

**George Mason University  
College of Education and Human Development  
Recreation, Health and Tourism**

HEAL 310 (DL) – Drugs and Health  
3 Credits, Spring 2024  
1/16-5/8, Distance Learning

**Faculty**

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**Prerequisites/Corequisites:** None

**University Catalog Course Description:** Analyzes drug use, with emphasis on positive aspects, and presents alternatives to drug misuse and abuse.

**Course Overview**

Analyzes drug use, with emphasis on positive aspects, and presents alternatives to drug misuse and abuse. The breadth of content for this course is complemented by the range of approaches incorporated. Classes will be held with a variety of methodologies, including lecture, discussion, reading reactions.. The assignments include a range of approaches, including reading current resources, attending group meetings, and preparing critical thinking and reflection papers. Examinations address reading assignments and class content. Participation in all aspects of the course – review of lectures, active participation in class online discussions, and completion of all assignments - is expected to gain the breadth of content and achieve course objectives. Readings and assignments are due on the specified date in the syllabus.

**Course Delivery Method**

This course will be delivered online (76% or more) using asynchronous format via 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 January 12, 2024.

**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](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](https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems)

- A functional webcam for exams
- 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.

### *Expectations*

- Course Week: Because asynchronous courses do not have a “fixed” meeting day, our week will start on Monday and finish on Sunday.
- 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 3 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. The instructor is available on an appointment-only basis and can meet virtually or in person on the Fairfax campus. 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 ensure 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. Understand how drugs and alcohol work on the human body, including an appreciation of the addiction process. [L] [SEP]
2. Identify the nature and extent of drug and alcohol problems in the American culture. [L] [SEP]
3. Understand a variety of alternatives to drug use. [L] [SEP]
4. Assess social problems resulting from inappropriate drug use. [L] [SEP]
5. Specify positive approaches by a variety of societal groups for addressing drug abuse. [L] [SEP]
6. Provide insight regarding causes for individual and societal abuse of drugs and alcohol. [L] [SEP]
7. Describe the variety of components included in the continuum of care. [L] [SEP]
8. Critically evaluate misconceptions, beliefs and information on drugs in order to establish a sound basis for personal action.

### Required Texts

*Textbook:* Hanson, G., Venturelli, P., & Fleckenstein, A. (2022) *Drugs and Society, 14<sup>th</sup> Edition*. (Students do not need a copy that includes the extra features “code”—simply a copy of the text.)

Online resources: [L] [SEP]

National Institute on Drug Abuse (2010). *Monitoring the Future Survey Results*.  
www.monitoringthefuture.org

National Drug Control Strategy (2011). *Office of National Drug Control Policy*  
www.whitehousedrugpolicy.gov/strategy

Johnson, L. C. (2014). *Using a public health and quality improvement approach to address high risk drinking with 32 colleges and universities*.  
[http://safesupportivelearning.ed.gov/sites/default/files/NCHIP%20WhitePaper%205%208%2014FINAL.p df](http://safesupportivelearning.ed.gov/sites/default/files/NCHIP%20WhitePaper%205%208%2014FINAL.pdf)

Anderson, D. (2005). *COMPASS: A Roadmap to Healthy Living*. www.compass.gmu.edu

Anderson, D. (2009). *Best of CHOICES: Alcohol Education 1998-2008*.  
<http://cehd.gmu.edu/assets/caph/best-of-choices.pdf>

Anderson, D. and Gusterson, H. (2010). *Understanding Teen Drinking Cultures in America*.  
[https://caph.gmu.edu/assets/caph/TeenDrinkingCulturesFinalReport\\_2010.pdf](https://caph.gmu.edu/assets/caph/TeenDrinkingCulturesFinalReport_2010.pdf)

Office of National Drug Control Strategy - Media Campaign. <http://www.mediacampaign.org>

SAMHSA (2013). The 2013 Report to Congress on the Prevention and Reduction of Underage

Drinking, Executive Summary.

[https://www.stopalcoholabuse.gov/media/ReportToCongress/2013/report\\_main/executive\\_summary.pdf](https://www.stopalcoholabuse.gov/media/ReportToCongress/2013/report_main/executive_summary.pdf)

National Registry of Evidence-based Programs and Practices (SAMHSA).

<http://www.nrepp.samhsa.gov>

### Course Assignments and Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor.

**All papers and assignments must be formatted in APA style and include relevant, scholarly references and citations.**

**\*\*\*All assignments to be submitted electronically using the course Blackboard site as Microsoft Word documents (unless otherwise noted). Assignments due by 11:59pm Eastern Time on date indicated.\*\*\***

**\*\*\*ALL EXAMS AND QUIZZES ARE DUE BY 5:00pm Eastern Time on the date indicated.\*\*\***

Note: Papers are due on the scheduled date; late work is not accepted unless previously arranged or due to technical issues with Blackboard as indicated with the university, or appropriate medical situations.

Critical Thinking Papers: (3 papers)<sup>[[SEP]]</sup> Write a critical thinking paper on a substantive article on a drug- or alcohol-related topic (same or different topics). Each paper should be from a different source: 1. professional journal (print version in the library or online access), 2. a newspaper/magazine, and 3. a government or trade publication.

Each paper should be two-page, double-spaced and include five sections, clearly identified with headings: (1) Title and Reference; This is the title of the article/publication in APA format. (2) Summary; General overview of the article itself and the content it covered, (3) Messages and Audiences; what is the primary message the author is trying to communicate and to whom is that message targeted, (4) Critique; provide a critical review of the article—what could be improved and what is done well, and (5) Personal Reaction; what are your personal thoughts on this topic and article.

Community Support/Self-Help Group Meetings:<sup>[[SEP]]</sup> Attend two open support or self-help group meetings (e.g., AA, NA, ACOA, AlAnon or similar meetings) that you have not attended previously. Local meetings for your area can be found through the organizations' websites and a zip code search. Meetings are typically weekly or daily. Look for an "open" meeting. (Do not attend a "closed" meeting as these are by invite only). Prepare a 5-7 page double-spaced paper that summarizes the following items, with particular attention to (c) and (d): (a) themes, attendees, location, publicity; (b) observations; (c) thoughts about what happened; (d) ways in which the meetings affected your feelings, and (e) questions or other observations.

Reflection Summaries (5 Summaries): On the Journal section of Blackboard, write a reflection on assigned topic. Blog entries should be 250- 500 words in length and respond to the questions posed in the prompt, to be provided by the instructor.

Question of the Week: Students will be expected to submit on the discussion board their “question of the week”. Based on the readings and the lectures, as well as assignments, students should be generating things they may be pondering, wanting to learn more about, or just curious about what others think. **Each week, students will have a space on the discussion board to do two things: a. post their own question and b. respond to questions asked by others. Points will be awarded based on participation in both A and B, as well as evidence of intentional reflection on the material and topics of the course. In order to receive credit, students should engage with the discussion board/QOW WEEKLY. Saving up posts to respond/post until a certain point and “catching up” will not result in credit.**

Future Strategies Paper: Prepare a 10-12 page double-spaced paper focused on future strategies with drug and/or alcohol issues. Identify an area of need and describe specific strategies that could be implemented to better address this. Include the following in your paper: (a) The need – why this is a need or gap; clearly define the audience/group; (b) Current approach(es), and why they are not sufficient; (c) Recommended strategy/strategies – be creative and innovative; (d) Resources to implement the strategy; and (e) Challenges, obstacles and other considerations. Include references and sources.

Extra Credit Assignment: View assigned TedTalk on YouTube (See link on Blackboard) and write a 3-4 page response with your ideas on the topic, what you learned in the video, and questions you may have.

### • Other Requirements

#### Participation:

“Attendance” at class sessions is critical for a thorough understanding of course material. This is completed through reviewing and participating in the class modules posted online. Class participation is based on engagement in class discussions through discussion boards, preparation with readings and assignments, and questions. Exams encompass readings, assignments, and discussions.

**\*\*\*ALL EXAMS AND QUIZZES ARE DUE BY 5:00pm Eastern Time on the date indicated.\*\*\***

Quizzes: Each quiz will include multiple choice questions on course content from textbook and

lectures.

Midterm and Final Exam: Each exam will include multiple choice, true/false, matching and other types of questions, as well as short answer and essay questions on course content from textbook and lectures.

Exams will use Respondus Lockdown Browser. Students will be allowed to use physical notes and textbook, but may not use outside websites or other devices during the exam. You will need a webcam in order to complete the exams.

**\*\*\*ALL EXAMS AND QUIZZES ARE DUE BY 5:00pm Eastern Time on the date indicated.\*\*\***

### Grading

A = 320–350

A- = 310-319

B+ = 300-309

B = 280-299

B- = 270-279

C+ = 260-269

C = 230-259

C- = 220-229

D = 190-219

F = 0-189

### REQUIREMENTS:

- |  |                     |
|--|---------------------|
| • Critical Thinking Papers (3) <sup>[SEP]</sup>      | 30 points (10 each) |
| • Community Support/Self-Help Group Meetings & Paper | 30 points           |
| • Reflection Summaries (5) <sup>[SEP]</sup>          | 25 points (5 each)  |
| • Question of the Week                               | 25 points           |
| • Participation <sup>[SEP]</sup>                     | 25 points           |
| • Quizzes (3) <sup>[SEP]</sup>                       | 15 points (5 each)  |
| • Future Strategies Paper <sup>[SEP]</sup>           | 50 points           |
| • Mid-Term Exam <sup>[SEP]</sup>                     | 50 points           |
| • Final Exam   | 100 points          |

**Professional Dispositions:** See <https://cehd.gmu.edu/students/policies-procedures/>

## Class Schedule

### SCHEDULE OF TOPICS AND ASSIGNMENTS [L] [SEP]

Date	Topic	Readings	Assignment Due
January 22	Introduction and Overview		
January 24	Motivation for Use, Classification and Terms	Chapters 1 & 2,	
January 29	Principles, Properties, Brain Health, Legal	Chapters 3, 4, 5	
January 31	Societal Context		Critical Thinking Paper #1
February 5	Depressants	Chapter 6	Quiz 1 (Ch 1-6), 5:00 Eastern
February 7	Alcohol	Chapter 7	Reflection #1
February 12	Alcohol	Chapter 8	
February 14	Alcohol		
February 19	Narcotics	Chapter 9	Critical Thinking Paper #2 Critical Thinking Paper #1 Revisions
February 21	Stimulants	Chapter 10	Reflection #2
February 26	Midterm Review		Quiz 2 (Ch 7-10), 5:00pm Eastern
February 28	<b>MIDTERM</b> (Midterm exam available online from February 21-28)		Critical Thinking Paper #2 Revisions <b>Midterm Exam due by February 28, 5:00pm Eastern</b>
March 4-8	Spring Break		
March 11	Hallucinogens Campus Resources	Chapter 12	Reflection #3
March 13	Marijuana	Chapter 13	Critical Thinking Paper #3
March 18	Tobacco	Chapter 11	Extra Credit Paper
March 20	Inhalants and Over the Counter Drugs	Chapters 14 & 15	Reflection #4
March 25	Addiction	Chapter 2	
March 27	Intervention	White House Policy website SAMSHA Report to Congress	
April 1	Treatment and Recovery	Chapter 18	Community Support/Self Help Group Paper
April 3	Family and COA Impacts		
April 8	Prevention and Education	Chapters 3 & 17	Reflection #5

November 8	Special Populations	Chapter 16	
April 15	Higher Education Strategies	Best of Choices Public Health QEP White Paper	Quiz 3 (Ch 11-18), 5:00 Eastern
April 17	Health Communication		Future Strategies Paper
April 22	Future Strategies Wrap Up		
April 24	Final Exam Review		
May 3	<b>FINAL EXAM</b> (Final exam available online from April 29-May 3)		<b>Final Exam due May 3 by 5:00pm EST</b>

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

### 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*

- Mason is an Honor Code university; please see the [Office for Academic Integrity](#) for a full description of the code and the honor committee process. Three fundamental principles to follow at all times are that: (1) all work submitted be your own, as defined by the assignment; (2) when you use the work, the words, or the ideas of others, including fellow students or online sites, you give full credit through accurate citations; and (3) if you are uncertain about the ground rules on a particular assignment or exam, ask for clarification. No grade is important enough to justify academic misconduct. Use of Generative-AI tools should be used following the fundamental principles of the Honor Code. This includes being honest about the use of these tools for submitted work and including citations when using the work of others, whether individual people or Generative-AI tools. ***Generative-AI tools are strictly prohibited for exams and should not be used as direct quote or language in any written paper or essay.***
- 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://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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

As a faculty member, I am designated as a “Non-Confidential Employee,” and must report all disclosures of sexual assault, sexual harassment, 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 or support measures 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/> .**

**Mason students now have FREE access to [TimelyCare](#) – a virtual mental health and well-being platform crafted specifically for college students!**

With TimelyCare, Mason students will have access to a multitude of virtual mental health and well-being resources that are free and available 24/7. Find out more about the resources available online at [Timelycare.com/gmu](https://timelycare.com/gmu) or [Download the app](#).

<https://ulife.gmu.edu/timely-care/>