

COURSE SYLLABUS

VNSG 1301

MENTAL HEALTH & ILLNESS

VOCATIONAL NURSING

HEALTH OCCUPATIONS DIVISION

LEVELLAND CAMPUS

SOUTH PLAINS COLLEGE

FALL 2022

COURSE SYLLABUS

COURSE TITLE: Mental Health, VNSG 1301

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*\*\*SOUTH PLAINS COLLEGE IMPROVES EACH STUDENT'S LIFE\*\**



**I. GENERAL COURSE INFORMATION**

**A. COURSE DESCRIPTION:**

Personality development, human needs, common mental mechanisms, and factors influencing mental health and mental illness. Includes common mental disorders and related therapy.

**B. STUDENT LEARNING OUTCOMES DECS:**

1. Compare and contrast healthy and unhealthy emotional behavior.
2. Discuss therapeutic techniques used to promote mental health.
3. Identify current trends of therapy for the emotionally ill.
4. Utilize the nursing process in assisting with the development of a plan of care for an individual with a mental health disorder.
5. Discuss the legal and ethical responsibilities of the nurse caring for individuals with a mental health disorder.

1. Identify the characteristics of mental health.
2. Identify common mental illnesses and maladaptive behaviors.
3. Describe trends in psychotherapeutic treatment.
4. Discuss the application of therapeutic communication skills.
5. Assist in formulating a plan of care for the individual with mental illness or maladaptive behavior.

### C. COURSE COMPETENCIES:

#### Specific course objectives:

1. Identify behavior patterns, psychological development of individuals, selected theories of personality development, social influence, and cultural factors as they affect the individual.
2. Demonstrate appropriate and effective communication skills, nurse-patient relationships, and provision of a safe, therapeutic environment.
3. Identify common emotional responses to physical illness and stress and physiological responses to psychological stress.
4. Provide appropriate nursing care to individuals with mental illnesses, including those with anxiety, thought disorders, mood disorders, personality disorders, substance abuse, mental health disorders, and those affected by interpersonal violence.

See individual chapter objectives in textbooks.

### GRADING

#### Grading Scale:

A	(100-90)
B	( 89- 80)
C	( 79-76)
D	( 70-75.9)

The student must receive a minimum of 76% in each course and meet the specified clinical criteria within a semester in order to qualify for progression to the following semester or to graduation.

**Grades are not rounded.** A 75.9 is a "D" ***any grade below 76 is failing***

### D. ACADEMIC INTEGRITY:

Please refer to SPC Catalog and Vocational Nursing Student Handbook.

### E. SCANS AND FOUNDATION SKILLS:

C1, 4, 5, 7, 9, 10, 11, 14, 17  
F1, 2, 5, 6, 7, 8, 9, 10, 11, 12, 14, 17

### F. VERIFICATION OF WORKPLACE COMPETENCIES:

No external learning experiences are provided. Successful completion of the DECS Competency statements at the level specified by the course (Level Objectives) will allow the student to continue to advance within the program. Upon successful completion of the program, students will be eligible to take the state board exam (NCLEX) for vocational nurse licensure.

## II. SPECIFIC COURSE/INSTRUCTOR REQUIREMENTS

REQUIRED TEXTBOOKS: Students ***MUST*** use the specified edition.

1. Womble & Kinchloe. (2019). *Introductory mental health nursing (4th ed.)*. Wolters Kluwer Health.
2. Williams & Hopper, 2019. *Understanding Medical-Surgical Nursing, 6<sup>th</sup> Ed.* Philadelphia, PA. F.A. Davis.
3. Deglin, JP. *Davis Drug Guide*. (latest edition). Philadelphia, FA Davis.

## **ATTENDANCE POLICY:**

### **4.1-A. CLASSROOM ATTENDANCE:**

Learning is fostered in the classroom environment. Missing even one lecture/class activity can negatively impact student performance; therefore, classroom attendance is mandatory, and students are accountable to attend and be on time for class.

Students are expected to do all classwork at the time scheduled, whether the class is “live,” per pre-recorded lecture, or via Zoom—this means the students should be “in class” during this time, not working, driving, shopping, or doing some other activity.

### **ZOOM classes/meetings:**

Zoom meetings are considered formal classes. Therefore, the student must be in a stationary environment—not working, driving, shopping, or engaged in some other activity. There should be no TV, cell phones, or other distractors during the meeting.

- **The student’s camera must be on for the entire time of the class/meeting.** The microphone should be muted unless the student is answering a question, presenting information, or otherwise engaged in the course discussion.
- **If the student does not follow zoom etiquette as outlined in the VN handbook, the student will be removed from the zoom meeting and given an absence.**
- **The student MUST BE ON TIME for the zoom meeting; once the course instructor has started the lecture/meeting, the late student WILL NOT be allowed in until break time and will be counted as absent for the time missed.**

Students must attend all live classroom presentations and all Zoom meetings. A student who exceeds the allowable absences in any one class will be withdrawn from the program except in the case of a COVID exposure (see handbook for policy).

### **LIVE classroom:**

- students must be in their seats, ready for class at the scheduled time.
- Roll may be taken at any time during the class.
- Anytime the student is not present, the student is counted as absent.
- Breaks are given during lecture time.
  - If the student does not return from a break on time as assigned by the instructor, the student will be counted absent for the time missed (15-minute increments).

**COVID EXPOSURE:** See Student Handbook for full COVID Policy

Please immediately notify your instructor and program director and DeEtte Edens (Associate Director of Health and Wellness) any time you test positive for COVID-19. [dedens@southplainscollege.edu](mailto:dedens@southplainscollege.edu) or 806-

716-2376.

If the student is asked to leave the classroom for any reason (sleeping, talking, or other inappropriate behavior), the student is given an absence and the subsequent point deduction.

Attendance is most often taken by a sign-in sheet. Students who “forget” to sign in may be counted as absent. Attendance will be recorded by the instructor for required zoom meetings.

As a matter of courtesy and professional behavior, a student who is going to be absent should email or call the course instructor and inform the instructor of the pending absence.

**4.1-B Tardy:** Tardiness is not accepted in the Vocational Nursing Program. Students are either present on time, or they are absent. (See out-of-class attendance policy)

### **CLASS ATTENDANCE:**

Students are expected to attend all classes in order to be successful in a course. The student may be administratively withdrawn from the course when absences become excessive, as defined in the course syllabus.

Because of the fast pace of this course within the Vocational Nursing Program and as stated in the Vocational Nursing Student Handbook, makeup work is not accepted in this course. Students are officially enrolled in all courses for which they pay tuition and fees at the time of registration. Should a student, for any reason, delay in reporting to a class after official enrollment, absences will be attributed to the student from the first class meeting.

Students who enroll in a course but have “Never Attended” by the official census date, as reported by the faculty member, will be administratively dropped by the Office of Admissions and Records. A student who does not meet the attendance requirements of a class as stated in the course syllabus and does not officially withdraw from that course by the official census date of the semester may be administratively withdrawn from that course and receive a grade of “X” or “F” as determined by the instructor. Instructors are responsible for clearly stating their administrative drop policy in the course syllabus, and it is the student’s responsibility to be aware of that policy.

### **OUT OF CLASS ATTENDANCE**

Late, according to VNSG 1219 Syllabus: “Attendance will be taken at the beginning of class; students not present will be marked absent in the attendance record.” The amount of time taught will be deducted in the same according to the “Out of Classroom” policy.

#### **Out of Classroom Policy**

1 - 15 minutes = 15 minutes

16 - 30 minutes = 30 minutes (0.5 hours)

31 - 45 minutes = 45 minutes

46 - 60 minutes = 60 minutes (1 hour)

60 - 75 minutes = 75 minutes

76 - 90 minutes = 90 minutes (1.5 hours)

91 - 105 minutes = 105 minutes

106 - 120 minutes = 120 minutes (2 hours) and failure

Time will accumulate each class. After 1 hour of missed classroom time, the student will be counseled on time management. Failure due to classroom attendance may deem the student ineligible for appeal.

### **ASSIGNMENT POLICY:**

All assignments are to be turned in by the start of class on the due date assigned. Assignments turned in after class begins will be counted late, and 10 points will be deducted each day after the due date. Failure to complete assignments could result in a failing grade. Assignments must be submitted. Please refer to the Student Handbook for vocational nursing.

Assignments may include but are not limited to discussion boards, Vocabulary, Pop quizzes, and group projects.

### **GRADING POLICY/METHODS OF EVALUATION:**

Unit examinations average:	80%
Final examination:	15%
Assignments	5%

### **SPECIAL REQUIREMENTS:**

Students are expected to read the assigned Chapters prior to the first lecture hour for that unit. No makeup examinations are given. A grade of "0" will be given for a missed test. The lowest test grade will be dropped.

Students will not be allowed to use programmable calculators during testing. Student seating and placement will be at the discretion of the instructor during lectures and testing. Students may not have cell phones, "smart watches," or any other electronic device on their person or on the desk during testing.

**During class, lecture, and lab, cell phones must be turned OFF (not just on vibrate).**

### **Required Supplies:**

Access to a computer, internet, and printer

### **CLASS REQUIREMENTS:**

Read textbook material prior to class and be prepared for class discussion.

*Although you may not understand all of the text as you read, advanced reading will help you to be familiar with the information to be presented in class.*

You will need to have a computer that is capable of downloading videos with workable internet.

If you do not have access to a computer or laptop with these capabilities, please let the instructor know so arrangements can be made.

**GRADING:** Final semester grades will be based on the following:

**Exams (Unit exams and Benchmark exam): 50%**

**Diagram Exams/assignments/quizzes/pop quizzes/other: 20%**

**Final Exam: 30%**

A	90-100
B	89-90
C	79-76

**\*\*anything below 76 is a failing grade\*\***

The Final Course grade will not be rounded up. Example: Your average is 79.8. Your grade will be a 79 (C).

**MISSED EXAMS/MAKEUP WORK:**

There will be **NO** make-up exams for a missed unit exam. Since the final exam is comprehensive (meaning that it covers the entire course), the final exam grade will be substituted for the first missed unit exam grade only. Should any additional unit exam be missed, a grade of "0" will be recorded.

**No exams will be given prior to the originally scheduled exam.**

**MISSED EXAMS DUE TO COVID:** See *VN Student Handbook*

**COMMUNICATION POLICY**

Electronic communication between instructors and students in this course will utilize the South Plains College Blackboard and email systems. The instructor will not initiate communication using private email accounts. Students are encouraged to check SPC email on a regular basis. Students will also have access to assignments, web links, handouts, and other vital material, which will be delivered via Blackboard. Any student having difficulty accessing the Blackboard or their email should immediately contact the help desk.

**EMAIL POLICY**

Students are expected to read and, if needed, respond in a timely manner to college e-mails. It is suggested that students check college e-mail daily to avoid missing time-sensitive or important college messages. Students may forward college e-mails to alternate e-mail addresses; however, SPC will not be held responsible for e-mails forwarded to alternate addresses.

A student's failure to receive or read official communications sent to the student's assigned e-

mail address in a timely manner does not absolve the student from knowing and complying with the content of the official communication.

The official college e-mail address assigned to students can be revoked if it is determined the student is utilizing it inappropriately. College e-mail must not be used to send offensive or disruptive messages nor to display messages that violate state or federal law.

Instructors make every attempt to respond to student emails during regular college business hours when faculty are on campus. Instructors are not required to answer emails after hours or on weekends.

Students who use email inappropriately to faculty, students, staff, or others will be placed on probation for the first offense; dismissed from the program for a second offense.

## TEXTING POLICY

Students should not text faculty via the faculty cell phone. Written communication should be by email, office phone, or personal notes. The faculty cell phone is for contact during clinical hours ONLY and should not be used outside the clinical experience. Students who text faculty will be placed on probation for the first offense and dismissed from the program for the second offense.

## SPECIAL REQUIREMENTS

Students must complete the syllabus quiz assigned in BlackBoard, acknowledging the student has read and understands the content of this syllabus.

**This quiz is due by Friday of the first week of classes.**

**Cell Phones – ATTENTION: ALL CELL PHONES SHOULD BE KEPT IN YOUR CAR DURING CLASS TIME!**

- If a student's cell phone goes off during a lecture, the student will be asked to take the phone to their car, and attendance hours will be deducted for the time missed per return to class slip.
- Should a cell phone go off during an exam, that student's test will end immediately with a "50" recorded as the highest possible grade for this exam grade. (Even if the student is on the last question of that exam). **There is no makeup for this grade.**
- Should the above behavior disrupt the class, the student(s) can expect to be asked to leave the classroom with an absence.

## Syllabus Statements:

Each syllabus should include the following Diversity Statement and the Disabilities Statement appropriate to the location of the course.

## Diversity Statement:



In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourage engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the large world, and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is but also model society as it can be.

#### **4.1.1.2. Disabilities Statement:**

##### **Levelland Campus**

Students with disabilities, including physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Special Services Office early in the semester so that the appropriate arrangements may be made.

In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Special Services Coordinator. For more information, call or visit the Special Services Office in the Student Services building. 894-9611 ext 2529

#### **4.1.1.4 Title IX Pregnancy Accommodations Statement**

If you are pregnant or have given birth within six months, Under Title IX, you have a right to reasonable accommodations to help continue your education. To activate accommodations, you must submit a Title IX pregnancy accommodations request, along with specific medical documentation, to the Director of Health and Wellness. Once approved, notification will be sent to the student and instructors. It is the student's responsibility to work with the instructor to arrange accommodations. Contact Chris Straface, Director of Health and Wellness, at 806-716-2362 or email [cstraface@southplainscollege.edu](mailto:cstraface@southplainscollege.edu) for assistance.

### **FACE COVERING COURSE SYLLABUS STATEMENT**

It is the policy of South Plains College for the Fall 2021 semester that, as a condition of on-campus enrollment, all students are required to engage in safe behaviors to avoid the spread of COVID-19 in the SPC community. Such behaviors specifically include the requirement that all students properly wear CDC-compliant face coverings while in SPC buildings, including in classrooms, labs, hallways, and restrooms.

Failure to comply with this policy may result in dismissal from the current class session. If the student refuses to leave the classroom or lab after being dismissed, the student may be referred to the Dean of Students on the Levelland campus or the Dean/Director of external centers for Student Code of Conduct Violation.

If you are experiencing any of the following symptoms, please do not attend class and either seek medical attention or get tested for COVID-19.

- Cough, shortness of breath, difficulty breathing
- Fever or chills
- Muscles or body aches
- Vomiting or diarrhea
- New loss of taste and smell

Please also notify DeEtte Edens, BSN, RN, Associate Director of Health & Wellness, at [dedens@southplainscollege.edu](mailto:dedens@southplainscollege.edu) or 806-716-2376.

## CAMPUS CONCEALED CARRY STATEMENT

Texas Government Code 411.2031 et al. authorizes the carrying of a concealed handgun in South Plains College buildings by individuals and in accordance with Texas Government Code 411.209 (a). **All holders of a valid Texas License to Carry may carry on their person a handgun that is concealed in accordance with Texas Penal Code 46.03 (a-2).**

Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy. Individuals may not carry a concealed handgun in restricted locations.

For a list of locations and Frequently Asked Questions, please refer to the Campus Carry page at: <http://www.southplainscollege.edu/campuscarry.php>.

Report violations to the College Police Department at 806-716-2396 or 9-1-1.

## EMERGENCY MESSAGES

The student should notify his/her family that in case of an emergency during the normal class schedule, they should call the Nursing Office at (806)716-2391 or (806)716-2193. The class will not be interrupted unless it is an emergency, so they must identify themselves and say it is an emergency to get immediate action. The student should notify his/her family that in the case of an emergency during clinical rotations, they should call and leave a message or text (who they are and whom they need).

## EXAM SOFT SYLLABUS STATEMENT:

Exams are administered in a campus computer lab using ExamSoft, and the lab must be reserved by the instructor in advance. Students are expected to arrive on time for exams and complete the exams within the time frame allowed, as other classes may be booked behind our scheduled time, and you will not be permitted to take your exam past the scheduled time unless arrangements are made in advance for extenuating circumstances.

Due to the ever-changing COVID conditions, it is possible that you may take exams on Exam Soft and have them proctored or on Blackboard with Proctorio. It is your responsibility to make sure that you have working computers with a webcam and a microphone and reliable internet.

In addition to the course unit exams, students will be required to take Exam Soft Benchmark Exams. Students will take one practice/mock exam, one open check benchmark exam, and two benchmark proctored exams. The purpose of these exams is to evaluate the competency of the student's knowledge of critical concepts for entry into professional nursing. Students will receive a grade out of 100 Exam Soft, and the grade will be calculated accordingly. The highest of the two benchmark exam scores will be recorded as an exam grade.

The Benchmark Exams will be scheduled by your instructor and will possibly be scheduled outside of your regular course time. Please watch for these dates to be added to your schedule if they are not already present.

Following Benchmark 1 Exam, the student will have a remediation plan, including CJ sims and concept maps. Then about two weeks later, the student will take Benchmark 2. These two benchmarks give the students analytics to let them know what they are strong in and what they are weak in and compare them on a national level to their peers.

**Plagiarism Declaration  
Department of Nursing  
South Plains College**

By signing this plagiarism declaration, I acknowledge that I have received a copy of the honesty policy and have been made aware that the penalty for plagiarism is dismissal from the program.

Examples of student plagiarism<sup>1</sup>

- Copying material without quotes, in-text citations, and/or references
- Paraphrasing content without in-text citation and/or references
- Copying ideas, words, answers, exams, or shared work from others when individual work is required
- Using another's paper in whole or in part
- Allowing another student to use one's work
- Claiming someone else's work is one's own
- Resubmitting one's own coursework when original work is required (self-plagiarism)
- Falsifying references or bibliographies
- Getting help from another person without faculty knowledge or approval

- Purchasing, borrowing, or selling content with the intent of meeting an academic requirement for oneself or others

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Printed Name

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Signature

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Date