

UNIV 100, Section [107]: Mental Health: What is it?

Fall 2019 – Tuesday/Thursday 8:00 AM - 9:15 AM

University of Louisiana at Lafayette

Instructor: Mrs. Haley Licciardi, LMSW

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Classroom: Rougeau 213

Office Hours: Office hours can be scheduled by email. All office hours will be virtual, conducted over zoom meetings.

Course Description: UNIV 100 has been designed to help you maximize your success in college by addressing a variety of issues that often lead to failure or withdrawal as well as providing you with information and strategies to enhance your academic success.

In *Mental Health: What is it?* we will discuss what is the definition of mental health, what mental health areas are we vulnerable to as we transition to college, how do we discuss mental health with our peers, and what are the resources available to help cope with mental health issues. This class will give us vital information to know as we transition into college and as we transition to other areas of life as well. This subject that may be uncomfortable to talk about at times, but may help us to understand the everyday struggles that people encounter with mental illness!

The course has two parts:

- Cajun Connection: Will go live on August 13, 2020 at 8:00 AM.
- New Student Convocation: Will go live on August 13, 2020 at 8:00 AM.

Cajun Connection: Cajun Connection is a required component of UNIV 100. You must complete the online version of Cajun Connection on Moodle. In order to enroll in the online version of Cajun Connection, you must have prior approval from the Office of First-Year Experience. The Moodle course is broken up into small sections, so you don't have to complete all the activities at one time. However, you must have completed all sections of the online Cajun Connection by Sunday, August 30, 2020 at 5:00 PM. If you do not complete Cajun Connection by this date, your UNIV 100 final/overall course grade will be lowered by one letter grade, regardless of work you have already completed or your current grade in the seminar. A reduction in your overall course grade could lead to failure of UNIV 100 for the semester. As with all your classes, failure of UNIV 100 will affect your cumulative GPA, which could impact your eligibility for Financial Aid, including TOPS, in future semesters, and your ability to compete in collegiate athletics or participate in other university sponsored programs.

Course Learning Outcomes:

After successful completion of UNIV 100, students will be able to:

1. Think critically and develop solutions to issues presented in class through formulating appropriate questions, investigating various options, and evaluating these options for relevance and preference.
2. Express personal reflections and opinions through both written *and* oral media.
3. Investigate answers to questions posed in class by learning to locate information and critically assessing the relevance and value of the information.
4. Identify vulnerable areas of mental health within the university setting and beyond
5. Communicate risk factors and outward signs of an individual struggling with mental health issues
6. Exemplify basic coping mechanisms to diminish the immediate effects of mental health issues
7. Build a knowledge base of community resources available to those struggling with mental health issues
8. Gain confidence in discussing and addressing basic mental health issues

Required Course Materials: Materials will be uploaded to MOODLE.

(2013). Alcohol Use Disorder, *Diagnostic and Statistical Manual of Mental Disorders* (490-497). Arlington, VA: American Psychiatric Association.

(2013). Anorexia Nervosa, *Diagnostic and Statistical Manual of Mental Disorders* (338-345). Arlington, VA: American Psychiatric Association.

(2013). Binge-Eating Disorder, *Diagnostic and Statistical Manual of Mental Disorders* (350-353). Arlington, VA: American Psychiatric Association.

(2013). Bulimia Nervosa, *Diagnostic and Statistical Manual of Mental Disorders* (345-350). Arlington, VA: American Psychiatric Association.

(2013). Cannabis Use Disorder, *Diagnostic and Statistical Manual of Mental Disorders* (509-516). Arlington, VA: American Psychiatric Association.

(2013). Generalized Anxiety Disorder, *Diagnostic and Statistical Manual of Mental Disorders* (222-226). Arlington, VA: American Psychiatric Association.

(2013). Major Depressive Disorder, *Diagnostic and Statistical Manual of Mental Disorders* (160-168). Arlington, VA: American Psychiatric Association.

(2013). Specific Phobia, *Diagnostic and Statistical Manual of Mental Disorders* (197-202). Arlington, VA: American Psychiatric Association.

Course Grade: Students *must* pass both the Cajun Connection and First-Year Seminar sections of the course to earn a passing grade in UNIV 100. Your grade in the Cajun Connection part of the course is “credit/no credit” (and will be provided to Mrs. Licciardi from the Office of First-Year Experience). Your grade in the seminar is based on the following:

Assignment & Point Breakdown:

Mental Health Biases & Assumptions Letter.....10%

Mental Health Biases & Assumptions Letter Revised.....10%

Suicide Conversation Role Play Activity.....10%

Self Care Participation, Paper, and Presentation.....20%

UNIV Showcase Final Project.....35%

Attendance & Participation.....15%

The final course grade will utilize the following grade scale:

90-100 = A

80-89 = B

70-79 = C

60-69 = D

< 60 = F

COURSE POLICIES:

Attendance Policy: Attendance in class is very important and is mandatory. Attendance will be taken for every class period. Unexcused student absences in excess of the number of class meetings per week (e.g. 2 absences for a class that meets 2 times a week) will result in one letter grade reduction from the student's final seminar grade. Any absences that are to be excused must be accompanied by official documentation to be considered. If an absence is necessary, you are still responsible for the material covered and the work assigned. In addition, you are expected to be on time. If you show up late or leave early without permission, you will be counted as absent.

Course Delivery: This UNIV 100 course will be both online and in person. Because of limited capacity in classrooms, only half of the class will meet in-person for each class. The remaining students will be expected to attend via Zoom. Each student is expected to attend every class either in person or in Zoom.

Pandemic Contingency Plan: If UNIV 100 is required to continue all classes online due to COVID-19 restrictions, this course will proceed via Zoom meetings. All students will still be expected to attend classes at normal times over Zoom. Further instruction will be given if changes are made to submission of projects or assignments.

Student Interaction Expectations: Students will respect each other and the instructor. Students will be expected to engage in group work during some classes.

Because we will be discussing potentially sensitive information, students are also expected to participate in class discussions and treat the instructor and classmates with respect. Repeated failure to show respect can lead to dismissal from the course.

For more information on FERPA, visit

<https://www2.ed.gov/policy/gen/guid/fpco/ferpa/index.html>

Behavioral Policy: All students are expected to behave in an appropriate manner during class periods. When you are attending class through Zoom meetings, students need to be attentive to appropriate dress while in class.

All students are also expected to wear a mask within the classroom at **ALL** times unless otherwise excused for a medical reason by a physician. If a student is excused, you must provide a letter from the physician to the instructor.

Late Work Policy: Due dates for assignments are **CLEARLY** outlined below and should be shown utmost attention. After the due date for an assignment has passed, students will have one week in which to submit the assignment for half credit. After one week, the assignment will not be graded for credit and the recorded grade will be zero.

Technology/Cell Phone Policy: Technology may be periodically utilized in the classroom for projects. Unless told otherwise, technology is not allowed. Cell phones should be kept in your backpack, purse, or pocket. **DO NOT KEEP YOUR CELL PHONE ON THE DESK OR TABLE.** If a student is seen using a cell phone during a class period where the teacher has not instructed them to do so, then the student will lose attendance points for that day. Students should prepare to write notes in a notebook or journal of some sort.

Recording Devices: Lectures or course materials, such as quizzes, may not be recorded or disseminated in any fashion without prior approval from the instructor.

Academic Honesty Policy: The University of Louisiana at Lafayette policy on academic dishonesty is outlined in the Undergraduate Catalog, which can be found on ULINK. Failure to adhere to academic honesty policies may lead to academic penalties, including at a minimum earning a zero on the assignment and up to including failure of the course. If you have any questions about this policy or you aren't sure how to

appropriately cite others' work (such as information you found on the internet), ask Mrs. Licciardi or visit The Writing Center (see below).

Withdrawing from a course: If you wish to withdraw from a course, you must do so by the last official day to withdraw, October 29, 2020. After that time, you will receive the grade assigned by the instructor.

CAMPUS RESOURCES

Disability Accommodations: Students needing academic accommodations for a disability must first be registered with the Office of Disability Services (ODS) to verify the disability and to establish eligibility for accommodations. Students may call 337-482-5252 or visit the ODS office in the Conference Center, room 126. Once registered, students should then schedule an appointment with the professor to make appropriate arrangements.

Counseling & Testing Center: Free counseling services are available at the Counseling and Testing Center (<http://counselingandtesting.louisiana.edu/>) which is located in the Saucier Wellness Center in O.K. Allen Hall. Reasons for going to counseling include anxiety, depression, relationship difficulties, substance abuse, and more. You can contact the center by calling (337) 482-6480 or sending an email to counseling@louisiana.edu.

If at some point you feel as though you are emotionally distressed by the information presented in this class, you should contact the counseling center for further services immediately.

The Learning Center: Services offered by The Learning Center include FREE individual (one-on-one) tutoring, study group tutoring, supplemental instruction (SI), computer lab assistance, and a wide variety of on-line resources, most of which are offered in coordination with various academic and administrative departments on campus. Tutors are available at The Learning Center for almost all 100- and 200-level math and science courses as well as for ACCT, BSAT, ECON, EECE, ENGR, ESOL, FREN, PSYC, SPAN, and STAT. The center is located on the second floor of Lee Hall and can be contacted at 337-482-6583 or tlc@louisiana.edu for information or assistance, or visit their website: <http://studentsuccess.louisiana.edu/tutoring>.

The Writing Center: The Writing Center is a free service located on the first floor of Griffin Hall, in room 107. The Writing Center consultants are experienced writers and

students who pride themselves on creating a comfortable environment for every phase of your writing project. From thesis statements, to research planning, document design, to just getting started, the Writing Center staff works to help you become more focused, organized, and confident with your work. In addition to providing the latest style manuals and handbooks, the Writing Center also operates a computer lab, located next door in Griffin Hall, room 108. Walk-ins are accepted but scheduling an appointment in advance (482-5224) is recommended. Students who are more than ten minutes late to an appointment must reschedule.

You can find more information here: <http://english.louisiana.edu/node/19>.

Technical Support: Students can access technical assistance by contacting the IT Help Desk (<http://helpdesk.louisiana.edu/>) at 337.482.4357 or email at ithelp@louisiana.edu. The IT Help Desk is in room 110 of Stephens Hall.

Safety Information: University police, faculty and staff are the first responders for all emergencies on campus. To report an emergency, please dial 911 to connect to the campus police. Report any suspicious activity to campus police or faculty & staff. Make use of the emergency towers on campus and if you SEE something, SAY something! Also, sign up for the emergency notification system on ULINK.

UL Lafayette COVID-19 Syllabus Policies and Guidelines

Student Code of Conduct: COVID-19: The University aims to fulfill its mission while protecting the health and safety of our students and campus community at large. This includes taking steps to minimize the potential spread of COVID-19. The University will adhere to the orders, proclamations, and regulations of the Governor of Louisiana and the Mayor-President of Lafayette, Louisiana, as well as guidelines from the Centers for Disease Control and Prevention (“CDC”) and the Louisiana Department of Health (“LDH”) regarding COVID-19. This impacts the expectations of all students as the University continues to make public health informed decisions to protect health and safety on campus. Students should read and understand the addendum to the Code of Student Conduct regarding COVID-19 and Public Health-Informed Policies, and any updates thereto.

COVID-19 Mask Policy for Academic Areas: To assist in decreasing the spread of the COVID-19 virus, it is the University’s policy that all students, faculty, and staff are required to wear masks or face coverings which completely cover the nose and mouth areas while inside any academic building including classrooms, labs, studios, offices, hallways, and stairways. A face shield is not an acceptable substitute of a face mask. Failure to wear a mask is a violation of the Student Code of Conduct and such violation will be forwarded to the Dean of Students for action.

Students who have concerns about wearing masks due to a disability or medical condition may discuss a modification to the University’s mask policy with the Office of Disability Services. In order to discuss a modification for the Fall 2020 semester, students must first register with Disability Services. All registrants will be contacted to arrange a virtual meeting for further discussion. Learn more about Disability Services and accommodations on the Student COVID-19 Response page. Email questions to ods@louisiana.edu.

COVID-19 Attendance: If you are experiencing any signs or symptoms associated with COVID-19 (refer to the most recent [Centers for Disease Control \[CDC\]](#) guidance on possible symptoms), do not come to class or to campus. First, contact Student Health Services (337-482-1293) or your medical provider, then contact your instructors to inform them of your situation and discuss possible arrangements and ways to keep up with the courses. If you do not feel well for any reason and are staying home, including for symptoms of COVID-19, fill out the [Anticipated or Unplanned Absence Form](#).

If you are required to self-isolate or self-quarantine because of COVID-19, do not come to class or to campus. All students who are required to self-isolate or self-quarantine because of COVID-19 must complete the [Student COVID-19 Quarantine and Isolation Form](#) (they do not need to complete the Anticipated or Unplanned Absence form) and email their instructors for support and resources.

Do not wait until you are behind to reach out to your instructors. Options will vary depending on when during the term you are unable to participate, how much class time and coursework is missed, and the nature of the course. Options may include, but not be limited to, transitioning to learning and testing remotely during your absence; in extreme cases, withdrawing from the course, or receiving a grade of incomplete. Contact your instructor and academic advisor with any questions.

For requests to move from on-campus to remote learning for reasons related to COVID-19, a student initiates a written request to the faculty member. The faculty member considers the student's request, learning objectives of the course, and educational technology available to determine if an arrangement for remote instruction is feasible. If a resolution within the course is not possible, the student may contact the department head over the course, and then the academic Dean, to see what other resolutions may be available.

Learn more on the Student COVID-19 Response page on the University's website. If you have any questions or concerns, email deanofstudents@louisiana.edu.

Faculty Guidelines: Academic departments will procure a supply of masks through Facilities Management to make available to faculty for students who do not have a mask. If a student is required to wear a mask but is not wearing one as required in academic areas, faculty will provide a mask to the student and inform the student that it is a violation of the Code of Student Conduct not to wear a mask. If the student does not use the mask, the student will be required to leave the classroom and the faculty will advise them that they will report it as a violation of the Code of Student Conduct. The faculty will complete the [Community Reporting Form](#) found on the Office of Student Rights and Responsibilities website. Any class missed due to a student's failure to adhere to the requirement of wearing a mask will be recorded as an unexcused absence.

The student will not be allowed into the academic setting until clearance has been provided from the Office of Student Rights and Responsibilities. Students should stay in contact via e-mail with their instructors/professors pending clearance.

Health or Safety Risk: The University may request or require a student to leave campus when that student's continued presence on campus poses a health or safety risk for community members.

Assignment and Activity Descriptions:

Mental Health Biases & Assumptions Paper: Each student will write a one-page paper after the first day of classes. The student will explain what their personal thoughts are concerning mental health. This can include assumptions, areas that they do not understand, questions that they may have, etc. At the end of the semester, students will re-write this paper. They will then be able to see areas that they have grown, areas they understand more, areas in which their questions have been answered, etc.

Self-Care Activity & Paper: Each student will participate in a lecture about the topic of self-care. Each student will then participate in a self-care activity on their own and write a one-page paper describing their activity and how the activity changed their perspective on self-care.

Suicide Role Play Activity: Each student will participate in a suicide conversation role play. They will learn how to ask another person if they are having thoughts of suicide, what resources are available to those struggling with suicidal thoughts, and how get a person struggling to another person of authority that can assist them.

UNIV 100 Showcase: The project that students will submit for the UNIV 100 Showcase will be a group project on a mental health disorder that can affect college students. Students in this section of UNIV will be broken up into groups and will cover information explaining criteria of a specific disorder, signs of the specific disorder, where/has the disorder been prevalent in pop culture (books, documentaries, movies, etc.), and what resources are available to students who may be struggling with this disorder.

Mrs. Licciardi will then choose up to three projects that will be nominated to be displayed in the UNIV 100 Showcase. Each project will be chosen based on organization of information, inclusivity of information, quality of resources provided, and professionalism of presentation.

COURSE CALENDAR

Tuesday	Class Activities	Thursday	Class Activities
Aug. 18	Classes Begin; Intro: What is Mental Health? Why is it important?	Aug. 20	Support Systems: What are the things that bring me joy? DUE: Mental Health Biases & Assumptions Paper
Aug. 25	Introduction to UNIV Showcase Project	Aug. 27	What are Coping Mechanisms? Activity: Walk through coping mechanisms
Sept. 1	Phobias: What are they and what are the types of treatment?	Sept. 3	Anxiety: Signs, Risk factors, Resources
Sept. 8	Depression: Signs, Risk Factors, Resources	Sept. 10	Suicide: Signs, Risk factors, Resources
Sept. 15	Activity: Documentary/Film on Depression	Sept. 17	Activity: What do I do if my friend/roommate is struggling with suicidal thoughts?
Sept. 22	Dealing with a Family Member Who has a Mental Illness	Sept. 24	Work on UNIV Showcase Project; Time for Questions
Sept. 29	What is self care? Why is it important?	Oct. 1	Presentations: What did I do for self care? DUE: Paper and Self-Care Activity
Oct. 6	Eating Disorders: Signs, Risk Factors, Resources	Oct. 8	Addiction: Signs, Risk Factors, Resources
Oct. 13	Addiction in College: What does this look like?	Oct. 15	Issues of Stress: Money, Conflict, Job Security, Family, etc.
Oct. 20	How do I take care of my body?	Oct. 22	Work on UNIV Showcase Project
Oct. 27	Bipolar Disorder: Signs, Risk Factors, Resources	Oct. 29	Schizophrenia: Signs, Risk Factors, Resources
Nov. 3	Activity: TED Talk-What is life like with Bipolar Disorder?	Nov. 5	Activity: TED Talk & Schizophrenia Stimulation Video
Nov. 10	Types of Treatment for Mental Illnesses (Medication Management)	Nov. 12	Activity: What Have I Learned About Mental Illness?
Nov. 16	Work on UNIV Showcase Project; Time for Questions Due: Mental Health Biases & Assumptions Paper Revised	Nov. 18	DUE: UNIV Showcase Projects
Nov. 21	Final Exams Begin		