

EDUC 790
Mastering Mental and Emotional Health
Course Syllabus

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Suggested Text:

Souers, K & Hall, P. (2016). *Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom*. Alexandria, VA: ASCD

Course description:

Can we truly master mental and emotional health? No. But we can learn ways to manage our thoughts and feelings to optimize our health to the best of our abilities. In this course, we will explore the complex nature of our thoughts and feelings in both adults and school-age children. Topics include: stress/stress management, emotional coping strategies, psychological disorders, the media's effect on our thoughts and feelings, trauma sensitive classrooms, etc.

Course Learning Outcomes:

1. Recognize community resources for enhancing mental and emotional health through the creation of a resource portfolio.
2. Gain a better understanding of how mental and emotional health affects an individual by engaging in a self-study of mental and emotional health.
3. Develop strategies for optimizing the mental and emotional health of school-age children in a classroom setting.

Assessment:

This course is an exploration of mental and emotional health. Provoking overly high levels of anxiety, depression, frustration, etc. would be incredibly counterproductive. The course is set up to be flexible and convenient for all schedules within reason. Therefore, for the following assignments, there are open dropboxes, but there are no due dates for assignments. The course can be completed at your own pace. The only requirement is that all work is completed by the end of the academic semester; this is a university policy. The following items are course requirements:

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| 1. Lecture assignments | 100 pts |
| 2. Mental and emotional health resource portfolio | 100 pts |
| 3. Resource implementation plan | 100 pts |
| 4. My mental and emotional health profile | 100 pts |

Lecture assignments

This class is 100% online, therefore, we do not meet as a class. Instead of meeting face-to-face, lectures for the class will be screen casted so that they can be watched at a convenient time. Each lecture will have an associated assignment that will need to be completed. These assignments are simply

reflections based on the content of the lecture. Your thoughts and opinions are highly valued. Both the links to the lectures and the assignments can be found on D2L.

Each assignment is to be deposited into a D2L dropbox. Microsoft Word documents seem to be the easiest to deposit in the dropboxes, however if you are more comfortable working with another program, most likely we will be able to find a way for you to deposit your work.

Mental and emotional resource portfolio

Create a portfolio that contains resources that you could use in a classroom setting with school-age children. The resources could be used for a variety of reasons, including content for a mental and emotional health unit, helping students who are struggling with mental health issues, improving the mental resiliency of all students in the class, etc. If you can find the majority of your resources at a community agency, that is completely acceptable, but if you have multiple sources, that is also acceptable. The expectation for this assignment is that there will be a large variety of resources based on your location, your interests, your student population and so on. Formatting is completely up to you. PowerPoint seems to work well. Handouts, pamphlets, etc. can be scanned and attached.

Please include the following in your portfolio:

1. A cover page that describes your “classroom setting.”
 - a. Grade level(s)
 - b. Number of students with known mental health issues
 - c. A brief description of your own process for finding the resources that you have included.
2. Addresses/contact information for 2 community agencies in your area that provide mental and emotional health information and/or services. For both agencies, please include an extensive list of their services and at least one pamphlet or handout that they provide. Also include their mission statement and the type of agency (county health department, hospital, non-profit, etc.)
3. Internet links to 3 videos that could be used to help student understand mental and emotional health (content videos). Please provide your rationale for selecting each of the videos.
4. Internet links to 2 videos that could potentially help students to relax/cope (practical videos). Please provide your rationale for selecting each of the videos.
5. 3 active learning strategies to be used in your classroom setting to teach a component of **social-emotional learning**. Role plays, labs, demonstrations, brainstorming, case studies, etc. These can be either content-related or practical. Please provide a step-by-step procedure for implementation of each of these strategies. These can be “borrowed” from someone else, but please give them the proper credit within your document.
6. 2 creative classroom modifications. Examples include a “friend bench” or unstructured seating (beanbags, couches, a variety of chairs, etc.). Please do not use these 2 examples 😊. Please include an operational description of these modifications. In other words, how would they look in the room and what are their purposes. Depending on the modification, a diagram might be helpful, but is not required. Again, these can be “borrowed,” but give credit where credit is due.
7. 2 books. Please provide complete references for 2 books that would provide **you**, the instructor with information on a mental and emotional health topic. Topics will vary greatly. Also provide a brief description/abstract of the books. Please do not use the suggested text for the class
8. 1 book. Please provide a complete reference for one book that would provide **students** with information on a mental and emotional health topic. Topics will vary greatly. Also provide a brief description/abstract of the book.

Resource implementation plan

Resources are only good if you can actually use them. The following requirement is designed to help you put a plan together for using some of the resources that you have found and included in your portfolio. The scenario that you use for context for this assignment can be either real, if you are currently teaching your own class(es), or hypothetical, if you are not currently teaching. This is an elective for the general education master's program, but if you are in a non-teaching role/job, and would like to apply your resources to your current position, please contact the instructor for any necessary modifications.

The expectation is that this will be a written paper. However, the format of the paper is up to you. If you prefer to use a different means of conveying the information (PowerPoint, Prezi, imovie, etc.), that will be acceptable. Creativity is always appreciated. Please include the following:

1. Select any 4 of the above resources that you believe would be most applicable to your classroom setting and student population. Give a brief description of your rationale for picking each of the resources selected.
2. For each of the resources, answer the following (complete sentences are not necessary):
 - a. How many students will be affected by the resource (one, small groups, entire class)?
 - b. Anticipated frequency of use (how many times you might use it per day, week, year)?
 - c. Possible cost?
 - d. Will you need administrative approval to use the resource?
3. Describe the scenario in which you would use each of the resources listed above. Please include the following:
 - a. Behavior of the students (good, bad, tired, perhaps the resource is a reward of some sort, etc.)?
 - b. Time of the day/class (beginning as an energizer, throughout, at the end, as needed)?
 - c. Associated assignment or reflection (written, verbal, project, group, individual, none)?
4. Anticipated outcomes/expectations for using each of the resources listed above. When/after you implement each of the above resources, what are your desired outcomes? There will tremendous variability in these answers, just describe in your own words. Learning outcomes? Behavioral outcomes? Etc.

My mental and emotional health profile

Your mental and emotional health will probably vary depending on the time of the semester that you write this paper. Just focus on the week in which you write the paper. Please be sure to address the following:

1. On a scale of 1-10 (1=very poor, 10=optimal), rate your current state of mental/emotional health. Please provide rationale for your ranking.
2. How are relationships with others affecting your mental/emotional health? Positively, negatively? Family, friends, significant others, co-workers, course instructors, etc.? Who is your "safe person?" What do they do for you?
3. Describe your use of social media. None, moderate, heavy? How do you think social media affects your mental/emotional health? Please describe.

4. 3 other issues/events that might be affecting your mental/emotional health either negatively or positively (finances, new job, classes, wedding, loss, the Packers)
5. How are you coping with/managing your current state of mental/emotional health? If your current state is poor, how are you coping? If you are currently feeling healthy, how are you effectively managing your health?
6. How do you generally cope with times, throughout the year, when you are feeling low, down, depressed, anxious, or worse? Please describe 3 coping strategies and honestly evaluate their effectiveness and if they are overall positive or negative strategies. Example: When I am feeling depressed, I go for a walk to clear my mind. It is pretty positive, because I get a chance to think, and I get some exercise.

*Note: These papers will be kept 100% confidential. However, if you have issues, events, diagnoses, etc. that you do not want to address, you are absolutely not required to do so.

7. Now...go through the process of steps 1-5 with someone else. Interview them and address the first 5 items. Pick someone who is either at least 10 years older than you or 10 years younger than you. This person will probably be much less detailed, therefore, this portion of the paper should have less detail. Expectations for this portion of the paper would be about 1 page.