

**GEORGE MASON UNIVERSITY**  
**College of Education and Human Development**

HEAL 220 A01 – Dimensions of Mental Health, 3 credits, Spring 2023  
1/23-5/10  
Distance Learning

**Faculty**

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**Prerequisites/Corequisites:** (None)

**University Course Description**

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

**Course Overview**

The focus of this course is mental health for the 21<sup>st</sup> century. Through a variety of learning activities, students will be expected to master content in 14 areas of mental health. Students will be expected to create a portfolio to include experiences as they relate to mental health.

**Course Delivery Method**

This course will be delivered online using an asynchronous format via the Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available on the first day of the semester.

**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 a standard up-to-date browser, either Internet Explorer or Mozilla Firefox is required (note: Opera and Safari are not compatible with Blackboard).
- 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 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:
  - o Adobe Acrobat Reader: <https://get.adobe.com/reader/>
  - o Windows Media Player:  
<https://windows.microsoft.com/en-us/windows/downloads/windows-media-player/>
  - o Apple Quick Time Player: [www.apple.com/quicktime/download/](http://www.apple.com/quicktime/download/)

*Expectations:*

- Course Week: Because asynchronous courses do not have a "fixed" meeting day, our week will start on Tuesday (12:01am). and finish on Monday (end of day). Each assignment and discussion post will have 7 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 two 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 and the range of mental health;
4. Summarize the adverse effects of stress on mental wellness;
5. Discuss contemporary social issues that may affect mental health;
6. Differentiate the range of contemporary social issues such as behavior, personality, learning disorders, depression, anxiety, substance abuse and addiction that may affect mental health;
7. Identify services and professional associations in the mental health community;
8. Create a mental health portfolio listing experiences and observations of others as they relate to mental health issues.

### **Required Readings**

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

#### Section 1 Overview

Chapter 1 Introduction

Chapter 2 History

Chapter 3 Present Understanding

Chapter 4 Mental Health Conditions

Chapter 5 Mental Wellness

#### Section 2 Professional Intervention

Chapter 6 The Professionals

Chapter 7 Prevention

Chapter 8 Therapy

#### Section 3 Impairments, Disorders and Dysfunctions

Chapter 9 Learning Impairments

Chapter 10 Anxiety Disorders

Chapter 11 Mood Disorders

Chapter 12 Behavioral Health Concerns

Chapter 13 Severe Dysfunctions

Chapter 14 Mental Health Issues

### **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.

**Quizzes and Exams will not reopen and will not be accepted after the due date.**

**Other work (Assignments, Discussion Boards, Personal Change Plan) submitted up to 48 hours after the due date-50% will be deducted from the earned grade. After 48 hours, this work (Assignments, Discussion Boards, Personal Change Plan) will not be accepted.**

<b>Tests and Assignments</b>	<b>Possible Points</b>
<u>Tests</u> 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.	<b>30 points</b>
<u>Short Essay Quizzes</u> 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.	
<u>Discussion Forums</u> 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.	<b>20 points</b>
<u>Portfolio</u> 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.	<b>20 points</b>

<b>TOTAL</b>	<b>100 points</b>
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**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 submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, VIA, hard copy. See <https://cehd.gmu.edu/students/polices-procedures/>

## Class Schedule

WEEK		TOPIC	READINGS/ASSIGNMENT DUE
1	Jan. 24- Jan. 30	Introduction to the course	Chapter 1 Introduction Mental Health PreTest Orientation Lecture, review syllabus
2	Jan. 31- Feb. 6	History	Chapter 2 History Short essay quiz 1 (based on ch 2) due Feb. 6 end of day Discussion forum 1 post due Feb. 5 end of day and response due Feb. 6 end of day
3	Feb. 7- Feb. 13	Understand Mental Health	Chapter 3 Present Understanding Short essay quiz 2 (based on ch 3) due Feb. 13 end of day Discussion forum 2 post due Feb. 12 end of day and response due Feb. 13 end of day TEDTalk- Fighting Anxiety & Fear
4	Feb. 14- Feb. 20	Mental Health Conditions	Chapter 4 Mental Health Conditions Short essay quiz 3 (based on ch 4) due Feb. 20 end of day Discussion forum 3 post due Feb. 19 end of day and response due Feb. 20 end of day Readings- Pandemics can be stressful
5	Feb. 21- Feb. 27	Mental Wellness	Chapter 5 Mental Wellness Short essay quiz 4 (based on ch 5) due Feb. 27 end of day Discussion forum 4 post due Feb. 26 and response due Feb. 27 end of day TEDTalk – How to practice Emotional First Aid
6	Feb. 28 March 6	Professionals	Chapter 6 Clinical and Counseling Professionals Short essay quiz 5 (based on ch 6) due March 6 end of day Discussion forum 5 post due March 5 and response due March 6 end of day
7	March. 7- March 13	Prevention	Chapter 7 Prevention Short Essay quiz 6 (based on ch 7) due March 13 end of day Discussion forum 6 post due March 12 and response due end of day <b>Test 1 due end of day March 20 (covers chs 1-7 of assigned readings)</b>
8	March 13- March 19		Spring Recess
	March 21		Mid Term Grades Posted
9	March 21- March 27	Therapy	Chapter 8 Therapy Short essay quiz 7 (based on ch 8) due March 27 end of day Discussion forum 7 post comment by March 26 and reply by March 27 end of day TEDTalk- In the Key of Genius

WEEK		TOPIC	READINGS/ASSIGNMENT DUE
10	March 28- April 3	Learning Impairments	Chapter 9 Learning Impairments Short essay quiz 8 (based on ch 9) due April 3 end of day Discussion forum 8 post comment by April 2 and reply by April 3 end of day
11	April 4- April 10	Anxiety Disorders	Chapter 10 Anxiety Disorders Short essay quiz 9 (based on ch 10) due April 10 end of day Discussion forum 9 post comment by April 9 and response by April 10 end of days <b>Work on Mental Health Portfolio</b>
12	April 11- April 17	Mood Disorders	Chapter 11 Mood Disorders Short essay quiz 10 (based on ch 11) due April 17 end of day Discussion forum 10 post comment by April 16 and reply by April 17 end of days <b>Work on Mental Health Portfolio</b>
13	April 18- April 24	Behavioral Health Concerns	Chapter 12 Behavioral Health Concerns <b>Mental Health Portfolio due April 24 end of day</b>
14	April 25- May 1	Severe Dysfunctions	Chapter 13 Severe Dysfunctions <b>Prepare for Test 2 (covers chs 8-14 and some material on schizophrenia)</b>
15	May 2- May 8	Mental Health Community	Chapter 14 Mental Health Community and Contemporary Issues Readings- Taking care of yourself and your Community <b>Prepare for Test 2 (covers chs 8-14 and some material on schizophrenia)</b>
16	May 10	Final Exam Schedule	<b>Test 2 due end of day May 10</b>

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 <https://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 <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

### *Campus Resources*

- Support for submission of assignments to VIA should be directed to [viahelp@gmu.edu](mailto:viahelp@gmu.edu) or <https://cehd.gmu.edu/aero/assessments>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://stearnscenter.gmu.edu/knowledge-center/knowning-mason-students/student-support-resources-on-campus/>

### **Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:**

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).

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