

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.