



Mental Health and Well Being – MNH101

Lectures: 3 sessions / week, 1.0 hour / session
8 weeks

Prerequisites

N/A

Course Description

In this course, you will gain an introduction and understanding of what mental health and well-being are, as well as their importance personally and professionally. Tools and techniques will be introduced to equip students for every pursuit they can undertake in life.

Course Overview

Session #	Topics	Key Dates
1-3	What is Mental Health	
4-6	Identifying the signs and symptoms	Team Paper Due
7-9	Medication and Alternatives	
10-12	Anger Management	Individual Project Paper Due
13-14	Conflict Resolution	
15-17	Peer Support	Team Paper 2 Due
18-20	Nutritution	
21-22	Exercise and Adequate Rest	Final Individual Paper Due

Course Requirements

Students will be graded on class participation; team papers and teaching exercises, and on two individual papers, 2 - 3 pages in length.

Activities	Percentages
Class Participation	40%
Team Response papers (2) and Team Building Exercises	25%
Individual Project Paper	15%
Individual Final Paper	20%

In all cases, the students' contributions will be evaluated from the standpoint of their growth throughout the course. Visual, audio, reading, and kinetic elements are included in the learning environment to assist in each student's processing of information. All assignments are designed



to encourage the student to own the information, develop practical applications, and demonstrate employability skills.