

# GEN-1100: MENTAL WELLNESS AND THE COLLEGE STUDENT

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## Cuyahoga Community College

**Viewing: GEN-1100 : Mental Wellness and the College Student**

**Board of Trustees:**

June 2018

**Academic Term:**

Fall 2021

**Subject Code**

GEN - General Studies

**Course Number:**

1100

**Title:**

Mental Wellness and the College Student

**Catalog Description:**

Orient the student to emotional and mental well-being as they transition to college. Introduce students to resources campus, local, and national resources to help promote and maintain wellness.

**Credit Hour(s):**

1

**Lecture Hour(s):**

1

## Requisites

**Prerequisite and Corequisite**

ENG-0985 Introduction to College Literacies or appropriate score on English Placement Test.

Note: ENG-0980 Language Fundamentals I taken prior to Fall 2021 will also meet prerequisite requirements.

## Outcomes

**Course Outcome(s):**

Demonstrate an understanding of mental wellness and mental distress.

**Objective(s):**

1. Provide a definition of mental distress or pathology.
2. Define mental wellness.

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**Course Outcome(s):**

Identify feelings and symptoms of common mental health disorders encountered by college students.

**Objective(s):**

1. Discuss the range of emotions.
2. Understand the signs of mental health conditions.

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**Course Outcome(s):**

Apply fundamental coping skills learned.

**Objective(s):**

1. Identify appropriate time to use coping skills (i.e., relaxation, thought disputing, deep breathing, etc.).
  2. Identify supportive resources at the campus, local, and national levels.
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**Course Outcome(s):**

Practice the use of effective communication skills.

**Objective(s):**

1. Practice basic boundary setting skills.
  2. Use assertiveness skills to verbalize needs for success and wellness.
  3. Practice appropriate behavior while in a stress inducing situation, such as a test or job interview.
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**Methods of Evaluation:**

1. Quizzes and examinations
2. Journal
3. Class participation
4. Out of class assignments

**Course Content Outline:**

1. Introduction
  - a. Overview and expectations of wellness
    - i. Wellness
    - ii. Pathology
  - b. Terminology
2. Emotional wellness
  - a. Emotional intelligence
  - b. Identify feelings
  - c. Coping skills
  - d. Building self confidence
  - e. Resources
3. Mental health disorders/behaviors common in college (signs and symptoms)
  - a. Suicide
  - b. Attention Deficit Hyperactivity Disorder
  - c. Depression
  - d. Anxiety
  - e. Alcohol and drug abuse
  - f. Eating disorders
  - g. Anger
  - h. PTSD
    - i. Traumatic Brain Disorder
    - j. Learning Disorders
  - k. Abusive relationships
4. Academic Wellness
  - a. Lifelong learning
  - b. ACCESS office
  - c. Challenging intellectual self
5. Physical wellness
  - a. Eating
  - b. Exercise
  - c. Personal safety
  - d. Healthcare
6. Social wellness
  - a. Sexual health
  - b. Gay, lesbian, bisexual, transgender
  - c. Social media
  - d. Drugs and alcohol
7. Spiritual wellness
  - a. Purposefulness
  - b. Spiritual vs. religious
  - c. Diversity- culture, religion, spiritual philosophy

## Resources

Ron Potter- Efron Pat Potter- Efron. (2006) *Letting Go of Anger: The Eleven Most Common Anger Styles and What to Do About Them*,Oakland, CA: New Harbinger Publications, Inc.

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American Psychiatric Association. (2014) *Diagnostic and Statistical Manual of Mental Disorders*,Arlington:American Psychiatric Publishing.

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Charles L. Whitfield. (1993) *Boundaries and Relationships*,Deerfield Beach: Health Communications, Inc.

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Susan Cain. (2013) *Quiet: The Power of Introverts in a World That Can't Stop Talking*,New York: Crown Publishers.

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John P. Forsyth Georg H. Eifert. (2016) *The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Theory*,Oakland: New Harbinger Publications, Inc.

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Cuyahoga Community College. "Cuyahoga Community College Grievance Procedure for Students"

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Cuyahoga Community College. "Cuyahoga Community College Student Handbook"

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## Resources Other

1. Cuyahoga Community College Suicide Prevention and Mental Wellness Web Page. <http://www.tri-c.edu/policies-and-procedures/suicide-awareness-and-prevention/index.html> (<http://www.tri-c.edu/policies-and-procedures/suicide-awareness-and-prevention/>)
2. Cuyahoga Community College Suicide Prevention and Mental Wellness Student Resource Guide. <http://www.tri-c.edu/policies-and-procedures/suicide-awareness-and-prevention/documents/student-resource-guide.pdf>
3. Supplemental books, articles, video, or software computer programs

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