

COUN 1587 - Introduction to Health and Wellness in Contemporary Society

Fall 2026 Syllabus, Section 05, CRN 41119,

Credit hours: 3

Instructor

Jessica McRoberts

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Public Instructor Information

Instructor Title: Jessica McRoberts, M.S.Ed.

Instructor Professional Qualifications:

M.S.Ed., Clinical Mental Health Counseling & School Counseling, Youngstown State University - 2009

B.S., Psychology, Slippery Rock University - 2006

Instructor Office Location: Online

Instructor Office Phone: 330-941-1936

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

Additional links and readings may be linked on blackboard for weekly lessons.

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

Week of	Reading(s)	Proposed Topic	Due/To Prepare for Class
8/24	Course Introduction - no readings - review Syllabus and Blackboard Layout	Workbook Activities will be listed in this column: None Due this week	Discussion Board Posts & Papers Listed Here: Please introduce yourself on the discussion board through the introduction thread.
8/31	Counseling 101 Presentation & Readings for Reflection: Both Provided in Module	None Due	DB: Counseling 101 – what profession interests you or did you not know existed?
9/7	Chapter 1 - Students Speak Up	WB: Sections 2 & 16	DB: Post to the Chapter 1 discussion questions Reaction Paper #1 Due by 9/13 @ 11:59pm

9/14	Chapter 2 - Students Speak Up	WB: Section 6	DB: Post to the Chapter 2 discussion questions Reaction Paper #2 Due by 9/20 @ 11:59pm
9/21	Chapter 3 - Students Speak Up	WB: Section 12	DB: Post to the Chapter 3 discussion questions
9/28	Chapter 4 - Students Speak Up	WB: Sections 13 & 15	DB: Post to the Chapter 4 discussion questions Personal Development Plan Statement Due by 10/04 @11:59pm
10/5	Chapter 5 - Students Speak Up	WB: You Choose! Any section 3-10	DB: Post to the Chapter 5 discussion questions
10/12	Chapter 6 - Students Speak Up	WB: You Choose! Any section 3-10	DB: Post to the Chapter 6 discussion questions
10/19	Chapter 7 - Students Speak Up	WB: You Choose! Any section 3-10	DB: Post to the Chapter 7 discussion questions Reaction Paper #3 Due by 10/25 @ 11:59pm
10/26	Chapter 8 - Students Speak Up	WB: Sections 19 & 20	DB: Post to the Chapter 8 discussion questions
11/2	Chapter 9 - Students Speak Up	WB: You Choose! Any section 3-10	DB: Post to the Chapter 9 discussion questions Cultural Background Paper Due by 11/08 @ 11:59pm
11/9	Guest Speaker on Wellness Video	WB: Section 21	DB: Post to the Guest Speaker discussion questions
11/16	Mindfulness Techniques Sharing Video	WB: Section 1	DB: Post to the Mindfulness discussion questions Personal Development Activity Paper Due by 11/22 @ 11:59pm
11/23	Thanksgiving Break	Enjoy	Your Break :)
11/30	Wellness Plan Week	None	DB: Share your Wellness Plan Findings Wellness Plan Due by 12/6 @ 11:59pm
12/7	Course Closure - Finals Week	None	DB: Final Closure Post Extra Credit Due by 12/10 @11:59pm Good Luck On all Your Finals!

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.