
Calumet College



of Saint Joseph

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Calumet College of St. Joseph is a Catholic institution of higher learning dedicated to the academic, spiritual and ethical development of undergraduate and graduate students. Informed by the values of its founding religious community, the Missionaries of the Precious Blood (C.P.P.S.), the College promotes the inherent dignity of all people, social justice, an ethic of service, student empowerment, opportunity, and lifelong learning.

COURSE SYLLABUS

Term: Spring 2019

PSM 309: Dynamic Dimensions of Wellness, Group 51
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Instructor Information:	
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Instructor Name	Robert R. Johnson
Office Number:	DNA
Phone Number:	312-330-6233
Email:	rjohnson@ccsj.edu
Office hours:	Tuesdays: 0800-0900 at East-West University, 829 S. Wabash. 1700-1800 at Police Training Facility. I am available throughout the week via email or text.

Instructor Background: Robert R. Johnson was awarded an AAS in Law Enforcement from Chicago City Colleges, a B.A. in Philosophy from Saint Xavier University and an M.Ed. in Criminal Justice Counselling from Saint Xavier University. He has taught for Northwestern University and is currently an Adjunct Professor in Public Safety Management at Calumet College of Saint Joseph in Whiting, IN. and an Adjunct Professor of Criminal Justice at Daley College in Chicago. He was a contributing editor at Law and Order Magazine, 2005-2010, authoring a bi-monthly article on Leadership and Supervision, entitled, "Captain." He served on the Chicago Police Department for 42 years, retiring at the rank of Captain (2012) while serving as Executive Officer in the Chicago Police Deering (009) district.

Course Information:	
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Course Time:	Tuesdays: 12, 19, 26, Mar, 2, 9, 16 Apr 19 Day classes: 0900 to 1230 hrs. Evening classes: 1800 to 2130 hrs.
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Classroom:	Day classes: East-West University, 829 S. Wabash, TBD. Evening classes: Chicago Police Training Division: Rm 200-204 TBD
Prerequisites:	DNA
Required Books and Materials:	<u>Fitness and Wellness</u> , 13th Ed., Cengage Publishing <u>Emotional Survival for Law Enforcement</u> , E-S Press
Learning Outcomes/ Competencies: Students in this course will develop a comprehensive understanding of the importance of attending to their physical and mental well-being in the high stress environment of law enforcement.	
Course Description: This course focuses on an organization's most valuable resource-its people. Public Safety is a high stress environment, taking its toll on people who perform oftentimes thankless jobs; draining them of their energy and motivation and significantly affecting their health. Individuals need ways to reduce stress, build resilience, develop their emotional intelligence, and enhance their communication skills. Leaders need to model good behavior and self-care practices if they expect their employees to do the same. Students will be exposed to and practice several different techniques to improve their personal well-being.	
Learning Strategies: Reading material, lectures, power point presentations, discussions, student presentations, videos, quizzes, and essays.	
Experiential Learning Opportunities: We will utilize problem-based and project-based learning activities.	

Assessments:		
Major Assignments:	Quizzes (5) at 10 points per Presentation (1) Essays (3) at 10 points per Extra Credit: 1 to 5 points for any exceptional essay	50 points 20 points 30 points 1 to 5 points
Participation	Participation: Each student is required to complete sufficient reading to develop a thorough understanding of the course material, attend class, on time and not leave early and participate fully in class discussions	Missed class (-5) Late or leave early (-1 to -5) each instance, depending on the length of tardiness or early out. Relevant participation (+1 to +10, depending on the extent and relevance).
Grading Scale		
A:	92-100	
A(-):	90-91	
B(+):	88-89	
B:	82-87	
B(-)	80-81	
C(+):	78-79	
C:	72-77	

C(-):	70-71
D(+):	68-69
D:	62-67
D(-)	60-61
F:	59 and below
Course Schedule:	

Class Date	Activity	Preparation
Week 1: 12 Mar 19	Introduction, requirements, expectations, videos, reviewing the syllabus, discuss Chapter 1 for Fitness and Wellness and Chapter 1 for Emotional Survival for Law Enforcement	For our initial class meeting, Read Chapter 1, Fitness & Wellness (F&W) and Chapter 1, Emotional Survival for Law Enforcement (ES)
Week 2: 19 Mar 19	Lecture & Discussion on the readings, essay due, presentations, videos, quiz,	Read Chapters 3&4 (F&W) (Note: We will not be doing Chptr2 in F&W), Chapter 2 (ES), Quiz on Week 1 & 2 material
Week 3: 26 Mar 19	Lecture & Discussion on the readings, essay due, presentations, videos, quiz	Read Chapters 5 & 6 (F&W), Chapter 3 (ES), Quiz on week 3 material.
Week 4: 02 Apr 19	Lecture & Discussion on the readings, essay due, presentations, videos, quiz	Read Chapter 7 (F&W), Chapters 4 & 5 (ES), Quiz on week 4 material
Week 5: 09 Apr 19	Lecture & Discussion on the readings, essay due, presentations, videos, quiz	Read Chapter 8 (F&W), Chapters 6 & 7 (ES), Quiz on week 5 material
Week 6: 16 Apr 19	Lecture & Discussion on the readings, presentations, videos, quiz	Read Chapter 9 (F&W), Chapter 8 (ES), Quiz on week 6 material

I reserve the right to change this schedule to meet the needs of the class

Responsibilities	
Attending Class	<p>You cannot succeed in this class if you do not attend. We believe that intellectual growth and success in higher education occur through interaction in the classroom and laboratories. However, we do not want to penalize students for participating in college-sponsored events. When you miss class because of a college event, you must give notice of your absence in advance, and you are responsible for all missed work. Being absent doesn't excuse you from doing class work; you have more responsibilities to keep up and meet the objectives of this course.</p> <p>Due to the accelerated format of the program, it is a serious matter when a student misses even one session. If the student misses more than one session, the student is required to withdraw by contacting the academic</p>

	<p>advisor and their instructor. Coming late and leaving early will adversely impact the grade. One missed class loses 5 points. Coming in late or leaving early loses anywhere from 1 point to 5 points depending on the extent of the absence. Obviously, this can make a difference in the final grade.</p>
<p>Turning in your work</p>	<p>You cannot succeed in this class if you do not turn in all your work on the day it is due. There is a specific due date for the essay/paper for this class and you will be assigned a date (convenient to you) to make your presentation. As well, you must be present for the quizzes. There are no make-up quizzes. A missed quiz loses the entire ten points. You are required also to make your presentation on the date assigned to you or make arrangements with the instructor to re-schedule. Failure to do so will cost you all points for the presentation. Five points will be deducted for each class day that the essay/paper is overdue.</p> <p>The essays must be hard copy.</p>
<p>CCSJ Student Honor</p>	<p>This course asks students to reaffirm the CCSJ Student Honor Code:</p> <p>I, as a student member of the Calumet College academic community, in accordance with the college's mission and in a spirit of mutual respect, pledge to:</p> <p style="padding-left: 40px;">Continuously embrace honesty and curiosity in the pursuit of my education goals.</p> <p style="padding-left: 40px;">Avoid all behaviors that could impede or distract from the academic progress of myself or other members of my community</p> <p style="padding-left: 40px;">Do my own work with integrity at all times, in accordance with syllabi, and without giving or receiving inappropriate aid</p> <p style="padding-left: 40px;">Do my utmost to act with commitment, inside and outside of class, to the goals and mission of Calumet College of Saint Joseph</p>
<p>Using Electronic Devices</p>	<p>Electronic devices can only be used in class for course-related purposes. If you text or access the Internet for other purposes, you may be asked to leave, in which case you will be marked absent. All phones need to be set to vibrate or silent. Taking a call during class is disruptive. Texting during class is the height of rudeness and most definitely will impact the grade with a loss of 1 or more points depending on the frequency and extent of the texting.</p>
<p>Participating in Class</p>	<p>Participation is vital to the learning process. Students will be prepared to discuss the assigned material and contribute personal opinions and ideas relevant to the subject matter. Class participation will affect the student's grade. Coming late, leaving early, texting, all affect the participation aspect of the grade as outlined above. You cannot participate if you are not here or not paying attention.</p>
<p>Doing Your Own Work</p>	<p>If you turn in work that is not your own, you are subject to judicial review, and these procedures can be found in the College Catalog and the Student</p>

	<p>Planner. The maximum penalty for any form of academic dishonesty is dismissal from the College.</p> <p>Using standard citation guidelines, such as MLA or APA format, to document sources avoids plagiarism. The Library has reference copies of each of these manuals, and there are brief checklists in your Student Handbook and Planner.</p> <p>PLEASE NOTE: All papers will be electronically checked for plagiarism. Eyes on your own paper during the quizzes. Students observed looking at another student's quiz will receive a ZERO for the quiz. I am very strict about this.</p>
Sharing Your Class Experience	At the end of the term, you will have the opportunity to evaluate your classroom experience. These confidential surveys are essential to our ongoing efforts to ensure that you have a great experience that leaves you well prepared for your future. Take the time to complete your course evaluation-we value your feedback.
Withdrawing from Class	After the last day established for class changes has passed (see the College calendar), you may withdraw from a course by following the policy outlined in the CCSJ Course Catalog.
CCSJ Book Rental Program	The CCSJ Book Program ensures that everyone has the right course materials on the first day of class to be successful. You pay a book rental fee each semester, and in return, receive all the materials for all your classes prior to the beginning of classes. At the end of the semester, simply return the books. For traditional students, the Book Rental Programs in conveniently located in the library, where students can pick up and return their books. For students in accelerated programs and graduate programs, books will be delivered to their homes and they can return them by mail. For more information, see http://www.ccsj.edu/bookstore . All books must be returned at the end of the semester or you will incur additional fees, which will be charged to your student account.
Resources	
Student Success Center:	The Student Success Center provides faculty tutors at all levels to help you master specific subjects and develop effective learning skills. It is open to all students at no charge. You can contact the Student Success Center at 219 473-4287 or stop by the Library.
Disability Services:	Disability Services strives to meet the needs of all students by providing academic services in accordance with Americans with Disabilities Act (ADA) guidelines. If you believe that you need a "reasonable accommodation" because of a disability, contact the Disability Services Coordinator at 219-473-4349.
Student Assistance Program	Through a partnership with Crown Counseling, Calumet College of St. Joseph provides a free Student Assistance Program (SAP) to current students. The SAP is a confidential counseling service provided to students for personal and school concerns which may be interfering with academic performance and/or quality of life. The SAP counselor is available on campus once week and off-site at the Crown Counseling offices in Crown Point or Hammond.

	For more information, contact Kerry Knowles, SAP Counselor, at 219-663-6353 (office), 219-413-3702 (cell, or kerryk@crowncounseling.org .
CCSJ Alerts:	<p>Calumet College of St. Joseph’s emergency communications system will tell you about emergencies, weather-related closings, or other incidents via text, email, or voice messages. Please sign up for this important service annually on the College’s website at: http://www.ccsj.edu/alerts/index.html.</p> <p>In addition, you can check other media for important information, such as school closings:</p> <p>Internet: http://www.ccsj.edu</p> <p>Radio: WAKE – 1500 AM, WGN – 720 AM, WIJE – 105.5 FM, WLS – 890 AM, WZVN – 107.1 FM, WBBM NEWS RADIO 78, TV-2,5,7,9,32</p>