

MENTAL HEALTH IN SCHOOL

1	Course Title:	MENTAL HEALTH IN SCHOOL
2	Course Code:	RPD0008
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	2
6	Semester:	3
7	ECTS Credits Allocated:	4.00
8	Theoretical (hour/week):	2.00
9	Practice (hour/week):	0.00
10	Laboratory (hour/week):	0
11	Prerequisites:	
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Prof. Dr. FİGEN AKÇA
15	Course Lecturers:	
16	Contact information of the Course Coordinator:	Prof. Dr. Figen Akça Eğitim Bilimleri Bölümü Rehberlik ve Psikolojik Danışmanlık Anabilim Dalı figenakca@uludag.edu.tr
17	Website:	
18	Objective of the Course:	Definition of mental health and related concepts; mental health according to psychology schools, factors affecting mental health at school, mental health at school and humanitarian education understanding; mental health at school according to developmental stages; cognitive and affective learning and mental health.
19	Contribution of the Course to Professional Development:	This course is directly related to the competencies of the Vocational Qualifications Authority "Psychological Counselor" and "School Counselor": Definition of mental health, its importance, historical development of mental health, theories about mental health, characteristics of individuals with and without mental health, diagnosis and treatment of behavioral and adjustment problems in children, special situations in the family (disadvantaged children, divorce, step-parents, death of the parent, etc.) the effects on the mental health of the child. Relationship of explicit and implicit learning with mental health, approach of school staff to mental health issues, mental health at school in the context of positive psychology
20	Learning Outcomes:	
	1	Defines mental health; describe the characteristics of individuals with mental health; lists normal and abnormal behavior criteria.
	2	Define the factors affecting mental health depending on the characteristics of personality development and explain the difference from adult mental health.
	3	Knows how to work with reflections of mental health threats to the educational environment at school.
	4	Knows how mental health counseling is handled from the perspective of school administrators and field teachers and can provide consultation services.

	5	Knows the effects of open and implicit programs on students' mental health and can make necessary measures and practices
	6	Internal and external migration, disadvantaged students and the reflection of the problems arising from cultural differences on mental health at school, and make the necessary guidance and interventions.
	7	Can explain the effects of personality differences on learning factors created by students according to personal and educational guidance.
	8	Discusses suggestions for families and teachers on the prevention and correction of various emotional and behavioral problems in children.
	9	He / she can relate positive mental health and mental well-being models to positive psychology practices.
	10	Recognizes the basic counseling approaches used to respond to mental health problems in children and adolescents.

21	Course Content:	
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	Course Content:	
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Week	Theoretical	Practice
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1	Course introduction and definition of mental health	
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2	Concepts and historical process related to mental health	
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3	Mental health in the family	
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Activites		Number	Duration (hour)	Total Work Load (hour)
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Theoretical	development periods within the scope of school mental health	14	2.00	28.00
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Practicals/Labs		0	0.00	0.00
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5	Mental Health Consultancy	3	12.00	36.00
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Homeworks		2	6.00	12.00
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Projects	field teachers on mental health	0	0.00	0.00
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7	Student's personality development	0	0.00	0.00
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8	Student's personality development and reflections on learning	1	13.00	13.00
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Others		3	6.00	18.00
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Final Exams	health	1	13.00	13.00
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Total Work Load				133.00
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Total work load/ 30 hr	introverted-extroverted personality structure			4.00
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ECTS Credit of the Course				4.00
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12	Positive Mental Health and Spiritual Well-being positive psychology practices			
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13	Counseling theories and approaches applied to children and adolescents			
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14	General evaluation			
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22	Textbooks, References and/or Other Materials:	<p>1. Bakırcıoğlu, R. (2015). Çocuk ve ergende ruh sağlığı. Anı Yayıncılık.</p> <p>2. Firdevs Savi Çakar (2018) Önleyici Psikolojik Danışma Kuram ve Uygulamaları Pegem Akademi Yayınları</p> <p>3. Arıcıoğlu, A. (2008). Okullarda Ruh Sağlığı Hizmetleri. Kuramsal Eğitimbilim, 1 (2), 76-83. Ankara: Hacettepe Üniversitesi</p> <p>4. Çokamay, G., Kapçı, E.G. & Sever, M. (2017). Okul Ruh sağlığı hizmetlerinde yaşanan sorunlar: Psikolojik Danışmanların görüşleri. İlköğretim Online, 16(4), 1395-1406,</p> <p>5. Feire, P. (2016). Ezilenlerin pedagojisi. Ayrıntı yayınları</p> <p>6. Kılıççı, Y. (2006) Okulda ruh sağlığı. Ankara: Anı.</p> <p>7. Youell, B. (2015). Öğrenme ilişkileri. eğitimde psikanalitik düşünce. Bağlam Yayıncılık.</p> <p>8. Waller, R.J. (2017). Mental health promotion in schools: Foundations. Electronic reproduction. Ann Arbor, Michigan: ProQuest Central.</p> <p>9. http://dergipark.gov.tr/download/article-file/184699</p> <p>10. Büyükkaragöz, S. S. (1986). Okulda Ruh Sağlığı. Necmettin Erbakan Üniversitesi İlahiyat Fakültesi Dergisi, 2(2).</p>
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23	Assesment
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TERM LEARNING ACTIVITIES	NUMBER	WEIGHT
Midterm Exam	1	40.00
Quiz	0	0.00
Home work-project	0	0.00
Final Exam	1	60.00
Total	2	100.00
Contribution of Term (Year) Learning Activities to Success Grade		40.00
Contribution of Final Exam to Success Grade		60.00
Total		100.00
Measurement and Evaluation Techniques Used in the Course		exam

24	ECTS / WORK LOAD TABLE
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25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
ÖK1	2	1	1	1	1	5	1	1	2	3	1	1	1	1	1	1
ÖK2	1	1	1	1	1	4	1	1	3	3	1	1	1	1	1	1
ÖK3	1	1	1	1	1	4	1	1	2	2	1	1	1	1	1	1
ÖK4	1	1	1	1	1	2	1	1	2	2	1	1	1	1	1	1
ÖK5	1	1	1	1	1	2	1	1	2	3	1	1	1	1	1	1
ÖK6	1	1	1	1	1	3	1	5	2	3	1	1	1	1	1	1
ÖK7	1	1	1	1	1	3	1	1	2	2	1	1	1	1	1	1
ÖK8	1	1	1	1	1	3	1	1	2	2	1	3	1	1	1	1

ÖK9	1	4	1	1	1	2	1	1	1	2	1	1	1	1	1	1
ÖK10	1	1	1	1	1	2	1	1	1	3	1	1	1	1	1	1
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low		2 low		3 Medium		4 High		5 Very High							