



College of Health and Human Services

HSR 294 - Norse Support Training

1 credit hour

Face-to-Face Class, MP 120

Spring 2022

Instructor: Colin Mong, MS, LPCA
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Office Hours: please email for appointment

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Course Description: Norse Support Training is a special topics course associated with the president's Student Mental Health Initiative and the university's Mental Health Advisory Group. Specifically, this course will address the skills necessary for effective peer support, including brief intervention skills and referral to on-campus resources.

Student Learning Outcomes

Upon completion of this course, students will demonstrate:

- Improved empathic listening and resilience-building skills
- Enhanced skills for speaking with and assisting peers who are struggling with social and/or emotional issues
- Increased awareness of on-campus resources related to mental health, safety, and student well-being
- Expanded knowledge of mental health concerns common among college populations

Required Materials

- Echterling, L. G., Presbury, J., & McKee, E. (2018). *Crisis intervention: Building resilience in troubled times*. Cognella.
- Other readings, videos, etc. can be found in Canvas modules.

Course Assignments

*The instructor will present more detailed information on each assignment as it approaches.

1. **Modules & Readings:** In addition to the *Crisis Intervention* book, weekly modules and/or readings will be made available on Canvas. They are meant to enhance your understanding of the topics covered in class.
2. **Required Assignments - Practice Videos:** You will complete two (2) practice videos throughout the course, which will serve as opportunities to employ and demonstrate the development of course-taught skills. The practice videos will require you to conduct and

record mock interviews with volunteers. You and the instructor will then generate feedback based on course-learned skills. **25 points each**

- Supplemental Assignments:** In addition to the required assignments, you will select and complete assignments from the menu below in order to reach the minimum point limit to pass this course. *That threshold is 63 points.* This means that you will have flexibility in how you accrue points. The learning in this course will be largely self-directed, and you are encouraged to explore your own interests within the scope of course topics.

The Menu (bon appétit)

Reaction Papers: Write 2 pages reflecting on your personal experiences, perspectives, questions, insights, etc., in context of the course material. Topics will be recommended by the instructor.

5 points

Organization Overview: Choose either an on-campus organization not covered in class, or an off-campus organization, which provides services or resources related to mental health, safety, community, inclusion, well-being, etc. Write 2 pages summarizing their services, as well as your impression of the organization's importance for the community or how it could be utilized.

5 points

Mental Health Research: Look up information about a particular mental health condition (e.g. major depression, PTSD) or mental health-related phenomenon (e.g. isolation, bullying). Write 2 pages summarizing what you thought about this topic before researching it, what you learned in the research process, and what further questions you have. Sources should be scholarly.

10 points

**Hint: You can look up articles through the library's online database, or go to the library and check out the DSM-V (the American Psychiatric Association's compendium of known mental health conditions).*

Additional Practice Videos: If you enjoyed making the practice videos, you can do more of them.

10 points

PowerPoint Presentation: Submit a recorded, 3-5-minute presentation on an issue of your choice, so long as it relates to course topics. *You must get the topic of the presentation approved by the instructor.*

10 points

Script/Sales Pitch: Write a 1-page paper detailing what you might say when

recommending an organization of your choice to someone who could benefit from its services. *These can include organizations covered in class.* What are your major talking points? How will you “sell” these services to someone in need?
5 points

Do-It-Yourself Assignment: Come up with your own assignment (e.g. an art piece depicting your class-related insights, or anything else you can think of) related to course topics. *Before completing your assignment, please have it approved by the instructor.*
10 points

Submission of Assignments

Assignments should be submitted to Canvas *before the beginning of the class period on the given due date. Late assignments may not be accepted* for credit. Though unlikely, late assignments may be accepted at the instructor’s discretion with accompanying documentation of extenuating circumstances.

Course Grading

This is a pass/fail course, though individual assignments will still be graded. You will pass when you have achieved at least 63 points.

To earn a passing grade in this course, you will need to obtain 63 points, utilizing a combination of the required assignments (worth 50 points in total) and any supplemental assignments you choose. A student who complies fewer than 63 points will earn an F for the course.

Grading Feedback

Students should expect feedback on submitted assignments before the next class session except when I provide notification of a different timeline via announcement.

Mid-Term Grade

If at any time you have questions about your grade or standing in the course, feel free to contact me. Midterm grades will be provided to all students in 100 - 400 level courses, except in cases where the Department Chair and Dean have waived midterm grade reporting for pedagogical reasons. Midterm grades are only an estimate of performance as of the middle of the semester and are not an absolute predictor of final performance. Midterm grades will be posted in myNKU by the deadline established in the Academic Calendar.

(<https://inside.nku.edu/registrar/calendars.html>)

Final Exam Information

The second practice video assignment will serve as the final exam for this course. It will be due before the beginning of the class period on Feb. 24. This due date will allow time for the students to receive feedback on their final practice video, and turn in final supplemental assignments as needed on the final week.

Tentative Course Schedule

*Assignments should be completed/submitted *before* the indicated class period.

Jan. 20

- **Topics:** Course Introduction, Intro to Mental Health and Peer Support
- **Readings:** Module 1: Syllabus and Class Policies

Jan. 27

- **Topics:** LUV(R), Communication 101
- **Readings:** Module 2
- **Assignments:** Supplemental assignment 1 due

Feb. 3

- **Topics:** Communication cont.
- **Readings:** Module 3
- **Assignments:** Supplemental assignment 2 due

Feb. 10

- **Topics:** Ethics
- **Readings:** Module 4
- **Assignments:** First practice video due

Feb. 17

- **Topics:** Organization Overview and Practice
- **Readings:** Module 5
- **Assignments:** Supplemental assignment 3 due

Feb. 24

- **Topics:** Broaching Practice
- **Readings:** Module 6
- **Assignments:** Final practice video due

Mar. 3

- **Topics:** Review and Practice
- **Readings:** Module 7
- **Assignments:** Additional supplemental assignments (as needed or desired)

Course Policies

Classroom Behavior

This course is meant to prepare you to respond with empathy and respect when assisting peers struggling with social or emotional issues. A crucial aspect of this preparation is the ability to take varied opinions and life experiences into consideration. As such, it is very important that class discussion remain open and expressive while maintaining an environment of respect and

safety. Disagreement can be fruitful, but disrespect cannot. If I observe behaviors that could be considered disrespectful or demeaning, I will reach out to those involved immediately, and we will have a larger discussion about the matter as a class. Because the creation of a safe environment is key to the success of the course, and to the continued role that students will fill after completing the course, continued disrespectful behaviors may result in a student receiving a failing grade.

Please make every effort to minimize the usage of phones except in the case of an urgent matter, during which you should excuse yourself from class. Laptops and tablets are permitted for note taking.

Attendance Policy

You are expected to attend every session of this seven-week course, as each will contain valuable information and allow for practice of course-taught skills. Given that you are receiving a stipend for taking this course, you are expected to report as if for an employment position. If you must miss a class due to extenuating circumstances, please contact me ASAP to discuss options. If you are a post-traditional student (e.g. caring for children or dependents, connected with the Armed Forces, working full time, etc.), and need accommodations specific to one of these roles, please contact me ahead of our class meeting time to make arrangements.

Other than those due to special, role-related circumstances, **absences will not be excused except in the case of sickness, medical emergency, or other emergency. An unexcused absence will cost you 10 points, which you will need to make up via supplemental assignment.**

Communication

You should check your e-mail inbox/Canvas course sites regularly. As COVID-19 (Omicron variant) cases are on the rise, and as university policies shift in response, I may need to change class procedures in a flexible manner. Should this occur, I will communicate course changes to the class ASAP. In general, you may expect responses to emails within two business days. It is my hope that if you have concerns regarding the course, you will reach out to me to discuss the issue so we may address it. Should you have any concerns about my responsiveness, you are always welcome to contact the chair of the department/director of the school.

Accommodations Due to Disability

Northern Kentucky University is committed to providing reasonable accommodations for all persons with disabilities. The syllabus is available in alternate formats upon request. Students with disabilities: If you are seeking classroom accommodations under the Americans with Disabilities Act, you are required to register with the Office for Student Accessibility (OSA) in SU 303. To receive academic accommodations for this class, please obtain the proper OSA forms and meet with me at the beginning of the semester. More information on OSA can be found at <https://inside.nku.edu/osa.html>.

Name/Pronouns

You can address me as Colin, Professor Colin, or Professor Mong. I have an MS rather than PhD, so calling me doctor would be inappropriate. My gender pronouns are he/him/his. I will gladly honor your request to address you by an alternate name and/or gender pronouns from what is contained in the university records. Please advise me of these early in the semester so that I can make appropriate changes to my records and language.

Changes in the Syllabus

The syllabus is a projection of what I anticipate for the course. I reserve the right to modify the syllabus in order to adjust to changing circumstances, and will notify the class of any modifications.

Credit Hour Policy Statement

In accordance with federal policy, NKU defines a credit hour as the amount of work represented in the achievement of student learning outcomes (verified by evidence of student achievement) that reasonably approximates one hour (50 minutes) of classroom instruction and a minimum of two hours of out-of-class student work. For every course credit hour, a typical student should expect to spend at least three hours per week of concentrated attention on course-related work including, but not limited to, class meeting time, reading, reviewing, organizing notes, studying and completing assignments. At least an equivalent amount of time is expected for other academic activities such as online courses, laboratory work, internships, practica, studio work and other academic work leading to the award of credit hours.

Estimates of the time required for a student to complete this course are:

Readings	= 21 hours
Practice Videos (2 videos, 5 hours each)	= 10 hours
Supplemental assignments (minimum of 3)	= 15 hours
Class Time	= 7 hours
<u>Total</u>	<u>= 53 hours</u>

Other Information

For information on university-wide policies governing students, please see the University Common Syllabus on your course Canvas site.