

**El Paso Community College
Syllabus
Part II
Official Course Description**

SUBJECT AREA	<u>Vocational Nursing</u>
COURSE RUBRIC AND NUMBER	<u>VNSG 1236</u>
COURSE TITLE	<u>Mental Health</u>
COURSE CREDIT HOURS	<u>2 2 : 0</u> Credits Lec Lab

I. Catalog Description

Introduces the principles and theories of positive mental health and human behaviors. Includes topics on emotional responses, coping mechanisms, and therapeutic communication skills. A grade of “C” or better is required in this course to take the next course. **(2:0)**.

II. Course Objectives

Upon satisfactory completion of this course, the student will be able to:

- A. Describe the methodology of basic behavioral scientific research.
- B. Describe the biological, intellectual, and social changes that occur across the human life span.
- C. Describe the process by which sensory information is received, analyzed, and integrated into existing mental content.
- D. Explain paradigms of learning and memory.
- E. Discuss cognitive functioning.
- F. Discuss the motivational variables that contribute to human behavior and the emotional responses that result.
- G. Describe theories of healthy and unhealthy personality development and psychological interventions.
- H. Discuss the dynamics of gender and human sexuality.
- I. Discuss the dynamics of human behavior in groups to include such concepts as conformity, prejudice, aggression, and effects on crowding.
- J. Apply one’s knowledge of psychology to more objectively evaluate human behavior.

III. THECB Learning Outcomes (WECM)

- 1. Describe the characteristics of positive mental health.
- 2. Identify the coping mechanisms utilized by individuals to assist in alleviating stress and anxiety.
- 3. Demonstrate the use of therapeutic communication skills.

IV. Evaluation

- A. Remediation
The opportunity for remediation is at the discretion of the instructor. Any student performing at an unacceptable level should seek out available tutoring resources provided by the college.

- B. Grading
Course grades will be determined in a manner consistent with the grade description in the current college catalog. The student should consult the instructor's syllabus for more detailed information.

V. Disability Statement (Americans with Disabilities Act [ADA])

EPCC offers a variety of services to persons with documented sensory, mental, physical, or temporary disabling conditions to promote success in classes. If you have a disability and believe you may need services, you are encouraged to contact the Center for Students with Disabilities to discuss your needs with a counselor. All discussions and documentation are kept confidential. Offices located: VV Rm C-112 (831-2426); TM Rm 1400 (831-5808); RG Rm B-201 (831-4198); NWC Rm M-54 (831-8815); and MDP Rm A-125 (831-7024).

VI. 6 Drop Rule

Students who began attending Texas public institutions of higher education for the first time during the Fall 2007 semester or later are subject to a 6-Drop limit for all undergraduate classes. Developmental, ESL, Dual Credit and Early College High School classes are exempt from this rule. All students should consult with their instructor before dropping a class. Academic assistance is available. Students are encouraged to see Counseling Services if dropping because exemptions may apply. Refer to the EPCC catalog and website for additional information.