



### **Course Methodology:**

The breadth of content for this course is complemented by the range of approaches incorporated. Classes will be held with a variety of methodologies, including lecture, discussion, small group work, reading reactions, and large group interaction. The assignments include a variety of approaches, including reading current resources, attending group meetings, and preparing critical thinking and reflection papers. Examinations address reading assignments and class content; participation in all aspects of the course is expected to gain the breadth of content and achieve course objectives.

### **Critical Thinking Papers:**

Please prepare five one-page critical thinking papers on drug- or alcohol-related topics. These five papers may be on different topics, or may be on the same topic. To demonstrate familiarity with a variety of sources, at least one of the papers must be from a professional journal, one from a newspaper/magazine, and one from a trade publication. In addition, *no more than one* paper's source may be the Internet. For any citation, clearly identify full reference information. These papers may incorporate an initial review and critique by a classmate. Each of these typewritten papers should include the following five sections, *clearly identified with a heading for each section*:

|                      |                       |                            |
|----------------------|-----------------------|----------------------------|
| (1) Title and Source | (2) Summary Abstract  | (3) Messages and Audiences |
| (4) Critique         | (5) Personal Reaction |                            |

### **Alcohol 101 Plus CD-ROM Paper:**

Using the CD-ROM entitled "Alcohol 101 Plus" available on loan, prepare a two-page paper that follows the outline of the Critical Thinking Paper. Pay particular attention to the critique of this resource, and make clear any recommendations for improvement.

### **Community Support/Self-Help Group Meetings:**

Attend two *open* support or self-help group meetings (e.g., AA, NA, ACOA, AlAnon or similar meetings) that you have not attended previously. Prepare a 4-5 page paper which summarizes the following five items, with particular attention to items (c) and (d):

- (a) the meeting (its themes, the attendees, how you learned about the meeting's location)
- (b) your observations
- (c) your thoughts about what happened in the meetings
- (d) the ways in which the meetings affected your feelings
- (e) any questions you have

### **Controversies Paper:**

For a single, focused topic, prepare a 5-10 page paper that addresses a *controversy* in the drugs and health area. This will be an issue/topic for which 'sides' clearly exist. This should include references and be organized with the following sections, clearly labeled:

- (a) Statement of the controversy (one sentence)
- (b) Why the issue is a controversy (one sentence)
- (c) Discussion (elaboration of the sides of the controversy, including references)
- (d) Implications (how decisions for various sides will result in different outcomes)
- (e) Recommendations (your resolution of the controversy)

Be sure that the topic is acceptable prior to proceeding. Potential topics include:

- |   |  |
|---|--|
| Drunk driving as a criminal offense                     | Alcoholism as a disease                                |
| Legalization of marijuana                               | Restrictions for tobacco use                           |
| Parental responsibility for youth drug/alcohol use      | Societal responsibility for substance abuse problems   |
| Roles/responsibilities of schools re substance abuse    | Roles/responsibilities of worksites re substance abuse |
| Roles/responsibilities of government re substance abuse | Distinct approaches for athletes and substance abuse   |
| Advertising and marketing (alcohol, tobacco, OTC drugs) |  |

*Note: Papers are due on the scheduled date; those received late are subject to point reduction.*

## SCHEDULE OF TOPICS AND ASSIGNMENTS

|                    |   |   |
|--------------------|---|---|
| January 23         | Introduction and Overview; Societal Context |   |
| January 25         | Scope of the Problem; Motivations for Use   | Chapter 1, Monitoring the Future Data   |
| January 30         | Drugs Overview: Classifications and Terms   | Chapter 3 <i>CTP #1 Due</i>             |
| February 1         | Brain Health and Drug Principles            | Chapter 4                               |
| February 6         | Drug Properties and Classifications         | Chapter 5                               |
| February 8         | Overview of Addiction                       | Chapter 2                               |
| February 13        | Depressants                                 | Chapter 6 <i>CTP #2 Due</i>             |
| February 15        | Alcohol                                     | Chapter 7                               |
| February 20        | Alcohol                                     | Chapter 8 <i>Alcohol 101 Paper Due</i>  |
| February 22        | Narcotics                                   | Chapter 9                               |
| February 27        | Stimulants                                  | Chapter 10                              |
| March 1            | Stimulants                                  |   |
| March 6            | Hallucinogens                               | Chapter 12 <i>CTP #3 Due</i>            |
| March 8            | Mid-Course Exam                             |   |
| <b>March 12-19</b> | <b>Spring Break</b>                         |   |
| March 20           | Marijuana                                   | Chapter 13                              |
| March 22           | Marijuana                                   |   |
| March 27           | Tobacco                                     | Chapter 11 <i>CTP #4 Due</i>            |
| March 29           | Tobacco                                     |   |
| April 3            | Inhalants / Over the Counter Drugs          | Chapters 14, 15                         |
| April 5            | Addiction: "What" and "Why"                 | Chapter 2 <i>CS/SHG Paper Due</i>       |
| April 10           | Treatment and Recovery                      | Chapter 18                              |
| April 12           | Intervention and EAPs                       |   |
| April 17           | Family and COA Issues                       | <i>CTP #5 Due</i>                       |
| April 19           | Prevention and Education                    | Chapter 3, 17                           |
| April 24           | Community and School-Based Strategies       | PP: CAS <u>Sourcebook</u>               |
| April 26           | Health Communication                        | Chapter 16 <i>Controversy Paper Due</i> |
| May 1              | Strategic Planning                          | Action Planner                          |
| May 3              | Wrap-Up and Review                          |   |



- ❖ All students are held to the standards of the George Mason University Honor Code.
- ❖ University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor.
- ❖ STUDENTS WITH DISABILITIES: Students having documentation on file with the Disability Resource Center should bring this to the attention of the professor
- ❖ <http://www.rht.gmu.edu/>