Emotional Health & Health Counseling

Fall 2016
College of Health & Human Performance
Department of Health Education and Behavior
Sadie B. Sanders, Ph.D., CHES

Course Section | HSC5135 Emotional Health and health Counseling/17G1 | Telephone | (352) 294-1810
Class Meeting | MWF: 11:45 a.m. – 12:35 p.m. (Period 6) FLG 265 | E-mail | ssanders@hhp.ufl.edu
Office | FLG Room 18 | Fax | (352) 392-1909
Office Hours | Monday: 2:00 p.m. – 3:00 p.m. Tuesday: 10:00 a.m. – 12:00 p.m. Thursday: 12:00 p.m. – 2:00 p.m. | Department Chair | Dr. Jalie Tucker, FLG 5

Class Composition
The class consists of a combination of both graduate and undergraduate level students. Graduate level students will complete additional course requirements as listed in the “Course Requirements “section of the Course Syllabus.

Course Purpose
This course is designed to acquaint students with theories of emotion, behavior change, and health counseling as well as their application. The course will explore factors associated with the development and maintenance of emotional health and the means of incorporating positive mental health practices into health education/promotion programming and health counseling. In addition, the course will focus on the development of a core set of health counseling skills. The course builds a base of health content, theory, and skills that are useful for students interested in health careers, and, most importantly, for the individual student’s own health.
Course Objectives

Upon successful completion of this course, students will be able to:

1. Identify key concepts and theories related to emotional health and health counseling.
2. Compare and contrast the major differences between counseling and therapy.
3. Identify and describe major factors affecting emotional well-being.
4. Recognize and assess sources of stress.
5. Implement healthful strategies for coping with personal sources of stress.
6. Implement strategies for enhancing personal emotional health.
7. Analyze personal behaviors in terms of health protective or health destructive behaviors.
8. Demonstrate the spirit of motivational interviewing in health behavior change interactions.
9. Explain and demonstrate effective communication skills applicable to health education/promotion and other health related professional settings.

Required Textbooks


Supplemental readings will be posted on Canvas throughout the semester.

Course Policies

Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found in the online catalog at: https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx.

1. Course Communication/Interaction/Access

   a. Office hours
      
      • You can expect that I will be available during office hours unless otherwise noted.
      • If you are unable to meet with me during office hours, you are strongly encouraged to schedule an appointment. To schedule an appointment, please email me directly via Canvas Inbox tool.
• All discussions regarding assignments, grades, attendance, requests for letters of recommendations, etc. must take place in my office during office hours.

b. Email
• Please use the Canvas Inbox tool for all email correspondences. I will respond to all emails within 24 on weekdays and 48 on weekends. Please note that, for the purpose of this course, the weekend begins Friday at 5:00pm.

c. Course Information and Materials
• Course information & material are available on E-Learning in Canvas http://elearning.ufl.edu (unless otherwise noted).
• PowerPoints are available well in advance and provide somewhat of an outline of each lecture. I encourage you to review PowerPoints in advance, bring copies to class with you (or have access to) so that you can take additional notes during class.
• As many of you may have the same or similar questions, please use the Canvas Discussion tool for all class related question. I will respond to questions as needed within 24 hours on weekdays and 48 on weekends. I also strongly encourage students to read and respond to these questions as appropriate. By doing so, you can help each other troubleshoot and resolve problems.

d. Please check Canvas daily for Announcements, course updates, etc.

3. Class Attendance
   a. Regular attendance is required and expected.
   b. Attendance will be taken for all guest speakers, graduate student presentations, and in-class activities (e.g., small group discussions, videos) and will be counted as in-class activity points.

4. Class Absence
   a. If you miss a class, you are encouraged to ask a classmate for a description of what you miss or you may meet with me during office hours or appointment. Any handouts distributed in class may be picked up from my office during office hours or appointment.
   
   b. Acceptable reasons for absences from class are consistent with the UF Policy which includes the following:
      • Illness
      • Serious family emergencies
      • Special curricular requirements
      • Military obligation
      • Severe weather conditions
• Religious holidays
• Participation in official university activities such as music performances, athletic competition or debate, and court-imposed legal obligations.

c. In the event of one of the above, your absence will be considered an excused absence and you will be allowed to make up any missed in-class activities (see In-Class Activities below for additional information).

5. Assignments: All assignment are due at their designated times.
   a. Assignments required to be submitted electronically via Canvas tool will be due on or before 11:55 p.m. on their designated due dates.
      • If you experience a technical problem submitting your assignment you must contact the Help Desk (See Getting Help for issues with technical difficulties).
   b. Assignments required to be submitted in hard copy form will be due by the end of official class time on their designated due dates.
      • If you are absent (or something unplanned happens and there is no class) on the day a hard copy assignment is due, you may email it to me via the Canvas Inbox tool. Please note that the due date and time remain the same.

6. Late Assignments: Late assignments are accepted within 24 hours of their due date.
   a. All late assignment will automatically incur a 50% deduction in points (No Exceptions).
      • Late hard copy assignments can be turned in during class time or emailed to me via ELearning if you do not attend class or the 24 hour period falls on a weekend.
      • Late electronic assignments must be submitted via the Canvas Assignment tool. Please note that the Assignment tool will automatically close 24 hours after the due date/time.

7. In-Class Activities: There will be several in-class activities.
   a. In order to receive the points for these activities, you must actively participate and sign your name on the participation sheet before the end of official class time on the day of the activity. If you arrive late, you must write the time you arrived next to your signature.
   b. Sign only your own name. Signing someone’s name other than your own, is a violation of UF Student Honor Code.
   c. Missed in-class activities can only be made up if you meet criteria for excused absences as outlined in the Class Absence Policy and comply with the following:
      • Provide me with notification of your absence (via email or phone/phone message) within 24 hours of the absence.
      • Complete the Excused Absence form, attach it to the appropriate documentation related to your absence and submit to me on the day you return to class.
      • The make-up activity must be complete within 48 hours of the day you return to class.
d. Please be reminded that all discussions regarding missed assignments, activities, etc. must take place in my office.

8. **Exams**: Exams must be taken at times they are scheduled.
   a. A make-up will be permitted only in the event of extreme circumstances (illness, personal emergency, etc.). You must contact me via phone or email message within 24 hours and provide valid documentation upon your return to class.

9. **Classroom Decorum**: In order to maintain a positive learning environment, all students are expected to be fully attentive and maintain a sense of respect.
   a. Laptops, iPads, etc. are permitted only for the purpose of accessing my PowerPoint lectures.
   b. Laptops, iPads, etc. are not permitted during graduate presentations and guest speakers.
   c. Cell phones shall be turned off; however if you’re expecting a critical call, you may leave it on vibrate and if it becomes necessary to talk on the cell phone during class, you may quietly and briefly leave the classroom.
   d. Checking text messages, sending text messages, Facebook, etc. shall not be engaged in during class time.

10. **Accommodations for Students with Disabilities**
    a. "Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation."

    [http://www.aa.ufl.edu/Data/Sites/18/media/policies/syllabi_policy.pdf](http://www.aa.ufl.edu/Data/Sites/18/media/policies/syllabi_policy.pdf)

11. **UF Student Honor Code**
    a. UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Honor Code ([http://www.dso.ufl.edu/scr/process/student-conduct-honor-code/](http://www.dso.ufl.edu/scr/process/student-conduct-honor-code/)) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obliged to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor in this class.

12. **Online Course Evaluation**: Students are expected to provide feedback on the quality of instruction in this course based on 10 criteria. These evaluations are conducted online at [https://evaluations.ufl.edu](https://evaluations.ufl.edu). Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at [https://evaluations.ufl.edu](https://evaluations.ufl.edu)."
13. Getting Help
   a. For personal wellbeing: U Matter, We Care: Your well-being is important to the University of Florida. The U Matter, We Care initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact umatter@ufl.edu so that the U Matter, We Care Team can reach out to the student in distress. A nighttime and weekend crisis counselor is available by phone at 352-392-1575. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.

   b. For issues with technical difficulties for E-learning, please contact the UF Help Desk at:
      • helpdesk@ufl.edu,
      • (352) 392-HELP - select option 2
      • http://helpdesk.ufl.edu/
      Any requests for make-ups due to technical issues MUST be accompanied by the ticket number received from The Help Desk when the problem was reported to them. The ticket number will document the time and date of the problem. You MUST e-mail your instructor within 24 hours of the technical difficulty if you wish to request a make-up.

14. Extra Credit: Simply put, there is no extra credit and there are no extra credit assignments. Additionally, no points will be “given” at the end of the semester. You are encouraged to meet with me as soon as possible if you are experiencing difficulty or problems with the course.

15. Online Course Evaluation: Students are expected to provide feedback on the quality of instruction in this course based on 10 criteria. These evaluations are conducted online at https://evaluations.ufl.edu. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at https://evaluations.ufl.edu.”

Course Requirements

1. Assessments: There will be two non-cumulative exams and one syllabus quiz. Assessments will consist of multiple-choice, matching and true-false items.

2. Assignments: There will be several in and out-of-class activities and assignments that have been designed to enhance, compliment and supplement various course content areas. Schedule assignments will include:
a. **Emotional Health & Stress Awareness Paper:** Write a 5-7 page paper assessing your concept of health/wellness and its dimensions, major sources of stress in your life and methods and techniques used for dealing the stress. See *Emotional Health & Stress Awareness Paper* handout for additional information.

b. **Kognito Training:** Go to [http://www.counseling.ufl.edu/cwc/kognito-for-students](http://www.counseling.ufl.edu/cwc/kognito-for-students) and follow the instructions for completing the Kognito Training. Upon completion, write a minimum 1 page response to the training and your experience taking the training.

c. **Perception Collage:** Create a personal collage using media clippings, drawings, and/or words. The collage should be large enough for the whole class to see from their seats, but not an entire poster board (note: electronic collages accepted). Base your collages on **how you see yourself and how you believe others see you**. Use one half to depict your “inner self” and one half to depict your “outer self.” Be sure to include emotional aspects of yourself. Plan to spend about **5 minutes** presenting and discussing your collage with the class.

d. Assist with facilitating small group discussion.

e. **Health Counseling Video:** Develop a Health Counseling video on a specific health topic. See *Grad Project* handout for additional information.

---

### Methods of Instruction

1. Lecture  
2. Small Group  
3. Discussion  
4. Cooperative Learning  
5. Guest Speaker

### Grading/Point Distribution

<table>
<thead>
<tr>
<th>Course Requirement</th>
<th>Points</th>
<th>Points</th>
<th>Letter Grade</th>
<th>Points</th>
<th>Letter Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exams</td>
<td>150</td>
<td>465 – 500</td>
<td>A</td>
<td>350 – 364</td>
<td>C-</td>
</tr>
<tr>
<td>Syllabus Quiz</td>
<td>10</td>
<td>450 – 464</td>
<td>A-</td>
<td>335 – 349</td>
<td>D+</td>
</tr>
<tr>
<td>Stress Awareness Paper</td>
<td>80</td>
<td>435 – 449</td>
<td>B+</td>
<td>320 – 334</td>
<td>D</td>
</tr>
<tr>
<td>Perception Collage</td>
<td>50</td>
<td>415 – 434</td>
<td>B</td>
<td>300 – 319</td>
<td>D-</td>
</tr>
<tr>
<td>Kognito Training</td>
<td>25</td>
<td>400 – 414</td>
<td>B-</td>
<td>Below 300</td>
<td>E</td>
</tr>
<tr>
<td>In/Out-of-Class Activities</td>
<td>85</td>
<td>385 – 399</td>
<td>C+</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Graduate Project</td>
<td>100</td>
<td>365 – 384</td>
<td>C</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>500</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Final grades/Letter Grades are determined by the total number of points.**
Passing Grades and Grade Points Effective May 11, 2009 - Summer A

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>A</th>
<th>A-</th>
<th>B+</th>
<th>B</th>
<th>B-</th>
<th>C+</th>
<th>C</th>
<th>C-</th>
<th>D+</th>
<th>D</th>
<th>D-</th>
<th>E</th>
<th>WF</th>
<th>I</th>
<th>NG</th>
<th>S-U</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade Points</td>
<td>4.0</td>
<td>3.67</td>
<td>3.33</td>
<td>3.0</td>
<td>2.67</td>
<td>2.33</td>
<td>2.0</td>
<td>1.67</td>
<td>1.33</td>
<td>1.0</td>
<td>.67</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

For additional information regarding UF Grades and Grading Policies: https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx#grades
<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>BOOK READINGS</th>
</tr>
</thead>
</table>
| Week 1: 8/22 – 8/26 | Course Introduction & Overview  
Emotional Health: Introduction  
Health Counseling: Theories and Principles |               |
| Week 2: 8/29 – 9/2 | The Emotional Brain  
**Syllabus Quiz**  
Friday: Out-of-Class Activity #1 | EI Part I     |
| Week 3: 9/5 – 9/9 | **Monday: No Class – Labor Day**  
Common & Core Emotions | EI Part I     |
| Week 4: 9/12 – 9/16 | Common & Core Emotions  
Stress Management | EI Part I     |
| Week 5: 9/19 – 9/23 | Common & Core Emotions  
The Nature of Emotional Intelligence | EI Part II    |
| Week 6: 9/26 – 9/30 | Social Support  
Depression & Suicide | EI Part III   |
| Week 7: 10/3 – 10/7 | Grief, Loss, Death & Dying  
Spiritual Wellbeing  
Emotional Resilience | EI Part IV    |
| Week 8: 10/10 – 10/14 | Self-Esteem  
EI Part V Discussion: Emotional Literacy  
**Friday: No Class – Homecoming** | EI Part V     |
| Week 9: 10/17 – 10/21 | Health Counseling: Legal and Ethical Issues  
**Wednesday: Exam 1**  
**Friday: Out-of-Class Activity #2** | MI Part I     |
| Week 10: 10/24 – 10/28 | The Spirit and Method of Motivational Interviewing (MI)  
Engaging: The Relational Foundation  
**Friday: APHA – Denver, CO** | MI Part II    |
| Week 11: 10/31 – 11/4 | **Monday & Wednesday: No Class – APHA, Denver**  
Engaging: The Relational Foundation  
**Friday: Emotional Health & Stress Awareness Paper Due** | MI Part II    |
| Week 12: 11/7 – 11/11 | Focusing: The Strategic Direction  
**Friday: No Class – Veterans Day** | MI Part III   |
| Week 13: 11/14 – 11/18 | **Monday: Kognito Training Due**  
Evoking: Preparation for Change  
Planning: The Bridge for Change | MI Part IV    |
| Week 14 | November 21 – 25 | MI in Everyday Life  
Wednesday & Friday: No Class – Thanksgiving | MI Part VI |
|---------|-----------------|--------------------------------------------------|-----------|
| Week 15:  
November 28 – December 2 | **Monday: Perception Collage Due**  
Presentations | | |
| Week 16:  
December 5 – 9 | Presentations  
**Wednesday – Exam 2** | | |