DRD 313 Course Outline as of Summer 2019

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

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Discuss mental health conditions, contributing factors and related management strategies.
2. Identify and access available mental health resources.

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.
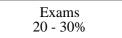
None	Skill Demonstrations 0 - 0%

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