The University of Oklahoma
College of Continuing Education
Advanced Programs – Course Syllabus

Course Title:
Women and Mental Health

Course Number:
HR 5473-101

Course Description:
The purpose of this course is to examine psychological theory and practice as it pertains to women. Students will explore traditional theories and practice and new approaches to working with women as well as topical issues related to women and mental health.

Class Dates, Location and Hours:

Dates: October 21-23 & 28-30, 2011
Location: OCCE, Norman, Oklahoma. Classes are held at the Thurman White Forum Building of OCCE, 1704 Asp Avenue.
Hours: Fri 5:30-9:30 p.m.; Sat 8:30 a.m.-4:30 p.m.; Sun 1:00-5:00 p.m.
Last day to enroll or drop without penalty: September 22, 2011

Site Director:
Cathy Yeaman. Assistant: Jan Plavchak. Phone: 405-325-3333; Fax: 405-325-9148; email: apnorman@ou.edu

Professor Contact Information:

Course Professor: Glenda Hufnagel, Ph.D.
Mailing Address: University of Oklahoma
Department of Human Relations
601 Elm, Room 728
Norman, OK 73069
Telephone Number: 405-325-1756 (W) 405-447-3112 (Home 9:00a.m. to 9:00p.m.)
Fax Number: 405-325-4402
E-mail Address: gahufnagel@ou.edu
MHR Website: http://ou.edu/cas/hr
Professor availability: The professor will be available via e-mail to students before and after the class sessions. On-site office hours are half an hour before and after each class session, by appointment.

Textbook(s) and Instructional Materials:

Student materials are available at the Follett/AP Bookstore located in the Oklahoma Memorial Union, 900 Asp Ave., Norman, OK. Orders can be placed online at www.oklahomaunion.bkstr.com or by telephone at 866-369-9713 (toll free in the U.S.) or 405-325-5960 (outside the U.S.). E-mail orders may be sent to oklahomaunion@bkstr.com. Representatives are available from 8 a.m. to 6 p.m. CST Monday through Thursday and 8 a.m. to 5 p.m. CST on Friday. Summer hours: 8 a.m. to 4 p.m. CST. Faxed orders may be placed 24 hours a day to 866-223-5607 (toll free in the U.S.) or 405-325-1557 (outside the U.S.).


Note: The Follett/AP Bookstore is the Advanced Programs contractual textbook provider. Should text changes become necessary after publication of the course syllabus, Advanced Programs will facilitate text returns/refunds only for texts purchased through the Follett/AP Bookstore.

**Course Objectives:**

Students will:
- explore both the theory and practice of mental health issues as they relate to women and girls;
- examine innovative approaches to helping women and girls in both clinical and non-clinical settings;
- describe psychosocial developmental dynamics as they impact women and girl’s psychological health;
- reflect, through written personal narratives, their own developmental concerns;
- gain a greater understanding of the multiple interactions of culture, family, social and political institutions upon women’s mental health;
- examine relational cultural theory as it is employed to examine women and depression;
- understand the use of the “I” and the “Over-eye” and its relationship to women’s sense of self.

**Assignments, Grading and Due Dates:**

The instructional methodology for this course will consist of: discussions, team presentations, individual presentations, lectures, guest speakers, video/film presentations and writing.

**Attendance** 10 points

Students are expected to attend all class meetings and all team project meetings. Class attendance is mandatory; thus, failure to attend class meetings and group meetings will result in the lowering of students’ grades by two points for each missed class.

**Research Paper - Due first class meeting 20 points**

Students will select a particular topic on the topic of women and mental health. The readings will assist you in selecting a topic of interest; such as women and depression, women and eating disorders, women and PTSD, etc. Papers will be composed of two sections:

Part 1: In a 10 page paper, written in APA format, discuss your topic. You should cite at least 7 peer reviewed scholarly journals or books as references. Do not use websites as part of your references. You may discuss not only experts’ exploration of the topic but your own personal interest and views as well. If you are not familiar with APA format, the writing center has a “handout” of APA’s citation style which is very useful. The staff will also assist you with writing concerns. The writing center is located at Wagner Hall in room 280; phone 325-2936; web address is [http://www.ou.edu/writingcenter](http://www.ou.edu/writingcenter). You may submit your work on-line or in person; the center suggests scheduling an appointment if you are coming by in person. You should allot enough time to work with the center so that you will meet the assigned due date for your paper.
Part 2: In an additional 2-4 pages, comment on your response to this assignment. That is, what did you learn as a result of your discussion of this research?

**Individual / Dyad Presentations - Due: First Saturday 20 points**

Depending on the class size students will either individually or in dyads, provide a presentation from an assigned article in the Chrisler or Jordan texts. Each student will lead the class in a discussion of the material in the article. Presentations should not exceed 10 minutes.

Your assigned chapter: ____________________________

**Group Presentation - Due: Second Saturday 30 points**

Students will be divided into groups which will then be assigned one of the texts (Miller, Jack, Caplan books). Each group will be responsible for providing a presentation which covers the material dealt with in the text. Presentations will be limited to one hour. Additional time will be provided for questions and answers. Evaluations will be based on the creativity and thoroughness of the coverage. Each group should provide a one page outline of each article in the text. This will be provided for all class members and the instructor on the day of the presentation. Time limit is 45 minutes to 1 hour.

**Final Exam - Last class meeting 20 points**

The final exam will deal with the material covered in class. That is, all texts, readings, lectures, discussions, and video/film presentations.

**Class Policies:**

Late Work: Students who fail to present on their scheduled dates will forfeit the available points. This policy includes in-class assignments and the team presentation. Late journals will only be accepted with medical documentation of illness. In the event of a scheduled, approved university event—journals should be submitted early. Late finals are not accepted.

Recording Devices / Cell Phones / Computers / Pagers: This course is both didactic and experiential; thus, students should feel fully present during class. Class sessions may not be tape recorded. Phones and pagers should be placed in silent mode or turned off. Students who ignore this policy and engage in cell phone use during class will be asked to drop the course—there is no exception to this policy. Computers should not be used during class. Students who require an exception to this policy should discuss it with the instructor.

Religious Holidays Statement: It is the policy of the University to excuse student absences resulting from religious observances and to provide without penalty for the rescheduling of examinations and additional required class work that may fall on religious holidays.

**Grading:**

This is a letter-graded course: A, B, C, D, or F. A=100-90, B=89-80, C=79-70, D=69-60, F=59 and below.

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points Value</th>
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<tbody>
<tr>
<td>Attendance</td>
<td>10 Points</td>
</tr>
<tr>
<td>Research Paper</td>
<td>20 Points</td>
</tr>
<tr>
<td>Group Presentation</td>
<td>30 Points</td>
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<tr>
<td>Individual/Dyad Presentation</td>
<td>20 Points</td>
</tr>
<tr>
<td>Final Exam</td>
<td>20 Points</td>
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NOTICE: Failure to meet assignment due dates could result in a grade of I (Incomplete) and may adversely impact Tuition Assistance and/or Financial Aid.
POLICIES AND NOTICES

Attendance/Grade Policy

Attendance and participation in interaction, individual assignments, group exercises, simulations, role playing, etc. are valuable aspects of any course because much of the learning comes from discussions in class with other students. It is expected that you attend all classes and be on time except for excused emergencies.

Excused absences are given for professor mandated activities or legally required activities such as emergencies or military assignments. Unavoidable personal emergencies, including (but not limited to) serious illness; delays in getting to class because of accidents, etc.; deaths and funerals, and hazardous road conditions will be excused.

If you are obtaining financial assistance (TA, STAP, FA, VA, Scholarship, etc.) to pay all or part of your tuition cost, you must follow your funding agency/institution’s policy regarding “I” (Incomplete) grades unless the timeline is longer than what the University policy allows then you must adhere to the University policy.

Students who receive Financial Aid must resolve/complete any “I” (Incomplete) grades by the end of the term or he/she may be placed on “financial aid probation.” If the “I” grade is not resolved/completed by the end of the following term, the student’s Financial Aid may be suspended make the student ineligible for further Financial Aid.

Students are responsible for meeting the guidelines of Tuition Assistance and Veterans Assistance. See the education counselor at your local education center for a complete description of your TA or VA requirements.

Academic Honesty

Honesty is a fundamental precept in all academic activities and … [you] have a special obligation to observe the highest standards of honesty. Academic misconduct in any form is inimical to the purposes and functions of the University and is therefore unacceptable and is rigorously proscribed. Academic misconduct includes:

cheating (using unauthorized materials, information, or study aids in any academic exercise), plagiarism, falsification of records, unauthorized possession of examinations, intimidation, and any and all other actions that may improperly affect the evaluation of a student’s academic performance or achievement; assisting others in any such act; or attempting to engage in such acts.

All acts of academic misconduct will be reported and adjudicated as prescribed by the student code of the University of Oklahoma. All students should review the “Student’s Guide to Academic Integrity” found at http://www.ou.edu/provost/integrity

Accommodation Statement

The College of Continuing Education [Advanced Programs] is committed to making its activities as accessible as possible. For accommodations on the basis of disability, please contact your OU Site Director.

Course Policies

Advanced Programs policy is to order books in paperback if available. Courses, dates, and professors are subject to change. Please check with your OU Site Director. Students should retain a copy of any assignments that are mailed to the professor for the course.

Copyright

Any and all course materials, syllabus, lessons, lectures, etc. are the property of professor teaching the course and the Board of Regents of the University of Oklahoma and are protected under applicable copyright.

For more information about Advanced Programs, visit our website at: http://www.goou.ou.edu/
INSTRUCTOR VITA

Glenda Hufnagel, Ph.D.

Education

- Ph.D. in Historical, Philosophical, and Social Foundations of Education, University of Oklahoma
- MHR in Human Relations (Counseling Emphasis), University of Oklahoma
- M.A. in Communication (Interpersonal and Small Group), University of Oklahoma
- Postgraduate Training in Counseling, Oregon State University

Current Positions

- Advanced Programs Professor since 1994
- Assistant Professor, Human Relations Department, University of Oklahoma
- Visiting Professor, Graduate Division, Department of Political Science & Public Administration, Russell Sage College, Albany, New York

Frequently Taught Advanced Programs Courses

- HR 5003 Theoretical Foundations of Human Relations
- HR 5013 Current Problems in Human Relations
- HR 5153 Human Emotions
- HR 5113 Women & Jungian Concepts
- HR 5113 Women, Work & Family
- HR 5093 Introduction to Graduate Studies in Human Relations
- HR 5473 Women & Mental Health

Major Areas of Teaching and Research Interest

- Self-in-relation theory and practice
- Menarche as a psychosocial event
- Women and class issues
- Autoethnography and narrative as research method

Representative Publications and Presentations

- Women turning the world right side up: Bringing Native American women into the university curriculum – A selected interdisciplinary resource guide. Transformations Journal, 11(1), Spring, 2000.
- A girl to puberty has come: Celebrating menarche in the Mescalero Apache tradition. South Central Women’s Studies Association, Spring, 1998.
Representative Honors and Awards Received

- Who’s Who In America
- Who’s Who in the South and Southwest,
- Phi Kappa Phi Honor Society, OU Charter Member
- McNair Scholars Faculty Mentor Award
- Phi Lambda Theta International Honor Society
- University Educators Teaching Award, Alpha Phi Omega
- Student Affairs Dean’s Faculty Service Award
- Presidential Adopt-A-Faculty Member Program, Omega Psi Phi
- Mentor’s Service Award, Phillips Minority Scholars Program, 1998 and 1999
- Presidential Commendation for University Service, Phillips Minority Scholars Program, 1998
- Nominated for the 1998 Popular Culture Association and American Culture Association’s Women’s Caucus Awards for Excellence in Feminist Studies, Thirteenth Annual Awards Competition:
  - Kathleen Gregory Klein Award for the Best Unpublished Article in Popular Culture and American Culture. (Article, “Body Bound Knowledge: Comments on Learning and Teaching in Women’s Studies”)
- Winner of the 1996 National Faculty Competition for the Invitational Conference at the Women’s Equity Institute Marymount College, Tarrytown, NY. (Paper, “Body Bound Knowledge: Comments on Learning and Teaching in Women’s Studies”)

Major Professional Affiliations

- President, South Central Women’s Studies Association
- National Women’s Studies Association
- American Association of University Women
- National Council for Research on Women
- Oklahoma Counseling Association
- American Counseling Association
- National Association for Women in Education
- Phi Kappa Phi Honor Society