

Course Title	LAS306 Issues in Mental Health (PSY305 Abnormal Psychology)		Instructor(s)	Aya Kasai PhD, MFT, CPP, RCC
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Class Style	Lecture & Active Learning		Office Hours	To be announced
Track	Liberal Arts		Mode of Instruction	Solo
Credits	2		Allocated Year	3rd and 4th year
Active Learning	4-(1) Interactive Lecture 2-(5) Interviews 4-(9) Group Work on Questions 3-(4) Close reading		Compulsory or Elective	Elective
Course Overview	<p>In this course, we study <i>a wide range of maladaptive human behaviors from different perspectives.</i></p> <p>This course is designed to help students examine and appreciate the range, layers, and diversity of human behaviors and mental status. After learning basic classifications, frameworks, and common tools to discuss mental health, students are invited to participate in a workshop to develop their toolkit for improving their own mental health.</p>			
Course Objectives	<p>Through this course, students will:</p> <ol style="list-style-type: none"> 1. approach the term “mental health” critically and discuss what it means in the given context 2. better understand Bio-Psycho-Social processes of mental health issues in relation to the causes, consequences, and some treatment options 3. have a basic understanding of how to approach their own mental health 			
Prerequisite	None			
Course Schedule	No	Contents	Homework	
	1	Lived experience of recovery	Reading/writing/other activity	
	2	Wellness recovery action plan workshop 1	Reading/writing/other activity	
	3	Wellness recovery action plan workshop 2	Reading/writing/other activity	
	4	Wellness recovery action plan workshop 3	Reading/writing/other activity	
	5	Wellness recovery action plan workshop 4	Reading/writing/other activity	
	6	Wellness recovery action plan workshop 5	Reading/writing/other activity	
	7	Wellness recovery action plan workshop 6	Reading/writing/other activity	
	8	Wellness recovery action plan workshop 7	Reading/writing/other activity	
	9	Wellness recovery action plan workshop 8	Reading/writing/other activity	
	10	Cultural Influences	Reading/writing/other activity	
	11	Recovery movement around the world	Reading/writing/other activity	
	12	Critically thinking about mental health issues	Reading/writing/other activity	
	13	Developing a recovery toolbox	Reading/writing/other activity	
	14	Self-study workshop	Reading/writing/other activity	
	15	Presentation and integration	Reading/writing/other activity	
		Final Exam		
Grading	<p>Reading, writing, homework and other activities: 70%, Exam/project: 30%</p> <p>The final grade will be determined as below. A: 90-100 points, B: 80-89 points, C: 70-79 points, D: 60-69 points, F: Less than 60 points</p> <p>Plagiarism: Plagiarism is not acceptable at MIU. Students must submit their own work and not copy from</p>			

	other sources, unless they credit their sources with appropriate referencing. Students caught copying information from other sources and pretending that it is their own work will automatically result in a grade of 'F' or withdrawal from the course.
Textbooks	Handouts will be provided in class.
References	None
NOTES	<p>STUDENT RESPONSIBILITIES:</p> <p>This class is a combination of face to face weekly and intensive classes. The tentative course schedule 4/16, 4/18 all day, 4/19 all day, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4 (final)</p> <ul style="list-style-type: none"> • If you do not attend a class during add/drop week for unexcused reasons, your place may be given to a waitlisted student. • You are expected to inform the instructor in advance if you must miss a class. If you miss a class, you are expected to obtain missing materials and catch up by talking to other students and the instructor as soon as possible. • Excused absence from class (in case of illness or family emergency) requires a written notice from a doctor or other appropriate individuals within 7 days. All other absence from class will be considered "unexcused". • If you are not in the classroom when the instructor takes attendance, you will be marked as late. 2 late attendances = 1 absence. 30min late = 1 absence. More than 20% of unexcused absences will result in a grade of F (Fail). • Assignments completion: It is your responsibility to attend all classes, to participate actively as a member of the class, and to complete and hand in all assigned work as required to pass this course. <p>LEARNING ENVIRONMENT:</p> <ul style="list-style-type: none"> • I will make efforts to address the different learning styles of students in the class. There will be a combination of whole-class activities, individually based activities, small group work, and lecture. • Students and instructors will work together to create safe learning environment for everyone. Harassment or bullying will not be tolerated. <p>REASONABLE ACCOMMODATIONS:</p> <ul style="list-style-type: none"> • It is our goal that all students have an effective learning environment. Please let me know all necessary accommodations needed to make the class fully accessible. <p>The instructor reserves the right to make changes to this syllabus at any time.</p>