CENTRAL MICHIGAN UNIVERSITY
OFF-CAMPUS PROGRAMS
COURSE SYLLABUS

IDENTIFYING INFORMATION

Course: HSC 526
Course Title: Mental Health
CRN: 22033721
Term: Summer
Location: Learning Package
Course Dates: 05/19/08-07/11/08
Course Days and Times: None
Prerequisites: None
Instructor: O’Boyle
Phone Numbers: 989-774-3451
E-mail address: oboyl1i@cmich.edu

TEXTBOOKS AND INSTRUCTIONAL MATERIALS

Textbooks and Course Materials:

Supplemental Materials:
3. Student Manual O’Boyle, Irene Ph.D., Mental Health Student Manual. Central Michigan University, Mt. Pleasant, MI Required


**COURSE DESCRIPTION**: Concentrated study of mental health and illness as related to home, school, and community.

**COURSE OUTLINE/ASSIGNMENTS**

Outline of Session Topics and Activities:

<table>
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<th>UNIT READING MATERIALS</th>
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<tr>
<td><strong>MODULE I: Individual Mental Health</strong></td>
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<tr>
<td>Chapter 1: Adjusting to Our World and</td>
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<td>Chapter 2: Developing Personality</td>
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<td>Chapter 3: Adolescent and Adult Behavior</td>
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<td>Chapter 4: Gender</td>
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<td>Chapter 5: Sickness and Health</td>
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<tr>
<td>The Art of Living P. 51, and 27</td>
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<td><strong>FIRST EXAMINATION AT END OF UNIT 4 / Complete WWW sheets</strong></td>
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| **MODULE II: Social Influences** |
| Chapter 6: Struggling for Control |
| Chapter 7: Psychological Disease and |
| Chapter 8: Psychotherapy |
| Chapter 9: Getting to Know Others |
| Chapter 10: Intimacy |
| Chapter 11: Human Sexuality |
| The Art of Living: P. 38 |
| **SECOND EXAMINATION AT END OF UNIT 9/ Complete WWW Sheets** |

| **MODULE III: Physical Environment** |
| Chapter 12: Families |
| Chapter 13: Group Behavior and |
| Chapter 14: Working |
| Chapter 15: Living with Environment |
| The Art of Living P. 37 and 45 |
| **FINAL EXAMINATION AT END OF THIS UNIT** |
| Turn in All WWW sheets for all modules |

Assignment Due Dates:
Discussion Questions
Exercise Your Brain
Essay #32
From the textbook - “The Art of Living”, Mark J. Minnelli Ph.D and Mark A. Schroll, Ph.D.

The human brain needs exercise to develop, grow and flourish to reach its optimal potential. French research has indicated that individuals who keep their mental processes sharp as they grow older challenge their thinking, and problem solving abilities, on a regular basis. This research found that it was not how much education you had, but how complex your work in life is, or was. If you have to think through a variety of different problems on a routine basis, you have a better chance of not becoming senile. In essence, “exercise your brain.”

Other studies done with rats (although rats are not human) have shown that rats with no toys to simulate their learning environment are not as bright as rats with lots of toys to experiment with. Even when the rats with no toys could watch the ones play with the toys, it did not help their learning abilities. In other words, you have to get right in there and become involved in the activity to reap the benefits.

With human learning we have found that people retain higher levels of information when more senses were involved when they learned. The greater number of learning pathways you can spark in the brain, the more you exercise your brain. So how can you excite yourself in new ways? Could you learn a new skill or develop a talent? Should you read a wide variety of materials/subjects as opposed to just the ones you like? Push yourself and get the brain moving.

Remember to stay connected socially to friends, groups, and volunteering. Do not end up with the bad habit of exercising your brain in solitude.

Key Concepts

• You need to exercise your brain if you want to remain mentally sharp.
• Experience a wide variety of literature, subjects, skills, talents etc.; do not stay in a rut.
• Selected internet web sites include University of Michigan Health System- www.med.umich.edu, U.S. Department of Health and Human Services- healthfinder.gov

Discussion Questions
1. How can you start or maintain a proactive role in exercising your brain?
2. Do you know people that tend to be brain couch potatoes? How could you encourage them to exercise their brain?

Type a short essay answering the above questions. Make sure that you cite any sources used including websites, articles, books, etc.
Maintaining Inner Peace
Essay #18
From the textbook - “The Art of Living”, Mark J. Minnelli Ph.D and Mark A. Schroll, Ph.D.

Dr. Wayne Dyer presented a special on Public Broadcasting on March 13, 2002 entitled, “Dr Wayne Dyer’s Ten Secrets For Success and Inner Peace” (which corresponds with his book of similar title). This essay is a summary of some of his ideas and suggestions. While the word success is in the title, Dr. Dyer stated these principles are not designed to help a person make a lot of money, become popular or acquire material possessions. As research has indicated, money, fame and material things do not equate to happiness.

His first tip is to keep an open mind – do not close out the possibilities of what could be. Progress is impossible if you do not have an open mind. Another comment was that you can not give away what you do not have. What will you give to the world? If you do not possess love, humor, or knowledge, you cannot share it with others.

You must let go of resentment, or it will only build and create negative energy. Blaming has to go. Take responsibility for you own actions, because who does not make mistakes? Dyer suggests that individuals work hard on not to hate but to love.

Embrace silence in your life. Create time to spend alone in silence to get in touch with your soul. As stated in another essay in his book, Dyer also suggests getting in touch with nature. Dr. Dyer then discussed giving up our personal history. If you do not have a story you do not have to live up to it. Live for the moment, but understand the path that you have walked, so that you will not repeat previous mistakes.

Additional discussions lead to visioning. Dyer discussed treating yourself, as if you already were, what you want to become. We move towards our visions. Part of his closing statements included treasuring our divinity, as we are not accidents and that all living things were connected. Dr. Dryer has written extensively on self-improvement and his books are worth exploring for further study. This book shares many connections of humankind’s links and connectedness to nature and the environment.

Key Concepts
- Dr. Wayne Dyer’s secrets for success and inner peace.

Discussion Questions
1. Why does Dr. Dyer suggest to treat yourself as if you already were what you want to become?
2. Do you spend any time in silence? What is your experience with this and why should we put aside some time for this activity?

Type a short essay answering the above questions. Make sure that you cite any sources used including websites, articles, books, etc.
Perseverance Pays Off
Essay #17
From the textbook - “The Art of Living”, Mark J. Minnelli Ph.D and Mark A. Schroll, Ph.D.

How much energy of work does it require to earn a bachelors, masters or doctorate degree? When this author (Dr. Minelli) was working on his doctoral degree, friends told me that the entire process was 90% persistence and 10% intelligence. Many goals in life are accomplished by taking small steps thus leading to the end goal. The goal may appear overwhelming at first, but if taken in smaller steps or parts it is not as seemingly endless. As time, marches on, why not set up some goals to attain. You will get older anyway and maybe regret not having taken on personal challenges. In goal setting, focus is often required and shot-term objectives need to happen so you feel energized and feel like you are getting somewhere.

Many discoveries or ideas for new or improved products have been a result of perseverance. Often great discoveries were failures the first time but the individual did not give up on their idea. If you reach for the sun but do not succeed, you may still hit another star.

Key Concepts
• Perseverance usually pays off.
• Many small steps lead to big accomplishments.

Discussion Questions
1. Have you ever kept trying something after failing? Explain your answer.
2. Do you have the patience to make small steps to achieve long term goals? What kinds of skills do you use to find success?

Type a short essay answering the above questions. Make sure that you cite any sources used including websites, articles, books, etc.

Maintaining Inner Peace
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You must let go of resentment, or it will only build and create negative energy. Blaming has to go. Take responsibility for you own actions, because who does not make mistakes? Dyer suggests that individuals work hard on not to hate but to love.
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**Key Concepts**
- Dr. Wayne Dyer’s secrets for success and inner peace.

**Discussion Questions**
1. Why does Dr. Dyer suggest to treat yourself as if you already were what you want to become?
2. Do you spend any time in silence? What is your experience with this and why should we put aside some time for this activity?

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**Men Versus Women: The Hormonal Drive**

**Essay # 24**

From the textbook - “The Art of Living”, Mark J. Minnelli Ph.D and Mark A. Schroll, Ph.D.

Research has shown what we all culturally believe, that men and women are different; not just in anatomy but in the hormones that make them tick. The primary male hormone, testosterone, provides for male characteristics, including facial hair, a lowered voice, more muscle mass, increased body hair, etc. The female hormones estrogen and progesterone help regulate the menstrual cycle, distribution of body fat, lesser body hair, etc.

In women these hormones increase right before ovulation occurs and decrease shortly thereafter. This usually causes peaks and valleys in sexual drive. Men typically have more of an even release of testosterone, creating an increased sexual drive and aggressive nature throughout a monthly time frame. If you give women testosterone, like anabolic steroids, they become more aggressive, stronger, lose body fat and increase muscle mass. If you give men estrogen or other female hormones, their sex drive can decrease, they may develop female breasts, lose muscle mass, etc.

This is a primary reason the sexes often do not understand each other. Women often get married for companionship, security and love and men think about regular sex and someone to play mother. With over 50% of women now in the workforce, roles tend to be blurred. The sexes are still confused on how to respond to each other and understand the importance hormones
play. We know this is not the only factor in relationships, but its strength in determining human instincts and drives should not be underestimated.

**Key Concepts**
- Hormonal differences play a major role in sexual relationships and gender preferences.
- Socialization factors are not the only influences on shaping gender differences.
- Selected internet web sites include Planned Parenthood-www.plannedparenthood.org, Centers for Disease Control-www.cdc.gov

**Discussion Questions**
1. Explain your feelings on how much importance you think hormones play in human behavior patterns.
2. Are we overestimating or underestimating the role hormone contribute in our lives?

**Extended Family and Cultural Ties**
*Essay # 23*
*From the textbook - “The Art of Living”, Mark J. Minnelli Ph.D and Mark A. Schroll, Ph.D.*

How important are your extended family and cultural ties? This question is often dealt with personally in a job search. It is not uncommon in current mobile societies to “go where the jobs are.” Many times this leads you away from your family, friends and culture. You may need to ask, is the extra money in a different location worth (in the larger view not just dollars) being separated from our loved ones? Will you spend the extra money earned in a new location just traveling to see your relatives and friends?

Some people think there are no jobs in the area where they really want to live. This may only be a fallacy and just require more time to search out employment potential. Employers are not protecting employees’ jobs, so job satisfaction and security is no longer a given. All jobs have pressure and with all employment you get paid, so one may ask, “what are the other important issues to consider?”

Another interesting note is that many individuals who leave their hometown or area eventually drift back. What are the motivating forces that bring people back: friends, relatives, familiar surroundings, or possibly climate? Maybe we are not too distant from many of our animal friends that migrate or have special habitats.

**Key Concepts**
- You can always find work if you look hard enough so why not live where you want too.
- Your extended family and relatives should play an important part in your life; do not stray too far or you may become unhappy.

**Discussion Questions**
1. Where do you live in relation to your relatives and how does that make you feel?
2. Because we are now a very mobile society, are we losing a sense of community? Explain your answer.
CRITERIA FOR EVALUATION:

Evaluation Criteria:
Grades and Grading Policy
Grading Scale:

- **A**: 100-93 %  Exams (3) 200 points each  =  600 points
- **A-**: 92-90 %
- **B+**: 89-87 %  WWW Assignments
- **B**: 86-83%  (10) x20 pts each  =  200 points
- **B-**: 82-80%
- **C+**: 79-77%  Reflection Papers
- **C**: 76-73%  (5) x 40 points each  =  200 points
- **C-**: 72-70%

Less than 70% No Credit

60% Exams (20% each x 3 exams)
20% WWW site review
20% “The Art of Living” Reflections

Retakes will be offered for only ONE examination.

Other:

1. **Incomplete**: [d1] the (I) Incomplete is a temporary grade used in cases when a student is unable to complete course requirements because of illness or other justifiable circumstances. An (I) Incomplete is assigned in cases in which the student has completed satisfactorily the major portion (50%) of the course requirements and has the ability to complete the remaining work without re-registering for the course. Further information on (I) Incompletes can be found in the current Bulletin.

2. **Copies of Assignments**: [d1] Attention CMU Students: It is your responsibility to retain a copy of any materials that you mail or hand in to a center or to your instructor. This includes, but is not limited to, exams, assignments, cases, or reports.

SUPPORT SERVICES AND OTHER REQUIREMENTS:

**OCLS** [d1] CMU offers you a variety of library services through Off-Campus Library Services. Check the OCLS website, [http://ocls.cmich.edu](http://ocls.cmich.edu) for more information and our current hours. Reference Librarians provide help using research tools such as: the library catalog and research databases and help you find information related to your search topic. Document Delivery provides the specific books and journal articles you request. You can order up to 50 items per class, per week from Document Delivery. However, only 20 requests will be taken over the phone. Requests over 20 can be faxed or e-mailed.
Reference Librarians contact information:

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3. E-mail: oclibsvc@cmich.edu

General:

1. Academic Dishonesty: Written or other work which a student submits must be the product of his/her own efforts. Plagiarism, cheating and other forms of academic dishonesty, including dishonesty involving computer technology, are prohibited. Further information on Academic Dishonesty can be found in the current Bulletin.

2. CMU provides individuals with disabilities reasonable accommodations to participate in university activities, programs and services. Individuals with disabilities requiring an accommodation should contact Ernie Bedford, at (800) 950-1144, extension 3264 or e-mail him bedfo1de@cmich.edu at least 3 weeks prior to registering for class.

BIBLIOGRAPHY


