



Please, click on the following link to access A&M-Commerce Covid 19 Information,
<https://new.tamuc.edu/coronavirus/>

HHPH 220: Emotional Health
COURSE SYLLABUS: Spring 2023

INSTRUCTOR INFORMATION

Instructor: Dr. Katharine Halfacre

Office Location: NHS 147

Office Hours: By Appointment either Zoom or by Phone

University Email Address: Katharine.Halfacre@tamuc.edu (best contact method)

COURSE INFORMATION

Textbook(s) Required:

Textbook: Foundations of Mental Health Promotion, 2nd edition, by Manoj Sharma, MBBS, PhD, MCHES. ISBN: 9781284227659

If you have any issues, please contact me immediately so we can troubleshoot.

Optional Texts and/or Materials:

APA formatting is required on all written assignments unless otherwise noted in the assignment directions. All students are encouraged to consult the APA Publication Manual: Publication Manual of the American Psychological Association, (7th ed.)

The syllabus/schedule are subject to change.

Course Description

This course is designed to provide the student with principles and methods necessary for understanding emotional health and developing an emotional health plan. The concept of emotional wellness and the role stress play in emotional health development are examined.

Student Learning Outcomes

By the end of the course, the successful student should be able to:

1. Teach Life & Media Literacy Skills
2. Deal with Stress, Crises and Critical Issues
3. Promote Healthy Eating & Physical Activity
4. Promote Sexual Health
5. Promote Safety & Violence Prevention

Minimal Technical Skills Needed

Students should have a basic knowledge of computer and Internet skills in order to be successful in an online course. Here are some highlights:

1. Knowledge of terminology, such as browser, application, URL, etc.
2. Understanding of basic computer hardware and software; ability to perform computer operations, such as: managing files and folders: save, name, copy, move, backup, rename, delete, check properties
3. Ability to use the learning management system, using Microsoft Word and PowerPoint, using presentation and graphics programs, accessing and navigating sites like YouTube
4. Knowledge of copying and pasting, spell-checking, saving files in different formats and sending and downloading attachments
5. Internet skills (connecting, accessing, using browsers) and ability to perform online research using various search engines and library databases.
6. Ability to use online communication tools, such as email (create, send, receive, reply, print, send/receive attachments), discussion boards (read, search, post, reply, follow threads), chats, etc.

Instructional Methods

Students will utilize the text, PPT, and supplemental. Each week includes a chapter quiz, case study, and discussion. Students will attend lectures each week and participate in class activities.

Student Responsibilities or Tips for Success in the Course

Strong reading and writing skills:

Content knowledge will come from your own personal research, textbooks, discussions, lectures, and videos; therefore, strong reading, writing and critical thinking skills are very important for success. Success in this class will come from independent reading of textbook chapters as well as other assigned material.

GRADING

Syllabus quiz: 20 points (2%)

The syllabus/schedule are subject to change.

Ch 1-12 Quizzes: 12 x 40 points = 480 points (48%)
Job Talk: 100 points (10%)
Exams: 4 x 100 points = 480 points (40%)
Total: 1000 points (100%)

Total points corresponding to the final letter grades
Final grades in this course will be based on the following scale:

A = 90%-100%	A = 900 - 1000 Points
B = 80%-89%	B = 800 - 899 Points
C = 70%-79%	C = 700 - 799 Points
D = 60%-69%	D = 600 - 699 Points
F = 59% or Below	F = 0 - 599 Points

Assessments

The student will be responsible for obtaining all materials presented online, assigned readings from the textbook, and any outside assignments given by the instructor.

All class assignments must be turned in online. You are responsible for making sure your assignments are on time per directions. You are also responsible for making sure the assignment is in a file format that can be viewed by the instructor and peers. All assignment details will be provided during each week/module section. No emailed work will be accepted.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

The syllabus/schedule are subject to change.

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

Interaction with Instructor Statement

Please email your questions or concerns to me: Katharine.Halfacre@tamuc.edu

A reasonable response time to emailed questions is 24 - 48 hours.

Questions emailed on weekends may not receive a response until Monday.

I may answer emailed questions regarding assignments, tests, discussion boards, etc., in a direct email/announcement to everyone for the benefit of all students.

Please be courteous and professional in all of your interactions with everyone.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

How is the Course Organized?

The course is organized by weekly modules. Each module will be formatted similarly including chapter learning objectives, lecture and debate discussion boards.

What Should Students Do First?

Thoroughly reviewing the syllabus

Obtain materials (such as textbooks, if required)

Familiarizing oneself with the course layout

Take the syllabus quiz

The syllabus/schedule are subject to change.

Introduce yourself and look ahead to other assignments

How Should Students Proceed Each Week for Class Activities?

The student will access and follow all course instructions found in the weekly module content areas. The weekly module content area of our course is found on the left navigation bar.

The student will read chapters and read/listen to all online lectures provided.

The student will complete all assignments: respond to online course discussion questions and exams.

Attendance, Late or Missing Course and Extra Credit

Participation in class is required. If you are unable to participate in class (actively logged in and completing requirements), please notify me through email.

Late work is not accepted without approval – submit all required assignments on time. Accepted late work is subject to credit penalties.

Make-up of coursework will only be given in very rare circumstances: serious illness with a note from your clinician, a death in your family or if you have an officially excused absence while representing the university. If any of these situations occur, you **MUST** email me *prior* to the module end date.

Make-ups will only be given if I have been notified prior to the end of the course module in order to verify your reason for missing coursework. All missed coursework not meeting the criteria for a make-up will be given a grade of 0.

Extra credit is NOT guaranteed.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx).
<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

The syllabus/schedule are subject to change.

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:

<https://www.britannica.com/topic/netiquette>

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)
[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce
Velma K. Waters Library Rm 162
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148

The syllabus/schedule are subject to change.

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services
http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/](http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/)

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

A&M-Commerce Supports Students' Mental Health

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

Department or Accrediting Agency Required Content

The syllabus/schedule are subject to change.

COURSE OUTLINE / CALENDAR

HHPH 220 Planned Spring 2024 Schedule		
Week	Topic	Assignments (Due Date)
1	Syllabus & Introduction	Syllabus Quiz (1/14)
2	Chapter 1: Mental Health, Mental Illness, and Historical Perspectives	Quiz 1 (1/21)
3	Chapter 2: Roles of Health Educators and Health Promoters in Mental Health Promotion Assign: Job Talk	Quiz 2 (1/28)
4	Chapter 3: Determinants of Mental Health	Quiz 3 (2/4)
5	Unit Review: Mental Health in Public Health EXAM 1	Exam 1 (2/11)
6	Chapter 4: Stress and Coping	Quiz 4(2/18)
7	Chapter 5: Understanding Major Psychotic Disorders Job Talk	Quiz 5 (2/25) Job Talk (2/20)
8	Chapter 6: Understanding Mood, Anxiety, and Personality Disorders Job Talk	Job Talk (2/20) Quiz 6 (3/3)
9	Unit Review: Stress and Emotional Health Disorders MIDTERM	Exam 2 (3/10)

The syllabus/schedule are subject to change.

SPRING BREAK		
10	Chapter 7: Alcohol Dependence, Tobacco Use, and Substance Abuse	Quiz 7 (3/24)
11	Chapter 8: Essentials of Psychopharmacology and Treatment of Mental Health Disorders	Quiz 8 (3/31)
12	Unit Review: Substance Use and Psychopharmacology with Mental Health	Exam 3 (4/7)
13	Chapter 9: Mental Health Promotion for Children and Adolescents	Quiz 9 (4/14)
14	Chapter 10: Mental Health Promotion for Adults	Quiz 10 (4/21)
15	Chapter 11: Mental Health for Older Adults	Quiz 11 (4/28)
16	Chapter 12: Mental Health Organizations Unit Review: Mental Health Promotion	Quiz 12 (5/3)
FINALS	FINAL EXAM	FINAL EXAM (5/10)

The syllabus/schedule are subject to change.