



**College of Health & Human Performance**  
*Department of Health Education and Behavior*  
Fall 2011

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

Course/Sections	HSC 3134, Section 2429 HSC 5135, Section 1152
Class Meeting	Period 6 (12:50 p.m. – 1:40 p.m.), FLG 265
Office Hours	<ul style="list-style-type: none"><li>▪ M: Periods 6 – 8 (12:50 p.m. – 3:50 p.m.)</li><li>▪ W &amp; F: Period 4 (10:40 a.m. – 11:30 a.m.)</li><li>▪ By Appointment</li></ul>
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Department Chair	Dr. Jay M. Bernhardt, FLG, 5

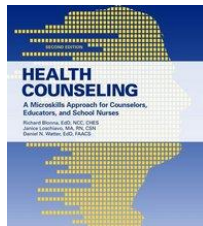
**COURSE DESCRIPTION:**

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, 2<sup>nd</sup> edition, 2011. Jones & Bartlett: Boston, MA.
2. The Last Lecture, Randy Pausch. 2008. Hyperion: New York, NY.

## COURSE POLICIES

### 1. **Class Attendance**

- A. Regular class attendance is required and expected.
- B. 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.
- C. Attendance will be taken for all guest speakers and graduate presentations, and will be counted as in-class activity points.
- D. According to the UF Policy regarding absences, acceptable reasons for absence from class include illness, serious family emergencies, special curricular requirements military obligation, severe weather conditions, religious holidays and participation in official university activities such as music performances, athletic competition or debate, and absences from class for court-imposed legal obligations) must be excused. Appropriate documentation must be provided within one week of the day you return to class.

### 2. **Assignments**

- A. Assignments shall be submitted electronically via E-Learning (unless otherwise noted) and are due by 11:55 p.m. on the assigned due date. Only one submission per assignment will be allowed; therefore, make sure the assignment you submit is the final version. If you experience a problem with the submission, you may submit it via email along with a detail explanation of the problem you incurred. Please note that the time the assignment is due remains the same.
- B. Hard-copy/In-class submissions are due during the official class time (12:50 a.m. – 1:40 p.m.). If the assignment consists of more than one page, **all pages must be STAPLED together**. If you do not attend class on the day an assignment is due, you may have someone submit it for you or you may submit it via email; however, please note that the time the assignment is due remains the same.
- C. Late assignments: **Late assignments submitted via E-Learning** will be accepted when submitted within the 24 hours immediately the designated due date and will flagged “Late” by the E-Learning system. Assignment links will automatically be removed exactly 24 hours after the due date and the assignment will no longer be eligible for submission. **Late hard-copy/in-class submissions** will be accepted when submitted by the next class immediately following the due date. All late assignments will be subject to 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 exact time that the assignment was submitted.

### 3. **In and Out of Class Activities/Assignments**

- A. There will be a variety of in and out of class activities and assignments. You will only receive full credit for in class activities if you are present and actively participate.
- B. **MISSED ACTIVITIES/ ASSIGNMENTS CANNOT BE MADE UP OR EXCUSED** (UAA Students are excluded). However, if you miss only one in-class activity you will still eligible to receive

the maximum number of points (or close to) because one additional activity will be assigned.

- C. Please note that you cannot receive more than the maximum number of total points assigned (60).

#### 4. **Accommodations for Students with Disabilities**

- A. The UF Disability Resource Center states, “We strive to provide quality services to students with physical, learning, sensory or psychological disabilities, to educate them about their legal rights and responsibilities so that they can make informed decisions, and to foster a sense of empowerment so that they can engage in critical thinking and self-determination.” Therefore, Students with disabilities who need reasonable modifications to complete assignments and/or exams successfully and otherwise satisfy course criteria are encouraged to meet with me as early in the course as possible to identify and plan specific accommodations.
- B. Students must provide a letter from the UF Disability Resource Center to assist in planning modifications.

#### 5. **Honesty Policy**

- A. 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)

#### 6. **Other**

- A. **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.
- B. **Extra 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 to boost a grade. If you are having difficulty with the course or experiencing unusual problem – do not wait until the last minute to consult with me.

### **COURSE REQUIREMENTS**

1. **Exams:** There will be two non-cumulative exams including the Final.
2. **In and Out- of-Class Activities:** There will be several in and out-of-class activities and assignments that have been designed to enhance, compliment and supplement the major course content areas.
3. **Stress Awareness & Exploratory 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.
  - A. Content and 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 detail the 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.

B. Writing and Submission Guidelines

1. Keyboard, double-space, 12 font, 1-inch margins, number pages (excluding Title Page)
2. Title page with your name, course/section and title of paper
3. Within the paper, label, bold, and separate each of the above seven sections
4. Write in first person
5. The paper shall average 10 - 12 pages (you may have more), excluding Title Page
6. Pay close attention to the mechanics of formal writing (spelling, grammar, etc.)
7. Hard copy (securely stapled) submission due on or before Wednesday, November 9, 2011 before the end of official class time.

4. **Health Counseling Case Studies:** In a sense, case studies are stories that present realistic, complex and contextually rich situations. Often, they involve a dilemma, conflict or problem that individuals must resolve or at least, negotiate. A good case study, according to Professor Paul Lawrence is “the vehicle by which a chunk of reality is brought into the classroom to be worked over by the class and the instructor. A good case keeps the class discussion grounded upon some of the stubborn facts that must be faced in real life situations.”

- A. You will be provided a variety of health-related case studies and the guidelines and steps for analyzing them throughout the second half of the class.

**ELECTRONIC COMPONENT**

1. Course information & material will be posted **via e-Learning in Sakai** unless otherwise noted.
2. All out-of-class assignments shall be submitted electronically (**Microsoft Word only**) via E-Learning in Sakai unless otherwise noted.
3. Check your **E-mail and E-Learning in Sakai** frequently for announcements, important changes to class schedule, etc.

**GRADING/POINT DISTRIBUTION**

Assignment		Points	UNDERGRADUATE %	GRADUATE %
Exams		200	50	40
In & Out-of-Class Activities & Assignment		80	20	16
Stress Paper		60	15	12
Case Studies		60	15	12
Graduate Projects		100		20
<b>Total</b>	Undergraduate Section	400	100	
	Graduate Section	500		100

Final letter grades are determined by the total number of points rather than percentage

Undergraduate Points	Graduate Points	Grade
372 - 400	465 – 500	A
360 – 371	450 – 464	A-
352 - 359	435 – 449	B+
332 - 351	415 – 434	B
320 - 331	400 – 414	B-
312 - 319	385 – 399	C+
292 - 311	365 – 384	C
280 - 291	350 – 364	C-
272 - 279	335 – 349	D+
252 - 271	320 – 334	D
240 - 251	300 – 319	D-
Below 240	Below 300	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 CAMPUS & LOCAL COMMUNITY RESOURCES:**

1. **UF Counseling Center**  
Telephone: 392-1575  
Email: <http://www.counsel.ufl.edu/>  
Location: P301 Peabody Hall
  
2. **UF Mental Health**  
Telephone: 392-1171  
Email: <http://www.shcc.ufl.edu/smhs/>
  
3. **UF Disability Resource Center**  
Visit [www.dso.ufl.edu/drc/](http://www.dso.ufl.edu/drc/) For Fall 2011 Support Groups
  
4. **Alachua County Crisis Center**  
Telephone: 264-6789;  
Email: <http://www.alachuacounty.us/government/depts/css/crisis/>
  
5. **Meridian Behavioral Healthcare** (community mental health center)  
Telephone: 374-5600  
Email: [www.mbhci.org](http://www.mbhci.org)  
Location: 4300 SW 13<sup>th</sup> Street

### Tentative Class Schedule

DATE	ACTIVITY	READINGS
<b>Week 1:</b> 8/22 – 8/26	<ul style="list-style-type: none"> <li>• Course Overview</li> <li>• Emotional Health: Introduction</li> <li>• Stress &amp; Emotional Health</li> </ul>	Article #1
<b>Week 2:</b> 8/29 – 9/2	<ul style="list-style-type: none"> <li>• Assessing Emotional Health &amp; Wellbeing</li> <li>• Friday – Out-of-Class Assignment</li> </ul>	
<b>Week 3:</b> 9/5 – 9/9	<ul style="list-style-type: none"> <li>• <b>Monday – No Class – Labor Day</b></li> <li>• “Core” &amp; “Common” Emotions</li> </ul>	
<b>Week 4:</b> 9/12 – 9/16	<ul style="list-style-type: none"> <li>• “Core” &amp; “Common” Emotions</li> </ul>	
<b>Week 5:</b> 9/19 – 9/23	<ul style="list-style-type: none"> <li>• Spirituality</li> <li>• Social Support</li> </ul>	Article #2 Article #3
<b>Week 6:</b> 9/26 – 9/30	<ul style="list-style-type: none"> <li>• Grief, Loss, Death &amp; Dying</li> </ul>	<i>The Last Lecture</i> (to be read Monday)
<b>Week 7:</b> 10/3 – 10/7	<ul style="list-style-type: none"> <li>• Depression &amp; Suicide</li> <li>• Mindfulness</li> </ul>	Article #4
<b>Week 8:</b> 10/10 – 10/14	<ul style="list-style-type: none"> <li>• Time Management</li> <li>• <b>Friday – Exam #1</b></li> </ul>	
<b>Week 9:</b> 10/17 – 10/21	<ul style="list-style-type: none"> <li>• Theoretical Basis of Health Counseling</li> <li>• <b>Wednesday – Out-of-Class Assignment</b></li> </ul>	Blonna, Chapters 1 – 3
<b>Week 10:</b> 10/24 – 10/28	<ul style="list-style-type: none"> <li>• Theoretical Basis of Health Counseling</li> <li>• The Microskills Model: Introductory and Attending Skills</li> </ul>	Blonna, Chapters 1 – 3 Blonna, Chapters 4
<b>Week 11:</b> 10/31 – 11/4	<ul style="list-style-type: none"> <li>• The Microskills Model: Introductory and Attending Skills</li> <li>• The Microskills Model: Responding Skills</li> <li>• <b>Friday – No Class – Homecoming</b></li> </ul>	Blonna, Chapter 4 Blonna, Chapter 5
<b>Week 12:</b> 11/7 – 11/11	<ul style="list-style-type: none"> <li>• The Microskills Model: Responding Skills</li> <li>• The Microskills Model: Influencing Skills</li> <li>• Wednesday – Stress Awareness Paper Due</li> <li>• <b>Friday – No Class – Veterans Day</b></li> </ul>	Blonna, Chapter 5 Blonna, Chapter 6
<b>Week 13:</b> 11/14 – 11/18	<ul style="list-style-type: none"> <li>• Application to Specific Health Problems: Primary Prevention</li> </ul>	Blonna, Chapters 7 – 8
<b>Week 14:</b> 11/21 – 11/25	<ul style="list-style-type: none"> <li>• Application to Specific Health Problems: Secondary Prevention</li> <li>• <b>Wednesday – Out-of-Class Assignment</b></li> <li>• <b>Friday – No Class – Thanksgiving Holiday</b></li> </ul>	Blonna, Chapters 9 – 10 Blonna, Chapters 9 – 10
<b>Week 15:</b> 11/29 – 12/2	<ul style="list-style-type: none"> <li>• Application to Specific Health Problems: Secondary Prevention</li> <li>• Application to Specific Health Problems: Tertiary Prevention</li> </ul>	Blonna, Chapters 9 – 10 Blonna, Chapter 11
<b>Week 16:</b> 12/5 – 12/7	<ul style="list-style-type: none"> <li>• <b>Monday – Exam #2</b></li> <li>• Wednesday – Last Day of Class – TBA</li> </ul>	