will broaden the student's knowledge as a health professional and aid in the education of GMU college students.

## **COURSE EVALUATION:**

The student will be registered for and plan to complete this independent study course during the Fall 2010 term. Upon completion, the course's 3 credits will satisfy the requirements for both an upper division/300 level course and HEAL 220 (Mental Health). The number of topics (15) to be completed during this study are determined based on the following factors:

- Average 300 level course classroom time = 3 hrs./wk.
- Average time spent outside of class on coursework = 5 hrs./wk.
- Average semester length = 15 weeks; total hours 120
- Average # of hours necessary for each topic = 10 hrs; total hours, 90 – 150.

In order to receive full credit, all work will be turned into and reviewed by Dr. Anderson. Periodic meetings will occur throughout the semester in order assess my progress.

## **REQUIRED READINGS:**

*COMPASS: A Roadmap to Healthy Living*

Variety of academic textbooks for the 15 topics



- ❖ 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 Disability Resource Center (DRC) and inform the instructor, in writing, at the beginning of the semester [See [www.gmu.edu/student/drc](http://www.gmu.edu/student/drc)]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>