

## ***T&L 2900 – Drugs & Alcohol in Schools: Understanding Substance Use & Abuse***

### **Course at a Glance**

**Instructor:** Dr. Karen Lea

**Length:** Approximately 30 hours, complete in 4 months

**Dates:** Rolling admission

**Number of Graduate Professional Development Credits:** 2, from the University North Dakota

### **Introduction**

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*Drugs & Alcohol in Schools* is designed to give you a more comprehensive understanding of alcohol, drugs, and their influences in your classroom. *Drugs & Alcohol in Schools* provides a contextual framework for understanding what students may be experiencing through their own substance use or the impact of substance use around them. The course provides a basic historical perspective of substance use along with descriptions of biological, psychological, and social factors that comprise the disease of addiction. This program will help you better understand a multitude of complex dynamics that contribute to this biological and social phenomenon.

This course is designed to be an informational course, with application in work or work-related settings. The intervention strategies were designed to be used in the remediation of alcohol and drug-related behavioral problems with students, ranging in age from approximately 10 to 18 years. Some alterations may be needed if working with younger children.

This online, self-paced program can be started and completed at the student's own leisure **within four months from the UND assigned course start date after enrollment.**

### **Learning Objectives**

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At the conclusion of this course students will be able to:

- understand the history of alcohol and drugs in society and their impact on current beliefs in our culture
- develop a basic understanding of the “biopsychosocial” nature of addiction
- understand the disease concept of addiction
- identify different drugs and their effects on the body
- understand the effects of substance abuse on child development and family systems
- develop a foundation of understanding of prevention, intervention and supports

### **Session Topics**

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The course is divided into four chapters.

Last Updated: 5/2/2017

## **Chapter 1: Introduction**

- Instructor Video
- Introduction
- History
- What Are We Facing?
- Common Terms
- Use, Abuse and Addiction

## **Chapter 2: A Journey Into the Mind**

- Instructor Video
- Genetics
- The Disease of Addiction
- Neurochemistry
- Neural System
- Neurons, Axons and Dendrites
- Neurotransmitters
- Quest for Pleasure
- Brain Circuits in Youth

## **Chapter 3: Substances & Their Effects**

- Instructor Video
- Alcohol
- Alcohol in the Body
- Nicotine
- Marijuana
- Inhalants & Hallucinogens
- Stimulants
- Opiates
- Performance Enhancing Drugs
- Over the Counter and Prescription Drugs

## **Chapter 4: Wrapping It Up**

- Instructor Video
- What now?
- What else can I do?
- Conclusion

## **Course Materials**

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This computer-based instruction course is a self-supporting program that provides instruction, structured practice, and evaluation all on your home or school computer. Technical support information can be found in the Help section of your course. There are NO required textbooks.

## **Assignments & Examinations**

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### **Assignments-**

This course has two required writing components. **ALL ASSIGNMENTS ARE REVIEWED.**

Last Updated: 5/2/2017

### **1) Essay Requirement: Critical Thinking Questions**

There are four Critical Thinking Questions that you must complete. You will do research on the questions and write brief essay responses relating it to the course content (and your personal experiences, when possible).

### **2) Essay Requirement: Journal Articles**

This task requires you to write a review of three peer-reviewed or scholarly journal articles, preferably written by an author with a Ph.D. (blogs and news articles are not acceptable) of your choice on a topic related to this course.

### **Examinations-**

At the end of each chapter, you will be expected to complete an examination designed to assess your knowledge. There are a total of 4 exams in this course. You may take these exams a total of three times.

### **Grading**

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This online course uses **Letter Grading (A, B, C, or F)**.

- All writing assignment scores will make up a final score for writing assignments.
- All examination scores will be make up a final score for examinations.
- Final Grade: The final writing assignment score and the final examination score **will be averaged** to determine your final grade, using the grading scale below.

Course Grading Scale for Letter Grades:

A = 90 - 100% of total score

B = 80 - 89%

C = 70 - 79%

F= below 70%

### **Scholastic Dishonesty**

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Students enrolled in this course are expected to be aware of the seriousness of scholastic dishonesty. Unacceptable behavior such as submitting someone else's work as your own, cheating on exams, or plagiarizing can result in failure of the course or other sanctions. For a more detailed description of these policies, please refer to the UND Code of Student Life; Appendix IIIa-3, at: <http://und.edu/student-affairs/code-of-student-life/>