GEORGE MASON UNIVERSITY
College of Education and Human Development
HEAL

HEAL 220 A01 – Dimensions of Mental Health
3 credits, Summer 2019
Distance Learning

Faculty
Name: Linda Krout, M.A.
Office hour: By appointment
Office location: Sci Tech, Bull Run Hall, Room 228
Office phone: 703-993-2096 cell: 703-362-4537
Email address: lkrout@gmu.edu

Prerequisites/Corequisites: (None)

University Course Description
Focuses on integrating behavioral and sociocultural factors in studying mental health.

Course Delivery Method
This course will be delivered online using format via the Blackboard learning management system (LMS) housed in the MyMason portal. You will log in to the Blackboard course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available on May 20, 12:01a.

Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.

Technical Requirements
To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:
  https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers

  To get a list of supported operation systems on different devices see:
  https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems
- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students will need a headset microphone for use with the Blackboard Collaborate web conferencing tool. [Delete this sentence if not applicable.]
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download: [Add or delete options, as desire.]
  - Adobe Acrobat Reader: https://get.adobe.com/reader/

- o Windows Media Player:
  https://support.microsoft.com/en-us/help/14209/get-windows-media-player
- o Apple Quick Time Player: www.apple.com/quicktime/download/

Expectations
- Course Week: Because asynchronous courses do not have a "fixed" meeting day, our week will start on Mon (12:01a). and finish on Sun (end of day). Our course week will begin on the day that our synchronous meetings take place as indicated on the Schedule of Classes. Each assignment and discussion post will have 3 days to complete. **Important**- follow the schedule
- Log-in Frequency: Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least one times per week.
- Participation: Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- Technical Competence: Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.
- Technical Issues: Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- Workload: Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
- Instructor Support: Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.
- Netiquette: The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.
- Accommodations: Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

Learner Outcomes or Objectives
This course is designed to enable students to do the following:
1. Describe a preventive approach to mental health;
2. Discuss the major theories of personality development and therapeutic intervention;
3. Describe the physiological basis of mental health;
4. Describe the adverse effects of stress on functioning;
5. Have knowledge and understanding of environmental factors affecting mental health;
6. Have a better understanding of contemporary mental health issues, such as behavior and personality disorders, depression, anxiety, substance abuse, and others; and
7. Understand mental health in the larger social context.

Required Readings
Assigned readings will be extrapolations from the professional literature on mental health and located at Blackboard https://mymasonportal.gmu.edu:

Course Performance Evaluation
Students are expected to complete the quizzes, discussion forums, tests and portfolio on time through Blackboard. This course will be graded on a point system, with a total of 100 possible points.

Tests and Assignments	Possible Points
Tests Test 1 (covers chapters 1-7) Test 2 (covers chapters 8-14) Each Blackboard online test is composed of 50 multiple-choice questions. The tests are based on the content of the online readings text as organized and presented in PowerPoint lectures. Each test will be graded 0-100 points and weighted .15 of overall grade. Multiple-choice items will measure students' abilities to identify/recall, differentiate, apply and analyze subject material.	**30 points**
Short Essay Quizzes There will be 10 in-class short essay quizzes based on the content of the text as organized and presented in PowerPoint lectures. Each short essay quiz will be graded 0-3 points for a total of 30 possible points that will be factored directly into the overall grade. The short essay questions will measure students' abilities to apply and analyze subject material.	**30 points**
Discussion Forums Each student is expected to post a comment in 10 different discussion forums and reply to another student's comment within that forum. Each discussion forum will be based on a self-assessment related to text material and completed by the student and then posting as a comment at the forum. Each posting with reply is worth 2 points for a total of 20 points that will be factored directly into the overall grade. The discussion forums will represent affective learning experiences.	**20 points**

Portfolio Each student will be expected to compile a portfolio of mental health experiences within an online portfolio. Guidelines are provided at Blackboard. This assignment is worth 20 points. The portfolio primary addresses affective and psychomotor learning experiences.	20 points

TOTAL	**100 points**

Grading Scale

A	= 94 – 100	B+	= 88 – 89	C+	= 78 – 79	D	= 60 – 69
A-	= 90 – 93	B	= 84 – 87	C	= 74 – 77	F	= 0 – 59
		B-	= 80 – 83	C-	= 70 – 73		

Professional Dispositions
Students are expected to exhibit professional behaviors and dispositions at all times.

Class Schedule

WEEK		TOPIC	READINGS/ASSIGNMENT DUE
1	May 20	Introduction to the course	Chapter 1 Introduction
	May 20-May 22	History	Chapter 2 History Short essay quiz 1 (based on ch 2) due May 22 end of day Discussion forum 1 post due May 21 end of day and response due May 22 end of day
	May 23-May 25	Understand mental health	Chapter 3 Present Understanding Short essay quiz 2 (based on ch 3) due May 25 end of day Discussion forum 2 post due May 24 end of day and response due May 25 end of day
2	May 26-May 28	Mental Health Conditions	Chapter 4 Mental Health Conditions Short essay quiz 3 (based on ch 4) due May 28 end of day Discussion forum 3 post due May 27 end of day and response due May 28 end of day
	May 29-May 31	Mental Wellness	Chapter 5 Mental Wellness Short essay quiz 4 (based on ch 5) due May 31 end of day Discussion forum 4 post due May 30 and response due May 31 end of day
3	June 1-June 3	Professionals	Chapter 6 Clinical and Counseling Professionals Short essay quiz 5 (based on ch 6) due June 3 end of day Discussion forum 5 post due June 2 and response due June 3 end of day

WEEK		TOPIC	READINGS/ASSIGNMENT DUE
	June 4-June 6	Prevention	Chapter 7 Prevention Short Essay quiz 6 (based on ch 7) due June 6 end of day Discussion forum 6 post due June 5 and response due June 6 end of day
	June 7-June 9	Therapy	Chapter 8 Therapy Short essay quiz 7 (based on ch 8) due June 9 end of day Discussion forum 7 post comment by June 8 and reply by June 9 end of day **Work on Portfolio**
4	June 11		**Test 1 due June 11 end of day (covers chs 1-7 of assigned readings)**
	June 12-June 14	Learning Impairments	Chapter 9 Learning Impairments Short essay quiz 8 (based on ch 9) due June 14 end of day Discussion forum 8 post comment by June 13 and reply by June 14 end of day **Work on Portfolio**
5	June 15-June 17	Anxiety Disorders	Chapter 10 Anxiety Disorders Short essay quiz 9 (based on ch 10) due June 17 end of day Discussion forum 9 post comment by June 16 and response by June 17 end of days **Portfolio June 17 end of day**
	June 18-June 20	Mood Disorders	Chapter 11 Mood Disorders Short essay quiz 10 (based on ch 11) due June 20 end of day Discussion forum 10 post comment by June 19 and reply by June 20 end of days
	June 20-June 22	Behavioral Health Concerns Future	Chapter 13 Severe Dysfunctions Chapter 14 Mental Health Community
	June 22		**Test 2 due June 22 end of day (covers chs 8-14** some material on schizophrenia)

Note: Faculty reserves the right to alter the schedule as necessary.

Core Values Commitment
The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: http://cehd.gmu.edu/values/.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see https://catalog.gmu.edu/policies/honor-code-system/).

- Students must follow the university policy for Responsible Use of Computing (see http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/).

- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.

- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see http://ods.gmu.edu/).

- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or https://cehd.gmu.edu/aero/tk20. Questions or concerns regarding use of Blackboard should be directed to http://coursessupport.gmu.edu/.

- For information on student support resources on campus, see https://ctfe.gmu.edu/teaching/student-support-resources-on-campus

For additional information on the College of Education and Human Development, please visit our website https://cehd.gmu.edu/students/ .