

# James Clemens High School

11306 County Line Road  
Madison, AL 35756



**Phone: 256-216-5313**

*Extension: Ext 95130*

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## **Course Syllabus** **Counseling and Mental Health** **Instructor: H. Courtney**

### **Dear Parent/Guardian,**

I look forward to having a great year! I feel fortunate to have your student in my class this semester and hope that you will contact me should you have any concerns about the progress of your student or any aspect of the instruction. With your student, please read the attached policies, then sign and date this signature page and have your student return this form, or complete the google form which can be found in your student's Schoology course. Please provide a current email address and phone number at which I can contact you should the need arise. Please contact me at school with any concerns.

**Thank you,**  
**H. Courtney**

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**My child and I have read and discussed the classroom syllabus.**

Student Name (Print) \_\_\_\_\_ Date \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Name (Print) \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Email Address(es) \_\_\_\_\_

Phone number(s) \_\_\_\_\_  
Cell Home Work



**Course Syllabus**  
**Counseling and Mental Health**  
**Instructor: H. Courtney**

**Course Description:**

Counseling and Mental Health is a one-credit course taught in grades 9-12. This course is designed to orientate students who are interested in working in counseling and mental health services. Careers in the field provide assistance to people with personal, family, educational, and mental health problems and need guidance in making career decisions. The content in the course includes the history of counseling, career investigation, stress management, mental illness, communication skills, client legal rights, ethical procedures and legal responsibilities, and personal and client safety. This course will also include the counseling process for types of crisis, skills and resources for handling crisis, healthy mental functioning, coping with stress and depression, warning signs of depression, types of domestic violence, handling violence, and technology. Counseling and mental health care services may be provided in hospitals, clinics, schools, or private settings.

**PREREQUISITES:** There are no prerequisites for this course.

**Career Technical Student Organization:**

Students enrolled in this course are encouraged to join Family Career and Community Leaders of America (FCCLA) which is a nationally recognized organization that promotes leadership focused in the family, their career and their community.

**CRI Available for this course:**

N/A

**Course Objectives:**

**Foundations Students will:**

1. Trace the history of the field of mental health and counseling.
2. Analyze the nervous system of the human body and how it effects the mental health of individuals.
3. Determine how society views mental health.
4. Evaluate socioeconomic factors that influence mental health and counseling.
5. Describe how mental health care data is collected and disseminated.
6. Develop and interpret tables, charts and figures to support written and oral communications of counseling with clients.
7. Compare various social services provided to address mental health disorders.
8. Assess the importance of the psychological aspects of health and wellness across the life span.

**Communication Skills**

9. Evaluate and interpret verbal and nonverbal communication in different mental health situations and adapt communication to the needs of the individual in these situations.
10. Demonstrate listening skills and techniques to minimize communication barriers that are more responsive rather than reactive communication.
11. Interpret and transcribe data and communicate with clients using counseling and mental health vocabulary.



**Types of Crisis**

- 12. Identify crises that may occur across the life span.
- 13. Analyze the psychological and physiological effects of stress on individuals and families during a crisis.
- 14. Determine appropriate responses, management strategies, resources, and technology available to meet individual and family needs in a crisis.

**Mental Health Function**

- 15. Identify symptoms of depression.
- 16. Describe the impact of depression on individuals and families.
- 17. Identify strategies used to cope with stress and depression.
- 18. Investigate the hypotheses, data, analysis, and conclusions for such conditions as paranoia, schizophrenia, and aggression to develop some possible solutions for the mental health problems.
- 19. Research treatment options for various counseling and mental health conditions.
- 20. Demonstrate various counseling techniques used in counseling of mental health issues.
- 21. Research the role of the multidisciplinary team in the counseling and mental health career field.

**Hazardous Situations**

- 22. Evaluate the types of violence and abusive situations such as verbal, physical, emotional, and domestic violence.
- 23. Practice anticipating and adapting to various changing situations in a counseling and mental health environment.
- 24. Investigate causes, prevention, and treatment of violence and abusive situations.
- 25. Demonstrate appropriate actions in emergency situations that may occur in the counseling and mental health profession.
- 26. Evaluate guidelines for personal and client safety in various situations.
- 27. Practice conflict resolution techniques such as peer mediation, problem solving, and negotiation skills with clients to assist them in resolving personal conflicts.

**Ethical and Legal Responsibilities**

- 28. Explain client rights, choices, and circumstances that alter a client's rights.
- 29. Analyze legal aspects and issues of malpractice, negligence, and liability associated with providing counseling services.
- 30. Analyze the ethical practices of the counseling and mental health field.
- 31. Practice the principles of confidentiality with counseling and mental health patients.
- 32. Investigate legislation that affects standards of client care.
- 33. Determine the role regulatory agencies serve in the counseling and mental health profession including, but not limited to, the Department of Health Services and Department of Aging and Disability Services.
- 34. Analyze the consequences of making decisions in the counseling and mental health profession.

**Technology and Careers**

- 35. Investigate career opportunities and entrepreneurship endeavors related to counseling and mental health.
- 36. Determine training, education, and certification requirements for careers in counseling and mental health.
- 37. Determine the impact of technology on the field of counseling and mental health.

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## **Classroom Rules and Expectations:**

### **Jet Core Values: Live to “Be Respectful, Be Responsible, Be Resourceful”**

- All school rules in the student handbook will be enforced. This includes the Dress Code, Food, Cell Phone, and Tardy Policies. Cell phones are not allowed for personal use during class time. (Charging your phone is at your own risk.)
- Students are responsible for arriving in class on time and prepared to learn (before the tardy bell rings) with required notebooks, textbooks, pencils, and assignments.
- Be respectful and considerate of everyone and everything in the room.
- Students who are tardy to class will be sent to attendance, three tardies will result in a detention.
- Air Pods, Cell phones, or other devices should be stored out of sight during instruction.
- No food or drink in the classroom. Water bottles are allowed..

## **Accommodations:**

Requests for accommodations for this course or any school event are welcomed from students and parents.

## **Concerning Laptop Utilization:**

Student laptops should not be hard-wired to the network or have print capabilities. 2. Use of discs, flash drives, jump drives, or other USB devices will not be allowed on Madison City computers. 3. Neither the teacher, nor the school is responsible for broken, stolen, or lost laptops. 4. Laptops and other electronic devices will be used at the individual discretion of the teacher.

## **Turnitin Notice:**

The majority of writing assignments in this course will be submitted to Turnitin via the Schoology learning platform. The primary focus of this software is to help students become better writers and scholars. Turnitin generates a report on the originality of student writing by comparing it with a database of periodicals, books, online content, student papers, and other published work. This program will help students discern when they are using sources fairly, citing properly, and paraphrasing effectively - skills essential to all academic work.

Students will have the opportunity to review their Turnitin originality report and will have the opportunity to make revisions before submitting their work for grading. Once their work is submitted, teachers have the opportunity to view the student's originality report and grade accordingly.

## **Grading Policy:**

Test grades will account for 70% of the 9-weeks grade, with the remaining 30% being determined by quiz/daily grades. The grading scale is as follows: A (90-100%), B (80-89), C (70-79), D (65-69), and F (below 65). Grades will be a reflection of mastery of the standards. Make sure all absences are excused as class work can be made up and graded for excused absences only. The final exam counts for 20% of the final grade. **All missing assignments will be entered into the gradebook as a zero until late work has been graded.**

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## **Make-Up Work Policy:**

Make-Up Work: Students will need to schedule a make-up test with Ms. Courtney ASAP! No make-up test will be given during class. Students have three days from return of absence to get their missing work turned in. All missing work will be entered as a zero until it is made up. Remember it is your responsibility to get your make-up assignments and turn them in on time. Late Work: Late work subjected to penalty points at the teacher's discretion.. After that work will not be accepted.

## **Embedded Literacy and Numeracy Anchor Assignment:**

Students will read, analyze and comprehend a variety of simple to complex articles and case studies pertaining to the Counseling and Mental Health fields in Unit 2 and Unit 6; along with incorporating It's Kind of a Funny Story throughout the semester. .

Students will calculate and analyze data that is collected from counseling with clients, mental health disorders in Unit 1 and Unit 4.

## **Course Materials:**

Class fee \$20

1-3" Ring Binder, Dividers/ Tabs, Loose-leaf paper, pens or pencils, Glue sticks, colored pencils,

## **Texts/Required Readings:**

**Classroom Textbooks, Classroom Set of It's Kind of a Funny Story by Ned Vizzini, and various publications in reference to certain topics in the Counseling and Mental Health Fields.**

<b>18 - WEEK INSTRUCTIONAL DELIVERY PLAN*</b>	
<b>WEEK 1</b>	Intro to the course
<b>WEEK 2-3</b>	Unit 2- Communication Skills
<b>WEEK 4-5</b>	Unit 1- Foundations
<b>WEEK 6-8</b>	Unit 3- Types of Crisis
<b>WEEK 9-11</b>	Unit 4 - Mental Health Functions
<b>WEEK 12-13</b>	Unit 5- Hazardous Situations
<b>WEEK 14-15</b>	Unit 6 - Ethical and Legal Responsibilities
<b>WEEK 16-17</b>	Unit 7 - Technology and Careers
<b>WEEK 18</b>	Final Review and Exam

**\* This syllabus serves as a guide for both the teacher and student; however, during the term it may become necessary to make additions, deletions or substitutions.**