

DRD 313: Success Strategies for Promoting Mental Health
(Section #0896)

Course 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.

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.

Online Mode of Instruction

This class is online only and will operate through Zoom and Canvas. There are two weekly Zoom class meetings on Tuesday and Thursday from 9:00am to 10:00am and corresponding Canvas modules. Each module will have all relevant course material and related assignments.

Online Etiquette

The nature of an online course requires that you participate in discussions during our Zoom class meetings and complete assignments through the Canvas module. All class discussions should be respectful to others and kept on topic. Class discussions are not a place for side discussions nor for non-class related conversations.

Technical Expertise

Since this is an online course, you are required to:

- Navigate Canvas
- Use the internet
- Participate in online Zoom class meetings
- Utilize basic word processing

Technical Difficulties

If you are experiencing technical difficulties, please contact the instructor as soon as possible. Also, here are helpful links for Zoom and Canvas technical support:

[Media Services: Zoom](#)

[Student Help: Canvas](#)

[Canvas Student Guides](#)



Class Meeting Information

Tuesdays & Thursdays

9:00am-10:00am

[Tuesday 10/15/2024 \(late start\)](#)

[-Tuesday 12/10/2024 \(Final\)](#)

Online via Zoom & Canvas

Meeting ID: 841 5971 8628

Password: drd313

[Zoom Class Meeting Link](#)

Instructor Information

Christin Niederberger, M.A

Disability Specialist

[Disability Resources Department \(DRD\)](#)

cniederberger@santarosa.edu

707-527-4371 (voicemail only)

Office Hour

Tuesdays & Thursdays

30 minutes before & after class

Or by appointment



Course Assignments & 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 submit through Canvas text entry or file upload.

Graded Activity	Points Possible
Class Participation & Attendance	1 point each class
As participation is imperative to learning, it is important that you participate in all class meetings and discussions. One (1) point will be earned for participation each day. If you are sick or are going to be absent, please call or e-mail the instructor <u>BEFORE</u> 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.	
Homework Assignments	5-10 points each
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 at up to half credit.	
Midterm Quiz	20 points
There will be one (1) Midterm Quiz. The quiz will have about 10 questions and you will be allowed one (1) page (front and back) of notes. Only in emergency situations can tests be made up.	
Personal Life Balance Plan	20 points
For this assignment, you will create a plan outlining our vision to achieve life balance. This will include self-assessment of strength and weaknesses, areas for improvement and development of related SMART goals.	
Mental Health Resources Research Poster Project	20 points
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.	
Extra Credit Opportunities	5 points
There will be a few different opportunities presented during class. A total of up to 5 points are possible.	

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%

Academic Integrity

Collaborating on or copying of tests or homework in whole or in part will be considered an act of academic dishonesty and result in a grade of 0 for that test or assignment. I encourage students to share information and ideas, but not their work. All written work is to be original and plagiarism of any kind will result in a failing grade on that assignment. Students who plagiarize or cheat may be suspended for one to two (1-2) class meetings by the instructor and referred to the Vice President of Student Services for discipline. Please read the college policy/procedure on academic integrity at:

<https://rightsresponsibilities.santarosa.edu/academic-integrity>.

[SRJC Writing Center Lessons on Avoiding Plagiarism](#)

[Plagiarism: How to avoid it](#)

Zoom Class Rules & Respect

- Students are expected to conduct themselves appropriately, as if they are in class.
- It is expected that the student will be attentive, and engaged. It is expected that you will pay attention during the Zoom class time, and will not be playing on your phone or computer.
- Just like an in-person class, you must raise your hand to be called on.
- All microphones will be muted by the instructor. Please do not unmute your microphone unless you are specifically asked to.
- Please be prepared for your Zoom class in a quiet environment with minimal visual and noise distractions.
- Please dress as if you are in class.
- Students may ask question in the chat room of the Zoom class, but please do not use the chat room for exchanges between classmates.
- Inappropriate language and behavior will not be tolerated.
- The best way to learn is through active participation; therefore, we respect others by being on time, listening actively, and by being polite even when we disagree with another's viewpoint.

Netiquette, or Why Is It Harder to be Polite Online?

Netiquette refers to using common courtesy in online communication. All members of the class are expected to follow netiquette in all course communications. Use these guidelines:

- Use capital letters sparingly. THEY LOOK LIKE SHOUTING.
- Forward emails only with a writer's permission.
- Be considerate of others' feelings and use language carefully.
- Cite all quotations, references, and sources (otherwise, it is plagiarism).
- Use humor carefully. It is hard to "read" tone; sometimes humor can be misread as criticism or personal attack. Feel free to use emoticons like :) for a smiley face to let others know you are being humorous.
- Use complete sentences and standard English grammar to compose posts. Write in proper paragraphs. Review work before submitting it.
- Text speak, such as "ur" for "your" or "ru" for "are you" etc., is only acceptable when texting.

Student Standards of Conduct

Students who register in SRJC classes are required to abide by the Santa Rosa Junior College Student Conduct Standards. We will conduct ourselves in a manner, which reflects an awareness of common standards of decency and the rights of others. Students who violate these standards may be suspended from two (2) classes and referred to the Vice President of Student Services for discipline. Please read the Student Conduct Standards in its entirety at: <https://student-conduct.santarosa.edu/>.

Accommodations for Students with Disabilities

If you need disability related accommodations for this class, please provide the Authorization for Academic Accommodations (AAA letter) from the [Disability Resources Department \(DRD\)](#) to the instructor as soon as possible. You may also speak with the instructor privately during office hours about your accommodations. If you have not arranged to have accommodations, you can schedule an appointment with your specialist by calling 707-527-4278.