

## Course Syllabus

<b>Course:</b>	<b>EDZU 9064 <u>Anxiety and Other Mental Health Issues Affecting Students Today</u></b>
<b>Credit Hours:</b>	3.0 credits / 45 hours
<b>Instructor:</b>	Carol Bottstein

### Course Description

This valuable and necessary course explores mental health issues facing students today. Anxiety disorder is one of the most common mental health problems of childhood and adolescence. Victims of natural disasters such as storms and floods, accidents, violence or abuse may suffer from Post Traumatic Stress Disorder. Tourette Syndrome has dramatic consequences for students. Eating disorders are increasingly seen in younger children. The effects of Fetal Alcohol Syndrome are lifelong and irreversible. Every educator will encounter students with one of these disorders.

This interesting and information packed course will explore the behaviors, academic and social implications, instructional strategies, classroom accommodations and treatment options. Be prepared to understand, encourage and assist these students!

### Course Goals

#### To Know

1. Mental health issues affecting students today
2. Definition of Anxiety Disorder, Tourette Syndrome, Post Traumatic Stress Disorder, Eating Disorder and Fetal Alcohol Syndrome
3. Diagnostic criteria of each disorder

#### To Understand

1. The etiology of each mental health disorder
2. The behaviors and social implications
3. Academic difficulties faced by students with these disorders

#### and To Be Able To

1. Provide instructional strategies and classroom accommodations to promote academic success
2. Provide a learning environment which encourages self esteem and confidence
3. Assist families of students with mental health concerns

## Course Outline

- I. Introduction to Mental Health Issues Affecting Students Today
  - a. Anxiety Disorder
  - b. Post Traumatic Stress Disorder
  - c. Tourette Syndrome
  - d. Eating Disorders
  - e. Fetal Alcohol Syndrome
- II. Anxiety Disorder
  - a. Definition/diagnostic criteria/etiology
  - b. Most common anxiety disorders
  - c. Behaviors
  - d. Social implications and academic difficulties
  - e. Instructional strategies and classroom accommodations
  - f. Treatment options
- III. Post Traumatic Stress Disorder (PTSD)
  - a. Definition/diagnostic criteria/etiology
  - b. Behaviors
  - c. Case study
  - d. Social implications and academic difficulties
  - e. Instructional strategies and classroom accommodations
  - f. Treatment options
- IV. Tourette Syndrome
  - a. Definition/diagnostic criteria/etiology
  - b. Behaviors
  - c. Case study
  - d. Social implications and academic difficulties
  - e. Instructional strategies and classroom accommodations
  - f. Treatment options
- V. Eating Disorders
  - a. Definition/diagnostic criteria/etiology
  - b. Behaviors
  - c. Eating Disorders in Males
  - d. Social implications and academic difficulties
  - e. Instructional strategies and classroom accommodations
  - f. Treatment options
- VI. Fetal Alcohol Syndrome (FAS)
  - a. Definition, diagnostic criteria, etiology
  - b. Images of FAS
  - c. Behaviors
  - d. Social implications and academic difficulties
  - e. Instructional strategies and classroom accommodations

- f. Treatment options
- VII. Assisting Families
  - a. FAQ's for parents
  - b. Resources for families

**Methods of Instruction**

This course is designed for all educators. It will explore the behaviors, academic and social implications, instructional strategies, classroom accommodations and treatment options for students with Anxiety, Post Traumatic Stress Disorder, Tourette Syndrome, Eating Disorders and Fetal Alcohol Syndrome, using a variety of reading material and media. Assignments allow for reflection and opportunity for the strategies and skills to be easily implemented in the school setting. Many resources are provided.

*Students will connect with each other throughout the course within forums and various other types of online feedback options built into each class.*

**Methods of Assessment:**

Each student will be required to submit all written assignments in response to definitions, questions and regarding specific readings or video and/or reaction papers. In addition, Graduate students are to submit 2 final papers when given a choice of three topics for an A; and 1 final paper given a choice of three topics for a B.

*Instructors are online each day of the course and correspond with students through the course itself, feedback on assignments, e-mail, and by phone.*

**Time Validation**

<b>Anxiety and other Mental Health Issues-Assignment</b>	<b>Time (in hours)</b>
Students will participate in a forum on introductions and experiences	0.15
Students will explore myths and facts about mental illness; view media and read materials on anxiety in children, including definition, etiology and diagnostic criteria	2.30
Students will participate in a forum on anxiety symptoms	0.15
Students will investigate six common anxiety disorders affecting children and adolescents, compare and contrast; then learn and report on the social and educational implications of teen anxiety disorder.	4.00
Students will view media, research and discuss selective mutism vs. social anxiety	2.00
Students will investigate treatment options, instructional strategies and classroom accommodations for students with anxiety disorder	2.30

Students will view media on children, violence and trauma	0.30
Students will participate in a forum on Post Traumatic Stress Disorder (PTSD)	0.15
Students will research and discuss PTSD in children and adolescents, including symptoms, behaviors, instructional strategies, classroom accommodations and treatment options	2.30
Students will learn and report on PTSD in very young children, as well as PTSD in parents	1.00
Students will complete a case study on PTSD	2.00
Students will view media and then read an overview on Tourette's Syndrome (TS)	1.00
Students will participate in a forum on Tourette's Syndrome	0.15
Students will view media depicting school age children with TS and then investigate symptoms, behaviors and educational implications	2.00
Students will research instructional strategies and classroom accommodations, and then complete a case study on a child with TS	3.00
Students will react to the social/emotional effects TS has on a family with a TS child	1.00
Students will explore Tourette's and comorbidity	1.00
Students will research via reading material and media and report on various eating disorders- etiology, symptoms, behaviors, role of the environment and gender differences	3.00
Students will discuss eating disorders in children, the role parents play and warning signs	2.00
Students will learn educational implications, instructional strategies, classroom accommodations and treatment options for eating disorders	2.00
Students will participate in a forum on Eating Disorders	0.15
Students will submit a paper regarding school prevention techniques and the impact comorbidity has on eating disorders	2.30
Students will view media featuring children and teens with Fetal Alcohol Syndrome Disorder (FASD), and then explore and report on diagnosing FASD	1.00
Students will investigate and discuss symptoms, behavior, educational implications, instructional strategies and classroom accommodations for students with FASD	3.00
Students will research FAQ's for parents of children with mental illness	1.30
Students will participate in a final open forum	0.15
Students will review and analyze all five of the mental health issues covered in this course and report on how the symptoms and behaviors would manifest themselves and affect their present educational setting, in addition to detailing the application of specific instructional strategies and classroom accommodations to be used given the student's educational position.	5.30
<b>Total Time</b>	<b>45.00</b>