

COUN 1587 - Introduction to Health and Wellness in Contemporary Society

Fall 2026 Syllabus, Section 01, CRN 40030,

Credit hours: 3

Instructor

Anne Lally MSed., LSW, LPCC-S

Professional Qualifications:

M.S., Community Mental Health Counseling.

Youngstown State University, 1996

School Counseling.

Youngstown State University, 2003

B.S., Criminal Justice/Legal Track; Social Work/Psychology,

Youngstown State University, 1991

Instructor

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Additional Contact Methods:

Email or see instructor before or after class

Preferred Contact Method: email

Communication Expectations:

Use of email, time provided before and after class as well as meeting times that can be set up to accommodate both student and instructor

How to Refer to me:

Ms. Lally

Course Description

1587. Introduction to Health and Wellness in Contemporary Society. Provides an introduction to the wellness model integrating physical, mental, and emotional well-being. Using current research, students explore decision-making models examining ethical, theoretical, multicultural, and practical concerns in developing their own wellness strategies. 3 s.h.

Course Readings

Group	Title	Author	ISBN
Required	The Relaxation & Stress Reduction Workbook. New Harbinger Publications, Inc. Seventh Edition	Davis, M., Eshelman, E.R., McKay, M.	978-1-68403-334-8
Required	Mental Health and Wellness Students Speak Up. Cognella, First Edition.	Gross, Maria, M.A., Lowe, Shari, M.S.	979-8-8233-3016-9
Optional	Mind, Body, Health: The Effects of Attitudes, Emotions, and Relationships. Pearson Education, Inc.	Karren, K.J., Smith, N.L., Gordon, K.J.	978-0-321-88345-2

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Schedule of Topics and Assignments

Day	Date	Reading(s)	Proposed Topic	Due/To Prepare for Class
Mon	8/24		Introduction/Course Overview/Review Syllabus	Review and opportunity for questions and clarifications
Wed	8/26		Personal & Social Responsibility Lecture Class Discussion	This course is certified as a general education course in the knowledge domain "Social and Personal Awareness".
Mon	8/31		Note Taking Lecture	Group work on Classroom Social and Personal Responsibility Last Day to Add a Class 8/31/26
Wed	9/2	The Relaxation & Stress Reduction Work Book Chapter 1 & 2	Impact of Recent Experiences and Body Awareness	In class work - WB pgs. 4 - 7. DUE: Reaction 1 with attached acknowledgement of syllabus.
Mon	9/7	HOLIDAY	HOLIDAY	HOLIDAY
Wed	9/9	Chapter 1 Holistic Wellness: The Connection Between Mind and Body	Wellness Building Block of Semester Discussion of Personal Development Activity and Statement	Reaction 2
Mon	9/14	Worksheets for Wellness Plan and Wellness Plan instructions -on Blackboard	Goal Setting and Time Management DAPPS	Homework Assignment: Chapter 16 of workbook
Wed	9/16	Mental Health & Wellness- Chapter 2 and Chapter 3 (Anxiety)	Lecture on Stress and Anxiety Class work on Role and Goal Sheet Begin to track for goal/steps	Written statement identifying choice for Personal Development Activity
Mon	9/21	Mental Health and Wellness- Chapter 3 (Anger) Workbook: Chapter 15	Lecture on Anger and Anger Management Workbook - Anger Inoculation pgs. 191-198 & 204.	Quiz 1 (Chapters 1 & 2 and Goal Setting).
Wed	9/23	Mental Health and Wellness, Chapter 8 Mind Body Health, Chapter 4	The Disease Resistant Personality	DUE: Reaction 3
Mon	9/28	Mind Body Health, Chapter 5 Workbook, Chapter 12	Explanatory Style Lecture Workbook- Chapter 12 -pgs. 130-33 & Group Work pgs. 139-143 Discussion on worksheet - Have a talk with yourself- on blackboard.	Due: Quiz 2 (Chapters 3 & 4).
Wed	9/30	Mind, Body, Health, Chapter 6	Locus of Control, Self Esteem, and Health Lecture Rotter's Locus of Control Scale	
Mon	10/5		Review all parts of Wellness Plan Altruism Discussion	
Wed	10/7	Mind Body Health, Chapter 9 Mental Health and Wellness, Chapter 4	Lecture on Depression	Due: Quiz 3 (Chapters 5 & 6)
Mon	10/12	Mind Body Health, Chapter 10 Mental Health and Wellness, Chapter 4	Lecture on Grief	Due: Reaction 4
Wed	10/14		Independent work on Wellness Plan	Due: Quiz 4 (Chapters 9 & 10)
Mon	10/19			Due: Midterm Exam
Wed	10/21	Mind Body Health, Chapter 12	Lecture on Loneliness Video: The Dangers of Loneliness	Last Day to Withdraw with a "W" 10/25/26
Mon	10/26	Mind Body Health, Chapter 11 Mental Health and Wellness, Chapter 7 Workbook, Chapter 17	Lecture of Social Support, Relationships, and Health Individual and Group work on Assertiveness Training Listening Skills- Group work	
Wed	10/28		Finalize Assertiveness Training and Listening Skills Video: Social Wellness	Due: Reaction 5 on Altruism



Mon	11/2	Mind Body Health, Chapter 18	Lecture on Sleep and Health Video: The Benefits of Deep Sleep	Due: Personal Development Activity
Wed	11/4	Mind Body Health, Chapter 19 Workbook, Chapters 19 & 20	Lecture on The Importance of Nutrition and Exercise Video: How the food you eat affects your brain Video: The brain changing benefits of Exercise	
Mon	11/9	Mind Body Health, Chapter 15	Lecture on Spirituality Lecture on Forgiveness In class activity - forgiveness assessment	
Wed	11/11	HOLIDAY	HOLIDAY	HOLIDAY
Mon	11/16	Mental Health and Wellness, Chapter 5	Lecture on Mindfulness/Meditation Group work on identifying use of wellness areas of the Wellness Wheel	Due: Quiz 5 (Chapters 11,12,18,19,15)
Wed	11/18		Group work on Problem Solving	Due: Wellness Plan
Mon	11/23		Presentations of Wellness Plans	
Wed	11/25	HOLIDAY	HOLIDAY	HOLIDAY
Mon	11/30		Presentations of Wellness Plans	
Wed	12/2		Presentations of Wellness Plans Review of techniques practiced during semester Review for Final	
Mon	12/7	Final Exam 10:30 - 12:30		Due: Final Exam

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