

CATALOG INFORMATION

Dept and Nbr: DRD 313

Title: STRAT FOR MENTAL HEALTH

Full Title: Success Strategies for Promoting Mental Health

Last Reviewed: 1/27/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	1.00	17.5	Lecture Scheduled	17.50
Minimum	1.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	1.00		Contact Total	17.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 35.00

Total Student Learning Hours: 52.50

Title 5 Category: AA Degree Non-Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

Catalog Description:
This course is designed to promote the academic success of students with mental health conditions. Students will gain a basic understanding of common factors that contribute to mental health conditions, as well as strategies to improve emotional regulation, stress management, and self-advocacy.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: This course is designed to promote the academic success of students with mental health conditions. Students will gain a basic understanding of common factors that contribute to mental health conditions, as well as strategies to improve emotional regulation, stress management, and self-advocacy. (Grade or P/NP)
Prerequisites/Corequisites:

Recommended:
Limits on Enrollment:
Transfer Credit:
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:		Effective:	Inactive:
UC Transfer:		Effective:	Inactive:

CID:

Certificate/Major Applicable:
Not Certificate/Major Applicable

COURSE CONTENT

Outcomes and Objectives:

1. Describe symptoms, causes and barriers to mental health.
2. Identify personal strengths, limitations and healthy coping strategies.
3. Demonstrate self-advocacy skills.
4. Implement strategies to improve emotional regulation and mental health.

Topics and Scope:

- I. Common Mental Health Condition Symptoms and Causes
 - A. Anxiety
 - B. Depression
 - C. Substance abuse
 - D. Trauma
 - E. Family history
- II. The Sociocultural Context of Mental Health Conditions
 - A. Stigma
 - B. Language
 - C. Impacts of cultural beliefs
- III. Self- Advocacy
 - A. Disability related legislation
 - 1. Americans with Disability Act (ADA)
 - 2. Title 5 of the California Education Code
 - B. Advocacy strategies
- IV. Emotional Regulation and Stress Management
 - A. Sleep hygiene
 - B. Exercise
 - C. Nutrition
 - D. Stress management strategies

- E. Emotional regulation strategies
- F. Goal setting
- V. Mental Health Resources
 - A. Campus resources
 - B. Community resources
 - C. Online resources

Assignment:

1. Reading assignments (10-20 pages per week)
2. Written short answer responses to reading assignments (2-5)
3. Participation in class discussions
4. Practice of advocacy, emotional regulation and stress management strategies
5. Research of mental health resources
6. Personal life balance plan which includes a self-assessment of personal strengths and challenges
7. Quizzes (1-3)
8. A presentation or project on one mental health strategy or resource

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Short answer responses to assigned readings, life balance plan

Writing
30 - 40%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None

Skill Demonstrations
0 - 0%

Exams: All forms of formal testing, other than skill performance exams.

Quizzes: matching, multiple choice, true/false

Exams
20 - 30%

Other: Includes any assessment tools that do not logically fit into the above categories.

Participation, presentation/project

Other Category
30 - 40%

Representative Textbooks and Materials:

Instructor prepared materials