I. COURSE DESCRIPTION:
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.

II. CLASS STRUCTURE:
This course is designed to benefit you both personally and professionally. Class format does not always follow typical structured course with one topic flowing easily into the next. All lectures, activities, and discussions are designed to enhance your basic content knowledge related to emotional health issues and provide opportunities for you to self-reflect on your emotional well-being so you can more effectively build your communication and counseling skills.

This class is highly experiential. Therefore attendance, timeliness, and participation are important and will be weighted heavily for this course. The general format for class will be a mini-workshop and will include lecture, group discussions, and small group activities. You are expected to read/review any and all assigned materials prior to coming to class.

Students will be rewarded for sharing thoughts, opinions, and stories relevant to the day’s topic. Attendance, in-class assignments, and in-class activities will combine to determine a sizeable amount of your course points and will have a significant impact on your overall grade. In short, come to class and be ready to participate. Your level of involvement in class directly impacts your grade.

PLEASE BE ON TIME!!

Course Website and e-Learning Services: The syllabus and some class materials are posted on Canvas; however, much more will be covered outside of the materials posted on e-Learning. Attendance in class is essential. Report website problems directly to e-Learning Support Services (352-392-4357). I do not control the technical aspects of the Website.
III. 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.

IV. COURSE MATERIALS:

Required Books


Additional required readings will be posted on Canvas throughout the semester.

Optional

V. CLASS POLICIES

To ensure that we have a great semester, remember --

All transactions and relationships are enriched by courtesy:
Be considerate of one another during group work. All ideas have merit.
Be considerate of your classmates and the professor during class meetings by being attentive, power-off technology, and be prepared to fully participate in each class.

ELECTRONIC DEVICES MAY NOT BE USED.

ATTENDANCE IS MANDATORY: I expect you to attend class and participate in all course activities. If you cannot attend class, please let me know in advance if possible, or as soon as feasible. Those without a documented, excused absence will not be allowed to make-up in-class work or assignments given on the date of absence. Even excused absences accumulate. If you anticipate that you will be absent from this class more than a couple times this semester, please drop the class. Everyone’s attendance is necessary to build our group dynamic and participate in meaningful small group activities.

University policy requires that classes meet at the published final examination period. Please do not make travel plans until you review the final examination schedule for this semester. Requirements for class attendance and make-up examinations, assignments, and other work are consistent with University policies found at: https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx
Confidentiality: Due to the nature of this course and associated group activities, personal sharing within our group may arise. You are expected to keep whatever is disclosed by others during class to yourself. If you share something that went on in class, please limit it to sharing about your experience. Please note that in any group activity, absolute confidentiality cannot be guaranteed. Please consider this reality when deciding what to share.

Accommodations: Students with disabilities requesting accommodations must first register with the Disability Resource Center - 352-392-8565, www.dso.ufl.edu/drc/. The DRC will provide the student with an accommodation letter which is to be presented to the instructor when requesting accommodation. Take care of this early in the semester.

Personal Integrity: I expect and assume you will be honest with me in all aspects of your conduct regarding our course. In return, I will do the same with you. UF students are bound by The Honor Pledge:  

“We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.” You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit 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.” It is assumed that you will complete all work independently unless the instructor provides explicit permission for you to collaborate on course tasks (e.g., assignments, papers, quizzes, exams). Furthermore, you are obligated to report to appropriate personnel any condition that facilitates academic misconduct. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For more information regarding the Student Honor Code, please see: http://www.dso.ufl.edu/SCCR/honorcodes/honorcode.php.

Title IX: University of Florida has zero tolerance for sexual discrimination, harassment, assault/battery, dating violence, domestic violence, or stalking. Students are encouraged to report any experienced or witnessed occurrences to law enforcement and/or one of UF’s Title IX Coordinators. Students can report incidents or learn more about their rights and options by contacting Student Conduct & Conflict Resolution at 202 Peabody Hall, 352-392-1261; or visit: www.dso.ufl.edu/scr/process/incident-report/ and www.dso.ufl.edu/scr/process/victim-rights/

Policy on Recommendations: I will consider preparing recommendations for graduate programs, professional schools, internships, scholarships, or jobs if you earn an A in the course.

VI. COURSE ASSIGNMENTS AND POINTS:

<table>
<thead>
<tr>
<th>Assignments</th>
<th>Point Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scheduled Assignments (Journals &amp; Kognito)</td>
<td>145</td>
</tr>
<tr>
<td>Mid-Term Exam</td>
<td>100</td>
</tr>
<tr>
<td>Quizzes</td>
<td>80</td>
</tr>
<tr>
<td>Perception Collage</td>
<td>50</td>
</tr>
<tr>
<td>Class Participation</td>
<td>100</td>
</tr>
<tr>
<td>Attendance</td>
<td>25</td>
</tr>
<tr>
<td>Graduate Student Final Project – Video</td>
<td>75</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>575</strong></td>
</tr>
</tbody>
</table>
Grading Scale (percent)
A = 90–100   B+ = 87–89;   B = 80–86   C+ = 77–79   C = 70–77
D+ = 67–69  D = 60–67  E = LESS THAN 59 %

Note, minus grades are not assigned in this class. Information on current UF grading policies for assigning grade points can be found at http://www.registrar.ufl.edu/catalog/policies/regulationgrades.html.

Assignments (145 points): Below are the scheduled assignments for this class.

Journals/Reaction Paper (120 points): You will turn in four (4) reaction papers/journals. These papers will be related to topics discussed in class, and reactions to in- and out-of-class activities. More information for each journal entry will be provided in class and on Canvas at least one week before it is due. I realize your journal entries will be based on your self-disclosure and personal perspective. Know that I will be the only person reading your work. I invite you to write for self-discovery (i.e., how the topics we cover in class apply to your life). For grading requirements, please refer to the section at the end of your syllabus entitled Journal Evaluation Guideline.

Type your papers. Use double-space, 12-point Times New Roman font. Papers should be more than one page, and less than three pages. Submit your journal entries as Word documents through Canvas. There will be in-class opportunities for discussing your personal experience related to each journal entries on the day the journal entry is due. Please share and disclose only as much as you are comfortable.

Journal Entry # 1 (Strengths) – Wednesday, January 20
Journal Entry # 2 (Stress Management) – Wednesday, February 3
Journal Entry #3 (Spiritual Health Reflection) – Wednesday, February 24
Journal Entry #4 (My Emotional Intelligence) - Wednesday, March 9

Kognito Training (25 points): Go to http://www.counseling.ufl.edu/cwc/kognito-for-students and follow the instructions for completing the Kognito Training. Upon completion, write a brief reflection (1 to 2 pages) on your experience taking the Kognito Training. Submit this paper and your certification (a screen shot is fine) for the course to Canvas. Due Wednesday, March 23

Mid-Term Exam (100 points): You will have a mid-term exam for this course. The exam will cover lecture notes and reading material and will include matching, multiple choice, and true/false. Except for documented emergencies, exams cannot be made up.

Quizzes (80 points): There will be five (5) quizzes during the second half of the semester worth 20 points each. Quizzes are closed-book, timed, and will be online (Canvas). You must work alone on your quizzes. There are no make-up quizzes. Your lowest quiz grade will be dropped.

Perception Collage (50 points): 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. You will sign-up for a presentation date in class. For evaluation, see the section at the end of your syllabus entitled Perception Collage Evaluation.
Class Participation (100 points): Your active participation in class is important for your learning experience, your peers’ learning experience, and your course grade. Participation includes contributing to class discussions on activities, assignments, and readings; and actively contributing during small group activities and peer facilitated learning. At the end of the semester, all students will provide feedback about their own and their peers participation during group work. Participation up to the mid-term (February 26) is worth 30 points, and from the mid-term to end of term (April 20) is worth 70 points. Participation grades will be calculated as follows:

- **100%-92%**: Comes to class prepared. High level of contribution to class discussions. Stays involved and alert in class. Very positive influence on the class environment.
- **90-82%**: Typically comes to class prepared. Regular contribution to class discussions and stays involved and alert in class. Positive influence on the class environment.
- **80-72%**: Sometimes comes to class prepared. Sometimes contributes to class discussions in a meaningful way.
- **70-60%**: Sometimes comes to class prepared. Sometimes contributes to class discussions. Contribution is sometimes distracting or off-topic.
- **Under 60%**: Little or no contribution to class discussion. Presence is often distracting.

Attendance (25 points): This includes regular attendance, arriving on time, and staying for the entire class. **Arriving 5 minutes after class begins is considered late.** Attendance up to the mid-term (February 26) is worth 10 points, and from the mid-term to end of term (April 20) is worth 15 points. Missing one period is considered missing one class (so missing both periods on Thursday will count as 2 absences). Attendance grades will be calculated as follows:

- **100%**: No absences. Arrives to class on time and stays for entire class.
- **90-95%**: Missed 1 class, and arrives to class on time and stays for the entire class.
- **80-85%**: Missed 2 classes, and arrives to class on time and stays for entire class.
- **70-75%**: Missed 3 classes, and/or often arrives late, leaves class early at times.
- **60-65%**: Missed 3 classes and consistently arrives late or leaves early.
- **0-59%**: Missed 4 or more classes, and/or usually arrives late, leaves class early at times.

Final Video Project (75 points): Toward the end of the semester, you will develop a video accurately demonstrating motivational interviewing skills. You are required to work with someone in our class. **One submission per one student. Your submission is the one in which YOU are the “interviewer.”** More information will be provided during the second part of the semester.

HELPFUL CAMPUS RESOURCES

- **Counseling and Wellness Center**  
  352-392-1575  
  www.counseling.ufl.edu  
  **UMatter, We Care**  
  352-294-CARE (2273), umatter@ufl.edu  
  www.umatter.ufl.edu

- **Disability Resource Center**  
  www.dso.ufl.edu/drc  
  **Alachua County Crisis Center**  
  352-264-6789  
  www.alachuaounty.us/goverment/depts/css/crisis

- **GatorWell Health Promotion Services**  
  352-273-4450  
  gatorwell.ufsa.ufl.edu  
  **Recommended service: Wellness Coaching for Academic Success**  
  352-374-5600  
  www.mbhci.org