

# DRD 313: Success Strategies for Promoting Mental Health

## Course Description

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

## Class Accommodations

If you need a disability-related accommodation for this class, please present your accommodation letter to the instructor as soon as possible. You may also speak privately with the instructor during office hours.

## Student Conduct Expectations

The best way to learn is through active participation. Please show respect to others by being on time, listening actively, and being polite even when we disagree with another's viewpoint.

All students are expected to know the SRJC Student Conduct Code (which can be found online at: <https://student-conduct.santarosa.edu/>) and adhere to it in this class. Students who violate the code may be suspended from 2 classes and referred to the Vice President of Student Services for discipline. We will conduct ourselves in a manner that reflects our awareness of common standards of decency and the rights of others. This is a contract. Continued registration in this course means that you agree to these policies and guidelines outlined in the syllabus.

## Zoom and Canvas Etiquette

Please be familiar with and practice proper Zoom and Canvas etiquette. Inappropriate language and behavior will not be tolerated. If you are experiencing technical difficulties, please contact the instructor as soon as possible to inform.

## Course Assignments and Grading Policy

This class will use a points system to determine students' grades. Below is a list of the assignments for this class as well as the possible points for each. Homework assignments will be submitted through Canvas text entry or file upload. All written work is to be original; plagiarism of any kind will result in a failing grade on that assignment. You can find the college policy/procedure on academic integrity at: <https://rightsresponsibilities.santarosa.edu/academic-integrity>.



**Thursday 1:00pm-3:00pm**

**10/1/20-12/3/20**

**Section #0896**

**Online: Zoom Class/Canvas**

**Zoom Meeting ID: 920 0662 6595**

**Password: 379172**

## Contact Information:

**Christin Niederberger, M.A.**

707-527-4371

[cniederberger@santarosa.edu](mailto:cniederberger@santarosa.edu)

## Office Hours and Location

Thurs 12:30pm-1:00 pm/3:00pm-3:30pm

Or by appointment

Zoom Meeting ID: 994 7461 8998

Password: 654697

## Student Learning Outcomes

*Upon completion of the course, students will be able to:*

1. Discuss mental health conditions, contributing factors and related management strategies
2. Identify and access available mental health resources

<b>Graded Activity</b>	<b>Point Breakdown</b>	<b>Points Possible</b>
<b>Class Participation &amp; Attendance</b>	2 points daily	<b>20</b>
As participation is imperative to learning, it is important that you participate in all class meetings and discussions. Two points will be earned for participation. Being late to class will result in 75% credit for the day. If you are sick or are going to be absent, please call or e-mail the instructor BEFORE class and make arrangements for any missed assignments. Any student with excessive absences (10% or more of class time) may be dropped from the class at any time without prior notification from the instructor.		
<b>Homework Assignments</b>	5-10 points each	<b>40</b>
Homework assignments, consisting of reading assignments (10-20 pages) and written short answer responses (2-5), will be submitted on Canvas. They are due by 11:59pm on the date they are due. Late work will be accepted and will be marked down one full letter grade.		
<b>Midterm Quiz</b>	20 points	<b>20</b>
There will be one midterm quiz. The quiz will have about 10 questions and you will be allowed one page (front and back) of notes. Only in emergency situations can tests be made up.		
<b>Mental Health Resources Research Poster Project</b>	20 points	<b>20</b>
For this project you will be asked to research a mental health resource in the community and share with the class about the resource. Project guidelines will be provided in class.		
<b>Extra Credit Opportunities</b>	5 points possible	<b>5</b>
There will be a few different opportunities presented during class. A total of 5 points are possible.		
<b>TOTAL</b>		<b>100</b>

Of the total possible points earned, final course grading will be as follows:

A	=	90 – 100%
B	=	80 – 89%
C	=	70 – 79%
D	=	60 – 69%
F	=	0 – 59%

## **Class Format**

### **1:00-1:15- Practice Strategies and Techniques**

I will have relaxing music playing at the very start of class and you can choose between any combinations of the following activities:

1. Sit quietly- relax & breath
2. Gratitude Journaling- List 3 things you are grateful for
3. Drawing/coloring

### **1:15- 1:30- Review Previous Week- Reflection/Questions/Comments**

### **1:30- 2:30- Lecture and Discussion (class break @ 2-2:10p)**

### **2:30-2:50- Practice Strategies and Techniques**

We will end each class by practicing the mental health strategies and techniques discussed in this course.

\*\*\* The following is a tentative schedule. Dates and topics may change.

<b>Weekly Guide</b> <b>DRD 313: Success Strategies for Promoting Mental Health</b>		
<b>Date</b>	<b>Agenda</b>	<b>Assignments Due</b>
10/1/20	Introductions, Course Overview and Class Expectations	
10/8/20	What is Mental Health, Common Mental Health Conditions, Symptoms and Causes	<b>Homework #1 Due</b>
10/15/20	Sociocultural Context of Mental Health Barriers, Personal Strengths and Limitations	<b>Homework #2 Due</b>
10/22/20	Self-Advocacy, ADA and Title 5	<b>Homework #3 Due</b>
10/29/20	Emotional Regulation, Stress Management and Healthy Coping Strategies	<b>Homework #4 Due</b>
11/5/20	Mental Health Resources	<b>Homework #5 Due</b>
11/12/20	MIDTERM REVIEW	<b>Homework #6 Due</b>
11/19/20	<b>MIDTERM</b>	<b>Midterm Notes Due</b>
11/26/20	<b>NO CLASS- Thanksgiving</b>	
12/3/20	<b>Mental Health Resources Poster Project Presentations</b>	<b>Poster Project Due</b>