



College of Health & Human Performance
Department of Health Education and Behavior
Spring 2012

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

Course/Sections	HSC 3134, Section 0448 HSC 5135, Section 5362
Class Meeting	Period 6 (12:50 p.m. – 1:40 p.m.), FLG 285
Office Hour	Monday, Wednesday & Friday: 9:30 a.m. – 11:00 a.m.; Friday: 10:30 a.m. – 11:00 a.m.; and By Appointment
Office Location	FLG 18
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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:

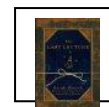
- Identify and describe major factors affecting emotional well-being.
- Recognize personal stressors and implement strategies to address them.
- Develop a personal stress management plan to enhance overall emotional wellbeing.
- Explain and demonstrate effective communication skills applicable in health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

REQUIRED TEXTS:

1. Health Counseling – A Microskills Approach for Counselors, Educators, and School Nurses, 2nd edition, 2011. R. Blonna, J. Loschiavo & D. Watter. Jones & Bartlett: Boston, MA.



2. The Last Lecture. R. Pausch. 2008. Hyperion: New York.



3. The Boy Who Harnessed the Wind: Creating Currents of Electricity and Hope, 2008. W. Kamkwamba & B. Mealer. William Morrow/HarperCollins: New York.



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 submitted electronically via the E-Learning Assignment Tool will be 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 in its the final form/format.
- b. All electronic submissions via E-Learning in Sakai Assignment tool must be in the form a Microsoft Word file document that is uploaded and submitted as an attachment.
- c. If you experience a problem with letter “b” above, you may submit the assignment via email (E-Learning) along with a detail explanation of the problem you incurred. Please note that the due date and time for the assignment will not change.
- d. Hard-copy/In-class submissions are due during the official class time (12:50 p.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.

- e. **Out-of-Class/In-Class Activities:** There will be several out-of-class & in-class activities. Out-of-Class assignment will be submitted electronically via E-Learning unless otherwise noted. You will receive full credit for an In-Class activity only if you are present and actively participate. Missed in-class activities cannot be made up. However, one extra activity will be assigned which will allow you to miss one In- or Out-of Class activity and remain eligible for or close to the maximum number of In/Out-of Class activity points. Please note that your total number of activity points cannot exceed the maximum number of points assigned to the In/Out-of Class Assignment.
3. **Late assignments:** All late assignments will be subject to a deduction of points. The number of points deducted will be determined by the total number assignment to the particular assignment.
 - a. Late assignments submitted via E-Learning will be accepted when submitted within the 24 hours after the designated. Any late assignment will be automatically be flagged "Late" by the E-Learning system.
 - b. Hard-copy/in-class submissions will be accepted (with a deduction of points) when submitted within 48 hours after the due date, the number of points deducted will be determined by the total number of points assigned to the specific assignment and the exact time that the assignment was submitted.
4. **Accommodations for Students with Disabilities**
 - a. "Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation."
http://www.a.ufl.edu/Data/Sites/18/media/policies/syllabi_policy.pdf)
5. **UF Honesty Policy**
 - a. "In adopting this Honor Code, the students of the University of Florida recognize that academic honesty and integrity are fundamental values of the University community. Students who enroll at the University commit to holding themselves and their peers to the high standard of honor required by the Honor Code. Any individual who becomes aware of a violation of the Honor Code is bound by honor to take corrective action. Student and faculty support are crucial to the success of the Honor Code. The quality of a University of Florida education is dependent upon the community acceptance and enforcement of the Honor Code."
<http://regulations.ufl.edu/chapter4/4040.pdf>

- b. "Plagiarism. A student shall not represent as the student's own work all or any portion of the work of another. Plagiarism includes but is not limited to:

1. Quoting oral or written materials including but not limited to those found on the internet, whether published or unpublished, without proper attribution.

2. Submitting a document or assignment which in whole or in part is identical or substantially identical to a document or assignment not authored by the student."

<http://www.dso.ufl.edu/sccr/honorcodes/honorcode.php>

6. **Miscellaneous**

- a. Emails sent to me via E-Learning must be sent to "Sadie Sanders" -- not "Instructor Role"
- b. **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.
- c. **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 Assignments:** There will be several in and out-of-class activities and assignments that have been designed to enhance, compliment and supplement the course content areas. These activities will include but not be limited to self-awareness, values clarification, critical thinking, professional ethics.
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 **Monday, April 9, 2012** before the end of official class time.
8. See E-Learning for Grading Rubric.

4. **Book Discussion**

- a. The Boy Who Harnessed the Wind – To be read by week five
- b. The Last Lecture – To be read by week six

5. **Graduate Section**

- a. Complete numbers 1-4 above and b & c below
- b. Small Group Facilitation
- c. Develop a Health Counseling video that will be used to “teach” undergraduate students how effectively and appropriately use the three basis sets of counseling skills to address selected health problems. See Grad Project Handout for additional information

ELECTRONIC COMPONENT

1. Course information & material will be posted **via e-Learning in Sakai** unless otherwise noted.
2. Check E-Learning and your E-mail regularly and frequently for announcements, important changes to class schedule, etc.

GRADING/POINT DISTRIBUTION

COURSE REQUIREMENT		POINTS	UNDERGRADUATE %	GRADUATE %
Exams		200	50	40
In & Out-of-Class Assignment		80	20	16
Stress Awareness Paper		60	15	12
The Last Lecture/ The Boy Who Harnessed the Wind		60	15	12
Graduate Projects		100		20
Total	Undergraduate Section	400	100	
	Graduate Section	500		100

Final letter grades are determined by the total number of points rather than by 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/ 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
Location: 4300 SW 13th Street

Tentative Class Schedule

DATE	ACTIVITY	READINGS
Week 1: 1/9 – 1/13	<ul style="list-style-type: none"> • Course Overview • Emotional Health: Introduction • Stress & Emotional Health 	
Week 2: 1/16 – 1/20	<ul style="list-style-type: none"> • Assessing Emotional Health & Wellbeing • Friday – Out-of-Class Assignment #1 	
Week 3: 1/23 – 1/27	<ul style="list-style-type: none"> • Monday – No Class – Dr. Martin Luther King, Jr. Holiday • “Core” & “Common” Emotions 	
Week 4: 1/30 – 2/3	<ul style="list-style-type: none"> • “Core” & “Common” Emotions • Spirituality 	
Week 5: 2/6– 2/10	<ul style="list-style-type: none"> • Self Esteem • Social Support 	Book: <i>The Boy Who Harnessed the Wind</i> (to be read by Monday, 2/6)
Week 6: 2/13 – 2/17	<ul style="list-style-type: none"> • Grief, Loss, Death & Dying • Depression & Suicide 	Book: <i>The Last Lecture</i> (to be read by Monday, 2/13)
Week 7: 2/20 – 2/24	<ul style="list-style-type: none"> • Mindfulness • Self Esteem 	
Week 8: 2/27 – 3/2	<ul style="list-style-type: none"> • Time Management • Wednesday – Exam #1 • Friday –Out-of-Class Assignment #2 	
Week 9: 3/5 – 3/9	No Class – Spring Break	
Week 10: 3/12 – 3/16	<ul style="list-style-type: none"> • Theoretical Basis of Health Counseling 	Blonna, Chapters 1 – 3
Week 11: 3/19 – 3/23	<ul style="list-style-type: none"> • Introductory and Attending Skills • Observational and Responding Skills 	Blonna, Chapter 4 Blonna, Chapter 5
Week 12: 3/26 – 3/30	<ul style="list-style-type: none"> • The Microskills Model: Responding Skills • The Microskills Model: Influencing Skills 	Blonna, Chapter 5 Blonna, Chapter 6
Week 13: 4/2 – 4/6	<ul style="list-style-type: none"> • Application to Specific Health Problems • Friday –Out-of-Class #3 	Blonna, Chapters 7 – 8
Week 14: 4/9 – 4/13	<ul style="list-style-type: none"> • Monday – Stress Awareness & Exploratory Paper Due • Application to Specific Health Problems Prevention 	Blonna, Chapters 9 – 10
Week 15: 4/16 – 4/20	<ul style="list-style-type: none"> • Application to Specific Health Problems: Tertiary Prevention • Graduate Presentations 	Blonna, Chapter 11
Week 16: 4/23 – 4/27	<ul style="list-style-type: none"> • Graduate Presentations • Wednesday – Last Day of Class 	
Final Exam – Thursday, May 3, 2011 12:30 p.m. – 2:30 p.m. Course Classroom		