

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

HEAL 220 A01 – Dimensions of Mental Health,  
3 credits, Summer 2023  
5/22 – 6/21  
Distance Learning

**Faculty**

Name: Linda Krout, M.A.

Office hour: By appointment

Office location: Recreation, Athletic Complex, 2<sup>nd</sup> floor ROTC Suite, 2121E

Office phone: 703-993-2096

Email address: [lkrou@gmU.edu](mailto:lkrou@gmU.edu)

**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<sup>[L][SEP]</sup>
- Log-in Frequency: <sup>[L][SEP]</sup>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. <sup>[L][SEP]</sup>
- 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. <sup>[L][SEP]</sup>
- 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. <sup>[L][SEP]</sup>
- 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 resilience badge 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>15 points</b> <b>15 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.	<b>30 points</b>
<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 complete a mental health portfolio consisting of a Resilience Badge. Guidelines are provided at Blackboard. This assignment is worth 20 points and consist of (6) short assignments with a culminating certificate.	<b>20 points</b>

**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 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	May 22 – May 29	Introduction to the course	Module 1 Discussion Forum Introduction
		History	Module 2 Multiple Choice quiz 1 on Ted Talk TEDTalk - Practicing Emotional First Aid Short essay quiz on Chapter 2 Discussion forum
		Understand Mental Health	Module 3 Short essay on Chapter 3 Discussion forum TEDTalk- Fighting Anxiety & Fear
2	May 30 June 5	Mental Health Conditions	Module 4 Short essay Chapter 4 Discussion forum <b>Module 1 and 2 Resilience Badge</b>
		Mental Wellness	Module 5 Short essay quiz Chapter 5 Discussion forum 5 TEDTalk – What Makes a Good Life
		Professionals	Module 6 Short essay quiz Chapter 6 Discussion forum 6
3	June 6 – June 12	Prevention	Module 7 Short Essay quiz Chapter 7 Discussion forum 7 <b>Module 3 and 4 Resilience Badge</b>
		Therapy	Module 8 Short essay quiz Chapter 8 Discussion forum 8 <b>Test 1 due June 12 end of day (covers Chapters 1-7)</b>
4	June 13 – June 19	Learning Impairments	Module 9 Short essay quiz Chapter 9 Discussion forum 9 TEDTalk- In the Key of Genius <b>Module 5 and 6 Resilience Badge</b>

WEEK		TOPIC	READINGS/ASSIGNMENT DUE
		Anxiety Disorders	Module 10 Short essay quiz Chapter 10 Discussion forum 10
		Mood Disorders	Module 11
5	June 19- June 21	Behavioral Health Concerns	Module 12
		Severe Dysfunctions	Module 13
		Mental Health Community	Module 14 <b>Prepare for Test 2 (covers Chapters 8-14 and some material on schizophrenia)</b>
	June 22	Final Exam Schedule	<b>Test 2 due June 22 by 11:59</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/>
- Mason is now partnered with TimelyMD to deliver **TimelyCare** – a new virtual mental health and well-being platform for students. The service provides 24/7 access to virtual care at no cost and augments the in-person and virtual mental health services that remain available to Mason students through Counseling and Psychological Services (CAPS) and Student Health Services (SHS).
- **How can students access TimelyCare?**
- Students can go to [timelycare.com/gmu](https://timelycare.com/gmu) or directly download the **TimelyCare** app from the app store to register with their school email address. Students can then start visits from any web-enabled device – smartphone, tablet, laptop, or desktop – anywhere in the United States.

### **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/> .**