



College of Health & Human Performance
Department of Health Education and Behavior
Fall 2010

Emotional Health & Health Counseling
Fall 2010
Dr. Sadie B. Sanders, Ph.D., CHES

Course/Sections	HSC 3134 section 2429 (Undergraduate) HSC 5135 section 9670 (Graduate)
Class Meeting	Period 6 (12:50 p.m. – 1:40 p.m.), FLG 265
Office Hours	<ul style="list-style-type: none">• M: Period 8 (3:00 p.m. – 3:50 p.m.);• W: Periods 3-4 (9:35 a.m. – 11:30 a.m.);• F: Periods 3 & 7 (9:35 a.m. – 10:25 & 1:55 p.m. – 2:45 p.m.); and• By Appointment
Office Location	FLG 18
Telephone	(352) 392-0583, ext. 1257
E-mail	ssanders@hhp.ufl.edu
Fax	(352) 392-1909
Department Chair	Dr. Jay M. Bernhardt, FLG, 5

COURSE DESCRIPTION:

This course is designed to explore the factors associated with the development and maintaining of emotional health and to enable students to research, plan and implement effective interventions on selected emotional health issues.

OBJECTIVES:

Upon successful completion of this course students will be able to:

- Identify and describe major factors affecting emotional well-being.
- Recognize personal stressors and implement strategies to address them.
- Develop a personal stress management plan to enhance overall emotional wellbeing.
- Explain and demonstrate effective communication skills applicable in health education and other health-related professional settings.



REQUIRED TEXTS:

1. Blonna, R., J Loschiavo, J. & D Watter, D Health Counseling – A Microskills Approach for Counselors, Educators, and School Nurses, 2nd edition, 2011. Jones & Bartlett: Boston, MA.
2. The Last Lecture, Randy Pausch. 2008. Hyperion: New York, NY.

COURSE POLICIES

Class attendance: Regular class attendance and participation are essential for this course. If you miss a class, you are encouraged to ask a classmate for a description of what you missed. Any handouts distributed on the day you were absent from class may be picked up from my office during office hours. Please note that, due to the number of courses and students I have, individual email or phone requests for a description of what you missed during your absence cannot be granted. **Please note that, an absence is simply an absence, and is neither excused nor unexcused.**

Out-of-Class Assignments: Unless otherwise noted, assignments shall be submitted electronically (**Microsoft Word only**) via E-Learning and are due by 11:59 p.m. on the assigned due date. Assignments submitted within 24 hours of the due date will be accepted, however, will be flagged “Late” by the E-Learning system and will result in a deduction of points. The number of points deducted will be determined by the total number of points assigned to that particular assignment and the specific time that it was submitted. The assignment link will automatically be removed exactly 24 hours after the due date and therefore, the assignment will no longer be eligible for submission.

In-Class Activities: There will be a variety of in-class activities. You will only receive credit if you are present and you actively participate. **You cannot make up or be excused for missed in-class activities.**

Accommodations for students with disabilities: Students with disabilities who need reasonable modifications to complete assignments successfully and otherwise satisfy course criteria are encouraged to meet with the instructor as early in the course as possible to identify and plan specific accommodations. Students must provide a letter from the UF Office for Students with Disabilities to assist in planning modifications.

Honesty policy: As a result of completing the registration form at the University of Florida, every student has signed the following statement: "I understand that the University of Florida expects its students to be honest in all their academic work. I agree to adhere to this commitment to academic honesty and understand that my failure to comply with this commitment may result in disciplinary action up to and including expulsion from the University." (See Student Handbook for additional information)

Other:

1. **Department faculty and staff (Secretary, Office Manager):** Please do not ask faculty or staff members place any of your assignments or other items in my mailbox. You must make arrangements with me in advance which may include permission to slide the item under my door, if possible.
2. **Extras Credit:** Simply put, there is no extra credit and there are no extra credit assignments. Additionally, no points will be “given” at the end of the semester for any reason. If you are having difficulty with the course or experiencing unusual problems that potentially may interfere with your negatively impact your academic performance, you are encouraged to meet with me as soon as feasible – do not wait until the last minute.

COURSE REQUIREMENTS

1. **Exams:** There will be two non-cumulative exams including the Final. Please note the date for each exam on the class schedule and plan accordingly.
2. **In and Out- of-Class Assignments/Activities:** There will be numerous and varied in and out-of-class assignments and activities (including attendance for all guest lectures and graduate student presentations) that have been designed to enhance, compliment and supplement the major course content areas.
3. **Stress Management Paper:**
Write a 10-12 page paper assessing your concept of health and its dimensions, major sources of stress in your life and methods and techniques used for dealing the stress.

Content & Format:

1. Define health
2. Identify & Define/describe Dimensions of Health that you personally consider to be part of your overall concept/definition of Health. (you may use the 6 Dimensions discussed in and used for the purpose of this class)
3. Identify and describe 3 areas/sources of stress in your life.
4. From the list of Health Dimensions you identified in #2, list the Dimensions that are affected or impacted by each of the three sources/areas of stress identified in #3 and discuss how they are affected or impacted.
5. List & describe in details methods/techniques that you currently use to manage each of the 3 areas/sources of stress you identified in #3.
6. Evaluate & discuss the effectiveness of each of the methods/techniques identified in # 5.
7. For those methods/techniques in #6 that you determined to be ineffective, provide at least two alternative methods/techniques for each one.

Writing Guidelines:

1. Keyboard, double-space, 12 font, 1-inch margins, number pages (excluding Title Page)
2. Title page with your name, course/section (HSC 3134/0875 or HSC 5135/0880 Emotional Health & Health Counseling) and title of paper
3. Within the paper, label & separate each of the above 7 sections
4. The paper shall average 10 - 12 pages (you may have more), excluding Title Page
5. Pay attention to the mechanics of formal writing (spelling, grammar, etc.)

Submission:

1. Hard Copy (no electronic submission)
2. Due Date:

4. Graduate Section:

- a. Requirements 1 – 3 above; and
- b. In pairs, research, develop, videotape and present to the class a 20-30 minute Health Counseling Session targeting one of the topics listed below. Each person is required to participate in the all areas of the project.

1. Birth Control
2. Diabetes
3. Hypertension
4. HIV/AIDS
5. Sexual Concerns
6. STIs

ELECTRONIC COMPONENT:

1. Check your **E-mail and E-Learning in Sakai** regularly for announcement, important changes to class schedule, etc.
2. Course information will be posted Via **e-Learning in Sakai** <https://elearning2.courses.ufl.edu/portal> (unless otherwise noted)
3. All assignments shall be submitted electronically (**Microsoft Word only**) via **E-Learning in Sakai** <https://elearning2.courses.ufl.edu/portal>. Only one submission per assignment is permitted. Assignments will not be accepted via email.
4. All emails to me shall be sent to the email listed on page one of the Course Syllabus (ssanders@hhp.ufl.edu)--PLEASE DO NOT SEND EMAILS VIA E-LEARNING.

GRADING/POINT DISTRIBUTION

Assignment	Points
Exams	65
In & Out-of-Class Activities & Assignment	40
Stress Management Paper	15
Graduate Project	20
TOTAL (Undergraduate Section)	120
TOTAL (Graduate Section)	140

UG	G	Grade
108-120	126-140	A
102-107	119-125	B+
96-101	112-118	B
91-95	106-111	C+
84-90	98-105	C
79-83	92-97	D+
72-78	84-91	D
Below 72	Below 84	E

Passing Grades and Grade Points Effective May 11, 2009 - Summer A

Letter Grade	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	E	WF	I	NG	S-U
Grade Points	4.0	3.67	3.33	3.0	2.67	2.33	2.0	1.67	1.33	1.0	.67	0	0	0	0	0

PERSONAL HELPFUL UF & LOCAL COMMUNITY RESOURCES:

<p>1. <u>UF Counseling Center</u> Telephone: 392-1575 Email: http://www.counsel.ufl.edu/ Location: P301 Peabody Hall</p> <p>2. <u>UF Mental Health</u> Telephone: 392-1171 Email: http://www.shcc.ufl.edu/smhs/</p>	<p>3. <u>Alachua County Crisis Center</u> Telephone: 264-6789; Email: http://www.alachuacounty.us/government/depts/css/crisis/</p> <p>4. <u>Meridian Behavioral Healthcare</u> (community mental health center) Telephone: 374-5600 Email: www.mbhci.org Location: 4300 SW 13th Street</p>
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Tentative Class Schedule

DATE	ACTIVITY	READINGS
Week 1: 8/23 – 8/27	<ul style="list-style-type: none"> ● Course Overview ● Introduction to Health Counseling 	Blonna, Ch. 1
Week 2: 8/30 – 9/3	<ul style="list-style-type: none"> ● Theoretical Basis of Health Counseling ● Friday – No Class – Out-of-Class Activity 	Blonna, Ch. 2
Week 3: 9/6 – 9/10	<ul style="list-style-type: none"> ● Monday – No Class – Labor Day ● Theoretical Basis of Health Counseling ● Legal & Ethical Issues in Health Counseling 	Blonna, Ch. 2 Blonna, Ch. 3
Week 4: 9/13 – 9/17	<ul style="list-style-type: none"> ● Health Counseling Skills: Introductory & Attending Skills; Observational & Responding Skills; Influencing Skills 	Blonna, Chs.4, 5, 6
Week 5: 9/20 – 9/24	<ul style="list-style-type: none"> ● Health Counseling Skills: Introductory & Attending Skills; Observational & Responding Skills; Influencing Skills 	Blonna, Chs.4, 5, 6
Week 6: 9/27 – 10/1	<ul style="list-style-type: none"> ● Health Counseling Skills: Introductory & Attending Skills; Observational & Responding Skills; Influencing Skills 	Blonna, Chs.4, 5, 6
Week 7: 10/4 – 10/8	<ul style="list-style-type: none"> ● Monday – Exam #1 ● Introduction to Emotional Health ● Stress & Emotional Health ● Assessing Emotional Health & Wellbeing 	
Week 8: 10/11 – 10/15	<ul style="list-style-type: none"> ● Assessing Emotional Health & Wellbeing ● “Core” & “Common” Emotions ● Friday – No Class - Homecoming 	
Week 9: 10/18 – 10/22	<ul style="list-style-type: none"> ● “Core” & “Common” Emotions ● Wednesday – Out-of-Class Activity (no class) 	
Week 10: 10/25 – 10/29	<ul style="list-style-type: none"> ● Spirituality ● Social Support 	
Week 11: 11/1 – 11/5	<ul style="list-style-type: none"> ● Grief & Loss, Death & Dying ● Friday – Out-of-Class Activity 	Pausch, <i>The Last Lecture</i> (Book be read by Monday)
Week 12: 11/8 – 11/12	<ul style="list-style-type: none"> ● Depression & Suicide ● Mindfulness 	
Week 13: 11/15 – 11/19	<ul style="list-style-type: none"> ● Monday & Wednesday – No Class – Work on class projects/papers (Dr. Sanders out of town) ● Friday – Emotional Health paper, hard copy due during official class time 	
Week 14: 11/22 – 11/26	<ul style="list-style-type: none"> ● Monday – Graduate Presentations ● Wednesday – Out-of-Class Assignment (no class) ● Friday – No Class – Thanksgiving Holiday 	
Week 15: 11/29 – 12/3	<ul style="list-style-type: none"> ● Monday – Graduate Presentations (2) ● Wednesday – World AIDS Day Activities – No Class ● Friday – Graduate Presentations (2) 	
Week 16: 12/6 – 12/10	<ul style="list-style-type: none"> ● Monday – Exam #2 (Final Exam) 	

