Psychology of Mind, Body, and Spirit- 3800-91
CRN: 13379
Spring 2020
Tues/Thurs 11:00 – 12:40 pm
UWG Newnan Campus- Room 186

Lecturer: Angela M. Kurle, MA, LPC
Office: Newnan- Shared Main Office- front hallway, at the end on the right
Office Hours: by appointment (I’m available before or after class)
Phone: (678) 839-6510
Email: akurle@westga.edu
*I respond to emails within 24 hours on weekdays and 48 on weekends. Please use your UWG email. It is against school policy for professors to respond to an outside email address.

Course Description
Welcome! The purpose of this course is designed to explore the relationship between the mind, body and spirit. It is intended to approach each aspect of the lived experience from both a nuclear and holistic lens. Students will be asked to participate in class discussions as well as applying theory and practice to both their assignments and lived experience.

This course will use an interactionist perspective, with emphasis on conceptualizing this topic from a multidimensional, multicultural, biopsychosocial perspective. First person accounts, videos, guest lecturers, and activities will also be integrated into the course to enhance understanding and knowledge. Students will utilize these theories and life experiences to create and live a more fulfilling and enriching life, both professionally as well as personally. This is a 4-hour credit course.

Course Objectives
- To provide students with a deeper understanding about the psychological interplay between mind, body, and spirit.
- To analyze information and express their thoughts in a developed manner.
- To acquire an empathic understanding and appreciation of the experiences associated with our human minds, bodies, and spirits.
- To develop a clearer understanding of some major theoretical approaches to the understanding, diagnosis, and treatment of mental and emotional disorders, via each aspect of our minds, bodies, and spirits.
Learning Outcomes

- To gain firsthand experience in participating in a mind, body, and spirit experiment or discipline via weekly self-care routines.
- To utilize the knowledge and wisdom gained to better their lives professionally as well as personally by discussing their future goals and life lessons they plan to implement beyond graduation.

Class Structure

In general, this course will operate as both a seminar and experiential laboratory and will involve several formats including writing, discussions, and activities. Notecards will be counted for attendance points. Students will have weekly assignments as well as projects given, related to the topic of this course, with the possible addition of guest speakers. As the semester progresses, more reliance will be placed on students’ ability to critically consider and intrinsically uphold applications of theories, ideas, and practices fostered in the classroom. Active participation will be necessary in developing a richer understanding of class material.

Academic Integrity

Choose NOW to be honest and honorable in all your affairs- whether on campus or off. Cheating, plagiarism, and all other forms of academic dishonesty will NOT be tolerated. All incidents of academic dishonesty will be dealt with in accordance to university regulations (please see page 4 of your student handbook). Students caught engaged in any form of academic dishonesty will minimally be given a failing grade on the assignment or exam in question.

Accommodations

Students with special accommodation’s as determined by the Counseling Center must submit a letter (SAR) to the instructor within the first two weeks of class (or as soon as the needs have been determined) specifying the accommodations they require.
Support
If you need technical assistance, please see ITS. https://www.westga.edu/its/sits/index.php

If you need extra writing help, visit either Carrollton or Newnan’s writing center (https://www.westga.edu/academics/coah/writing/index.php)

If you are having personal difficulties, please seek assistance through UWG Cares (https://www.westga.edu/uwgcares/)

Student Handbook and Code of Conduct
https://www.westga.edu/administration/vpsa/handbook-code-of-conduct.php

Prejudice/Discrimination:
I expect everyone in this class to practice tolerance, respect, and acceptance. This includes fostering a “safe” classroom space for the open expression of ideas. It also means striving to avoid all forms of discriminatory language and attitudes. I really want everyone to feel accepted and valued.

Helpful Resources:

Student Services
http://uwgonline.westga.edu/online-student-guide.php

Center for Academic Success
http://www.westga.edu/cas/
678-839-6280

Distance Learning Library Services
http://libguides.westga.edu/content.php?pid=194430

Ingram Library Services
http://www.westga.edu/library/

Course Den D2L Home Page
https://westga.view.usg.edu/

D2L UWG Online Help (8 AM – 5 PM)
http://uwgonline.westga.edu/students.php
Call: 678-839-6248 or 1-855-933-8946 or email: online@westga.edu

24/7/365 D2L Help Center
Call 1-855-772-0423 or search: https://d2lhelp.view.usg.edu/

University Bookstore
http://www.bookstore.westga.edu/
Please carefully review the information at Common Language for Course Syllabi. It contains important information related to your rights and responsibilities in this class. Because these statements are updated as federal, state, university, and accreditation standards change, you should review the information each semester. In addition to the above information the following policies apply to this course.

**Grading and Evaluation**

**Attendance/Notecards** (25 points)

Each class period you will bring a 3x5 note card to class. Upon leaving each day, you will hand your note card to your instructor. On it you will have written: Name, Date, and either a question, comment, or something you learned. You may not turn in late note cards or hand one in for a friend or classmate. At the end of the semester, your instructor will total your cards for attendance points.

**Self-care routine** (75 points)

With the seemingly increased number of cases of mental “abnormalities” facing us today, how can we better prepare ourselves to deal with our own personal “mental issues”? One key component to this class is to promote better mental health. Living a balanced, healthy lifestyle gives us the advantage of reducing the risk of a mental breakdown. The self-care routine is designed to help you reduce stress and end the semester better than you started.

*Students are encouraged to choose one (or more) of the following to engage in weekly:*
  a) 30 minutes in a workout regime/sport/exercise of movement - get your heart rate up!
  b) Eat one nutritionally balanced meal and drink water or something healthy
  c) 15 minutes of personal or alone time without a screen (give your eyeballs a rest!)
  d) Hang out with family/friends or go out in your community and serve or both - 30 min
  e) Say “no” to something or someone or say “yes” to something or someone - practice finding out your boundaries and how to relate in healthier ways
  f) Create or do something new - new recipe, try a new skill or hobby, etc.
  g) Get at least 7 hours of sleep (so helpful for your ability to function)

Each week, you will have the chance to take a picture of yourself or the item/person/idea that has been discussed in letters a through g. You will post in Course Den weekly under “self-care routine” (SCR) and include the picture and a small paragraph about what you chose to do for each given week. Should you want to do something not listed, feel free to ask me about it. Please switch these up so that you do at least one of each throughout the semester. This routine is
created to help you learn that it is the simple and small things that can make all the difference. The idea is to create a true habit and routine that helps you destress and can be done with the busiest of schedules. After all, if you don’t take time for yourself- who will?

**Course Grades**

<table>
<thead>
<tr>
<th>Category</th>
<th>Points Calculation</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reflection Projects</td>
<td>(5 x 50 possible points = 250 possible points)</td>
<td>250</td>
</tr>
<tr>
<td>WLD’s</td>
<td>(15 weeks x 20 possible points = 300 possible points)</td>
<td>300</td>
</tr>
<tr>
<td>Self-Care Routine</td>
<td>(15 weeks x 5 possible points = 75 possible points)</td>
<td>75</td>
</tr>
<tr>
<td>Attendance/Notecards</td>
<td>(20 class periods x 1.25 possible points = 25 possible points)</td>
<td>25</td>
</tr>
</tbody>
</table>

**Total Points:**

- **650-585** A (Excellent job! Top Notch!)
- **584-520** B (Wonderful job! Great effort)
- **519-455** C (Could have tried harder- “C” for continue)
- **454-390** D (Yikes, aim higher please!)
- **389 & below** F (GPA Killer!! Avoid at all costs)
Schedule:

Week 1
Jan 7: Syllabus and classroom management
Jan 9: Discussion: Self-Exploration & Delineation of Mind, Body, and Spirit
Online WLD Due: On or before Sunday, Jan 12, 2020, by 11:59 pm - Submit to Course Den Discussion Board
Self-care routine (SCR) Due: On or before Sunday, Jan 12, 2020, by 11:59 pm - Submit to Course Den Discussion Board

FYI *Add/Drop period ends January 10, 2020 at 11:59 pm - Beware!

Week 2
Jan 14: Discussion: Self-Exploration & Delineation of Mind, Body, and Spirit
Jan 16: Discussion: Theory & application regarding Mind (Descartes, et al.)
Online WLD Due: Sunday, Jan 19, 2020 by 11:59 pm
Self-care routine (SCR) Due

Week 3
Jan 21: Discussion: Theory & application regarding Mind (Descartes, et al.)
Jan 23: Discussion: Theory & application regarding Mind (Descartes, et al.)
Online WLD Due
Self-care routine (SCR) Due

Week 4
Jan 28: Prep in class for project
Jan 30: “Mind “Reflection Project Due [Course Den-Opens 12:00 am and Closes at 11:59 pm] — No class
Online WLD Due
Self-care routine (SCR) Due
Week 5
Feb 4: Discussion: Theory & application regarding Body
Feb 6: Discussion: Theory & application regarding Body
Online WLD Due
Self-care routine (SCR) Due

Week 6
Feb 11: No class- Meaningful Living Conference
Feb 13: “Body” Reflection Project Due (Course Den-Opens 12:00 am and Closes at 11:59 pm) — No class
Online WLD Due
Self-care routine (SCR) Due

Week 7
Feb 18: Honoring Valentine’s and Presidents Day- No class! 😊
Feb 20: Discussion: Theory and application- (Buber, Rogers, Maslow, et. al)
Online WLD Due
Self-care routine (SCR) Due

Week 8
Feb 25: Guest Speaker
Feb 27: Discussion: Theory and application- (Buber, Rogers, Maslow, et. al)
Online WLD Due
Self-care routine (SCR) Due

* Note: Feb 28 is the last day to drop with a “W”- Otherwise it’s an F.
Week 9
Mar 3: Discussion: Theory and application- (Buber, Rogers, Maslow, et. al)
Mar 5: “Spirit” Reflection Project Due (Course Den-Opens 12:00 am and Closes at 11:59 pm — No class
Online WLD Due
Self-care routine (SCR) Due

Week 10
Mar 10:
Mar 12:
Online WLD Due
Self-care routine (SCR) Due

Week 11
Mar 16-20: Spring Break! Yay! Go have some fun 😊

Week 12
Mar 24:
Mar 26:
Online WLD Due
Self-care routine (SCR) Due

Week 13
Mar 31:
Apr 2: “Mind Body Spirit” Reflection Project Due (Course Den-Opens 12:00 am and Closes at 11:59 pm — Not taken in class
Online WLD Due
Self-care routine (SCR) Due
**Week 14**
Apr 7: Sharing (8-9 students) *5-7 min
Apr 9: Sharing (8-9 students) *5-7 min
**Online WLD Due**
**Self-care routine (SCR) Due**

**Week 15**
Apr 14: Sharing (8-9 students) *5-7 min
Apr 16: Sharing (8-9 students) *5-7 min
**Online WLD Due**
**Self-care routine (SCR) Due**

**Week 16**
Apr 21: **Reflection Project Paper Due** - “Looking back” … (in class)
Apr 23: “Study Day”—No Class (just for ours…you still probably have other classes meeting this day)
**Online WLD Due**
**Self-care routine (SCR) Due**

**Week 17/ Finals Week**
Classes end Apr 27, 2020; Finals week is Apr 27-May 6, 2020

**No Late Projects/Paper Taken- Plan Accordingly.**

**Final Grades submitted May 11, 2020 by 12:00 (noon) to Registrar’s office.**
Prior to this, you may check your grade under “partial term grade” in Banweb. Whatever is posted there (for any of your classes) will be your final grade at noon on the 11th. If there is a concern about your grade, please let your instructor know PRIOR to May 11th at noon via email.

*Note: This syllabus is subject to change at any given time and will be communicated to you when such changes are made.*