**HUMAN SERVICES PROGRAM**

**COURSE SYLLABUS:** BASIC COUNSELING SKILLS - **HUS 2302**

**FALL –** 2024-2025 (0640) Tuesday 4:00 - 6:50 P.M. (Blended- Face-to-Face, Zoom, Online)

**CLASSROOM:** MT-JC236

**INSTRUCTOR:** Tracy Deschler, LMHC

**OFFICE HOURS:** Tuesday 3:30 PM, by appointment

**PHONE**: **Tracy:** (727)422-5901

**I will return your phone call within 48 hours. Text messages are preferable.**

**EMAIL:** Please email me within the **MYCOURSES** course (faculty)

**TEXT:** *Learning the Art of Healing*, 7TH ED. Mark E. Young

**COURSE DESCRIPTION:**

HUS 2302 is an introductory experience in active listening skills. Emphasis will be on the viewing and processing of each student’s videotaped practice session.

**SKILLS TO BE ACQUIRED/DEMONSTRATED**

1. Ability to demonstrate listening skills through empathetic responses

2. Ability to demonstrate the concept of the here and now through paraphrasing and clarification skills

3. Ability to offer constructive, objective feedback to fellow students.

**MAJOR LEARNING OUTCOMES**:

1. The student will demonstrate understanding of the basic listening and communication skills as presented in Introduction to Intra and Inter-Personal Processes or its equivalent.

2. The student will demonstrate ability to establish and maintain non-physical contact with the client.

3. The student will demonstrate accurate, non-judgmental, empathetic listening ability.

4. The student will demonstrate positive regard for the client.

5. The student will recognize interference in the above processes and will deal with the interference appropriately.

**COURSE OBJECTIVES STATED IN PERFORMANCE TERMS:**

**A. The student will demonstrate understanding of the basic listening and communication skills as presented in Introduction to Intra and Inter-Personal Processes or its equivalent by practicing listening and communication skills through use of**:

(1) self- disclosure

(2) zones of awareness

(3) communication ground rules

(4) responsible confrontation

(5) non-defensive self-exploration

(6) supportive behavior

**B. The student will demonstrate ability to establish and maintain non-physical**

**contact with the client by practicing the following active listening techniques**:

(1) maintaining comfortable eye contact

(2) maintaining attentive, relaxed body posture

(3) reflective statements

(4) clarifying statements

**C. The student will demonstrate accurate, non-judgmental, empathetic listening**

**ability by practicing the following objective feedback techniques**:

(1) providing accurate reflective statements for client content and process

(2) avoiding to provide his/her own values and opinions

**D. The student will demonstrate positive regard for the client by being sensitive**

**to the intrinsic worth of the (individual) client by demonstrating the following**

**attitudes**:

(1) non-judgmental statements

(2) absence of expectations placed upon client

**E. The student will recognize interference in the above processes and will deal**

**with the interference appropriately by being sensitive to either internal or external**

**obstructions to the counseling process and taking appropriate steps to amend**

**the situation through the following techniques:**

(1) recognition of zones of awareness

(2) ability to shift zone of awareness

(3) willingness to deal with any interference

(4) criteria performance standard

**READING OF INTEREST:**

Refer to readings for HUS 1111

*The Transparent Self,* Sidney M. Jourard

*Counseling for Results*: *Principles and Practices of Helping,* Edward H. Scissors

Esteem: Your Personal Seminar, *The Art of Asking Questions,* Bill McGrane, III

*Elements of Counseling*, Scott T. Meier and Susan C. Davis

*Theory and Practice of Counseling and Psychotherapy,* Gerald Corey

*The Zen of Listening,* Rebecca Shafir

**GRADING POLICY**

Grading will be based on videotaped practice sessions, student attendance and participation, tests and a project.

**GRADE RATING QUALITY POINTS POINTS**

A Excellent 4 90 -100

B Good 3 80 - 89

C Average 2 70 - 79

D Below Average 1 60 - 69

F Failure 0 50 - 59

I Incomplete

**Grading Policy (taken from the Human Services Student Handbook)**

The Human Services Program has the following grading scale:

A = 90% - 100%

B = 80% - 89%

C = 70% - 79%

D = 60% - 69%

F = 59% or less

A grade of “C” or better is required for all required courses.

**For information on SPC's Grading System, please click on the following link:**

[**http://www.spcollege.edu/catalog\_academics/#GradingSystem**](http://www.spcollege.edu/catalog_academics/#GradingSystem)

This link provides information regarding:  the grading system; special instructions for grades; grade point average, and incomplete grades and procedure).

If you are an audit student, please contact the instructor early in the first week of the class.  For more information on auditing a course, please see the College BOT (Board of Trustees) [**Rule 6Hx23-4.20,  II.E**](http://www.spcollege.edu/webcentral/catalog/current/audit.htm)

Class components

Attend/Participate 30%

Tests (2 @ 15%) 30%

Basic Skills Demonstration 40%

Total Grade 100%

**STUDENT RESPONSIBILITIES**

***ATTENDANCE:*** Due to the experiential nature of the class, **students must attend class regularly** and may be dropped if consistently failing to attend the full class period, or if absences exceed two (2) absences a reduction in one full letter grade is possible. **STUDENTS MUST COMPLETE ALL 4 VIDEO SESSIONS TO PASS THE CLASS**

**KEEP A RECORD OF THE DAY(S) AND DATE(S) YOU ARE ABSENT FROM CLASS**

It is your responsibility to find out what you missed during your absence. Do not use class time to do this.

**STUDENT RIGHT AND RESPONSIBILITIES**

1. **DO’S:**

Treat others with the same respect with which you expect to be treated and you will be fine

For LIVE/ZOOM classes, ensure that your space is quiet and ensures minimal interruptions. Please be prepared to interact with the class using your camera function.

**DON’TS**:

Possess or consume alcoholic beverages or substances during class time. This includes the use of tobacco/vaping.

Cheat in any form

Behave or act in a way that is disruptive of the normal, peaceable, and orderly operation of the college/classroom

Use indecent or abusive language

(for further details, please see the Student Handbook)

2. **Giving and receiving feedback on videotaped practice sessions is a major part of this course. Focus your feedback on the specific skills to be demonstrated.**

3. **Turn all assignments in on time.**

4. **Contact all your instructors if you are going to be absent for an extended period.**

5. **Keep all cell phones turned off while you are in class. See instructor for exceptions.**

**Grading Policy:**

***\* A minimum grade of “C”*** is required for successful completion of this class as well as all other General Education courses, Support courses, and Major courses for the Human Services program.

**Human Services Attendance Policy**

Class attendance (both face to face and online) and full participation is ***required***of all students in all classes. A student may be withdrawn for excessive absences (both unexcused and excused) and/or not actively participating in the course.

An absence may be excused by the instructor only if it is determined to be an extenuating circumstance, some of which could include a death in the family, hospitalization or emergency room visit.  If you are requesting an excused absence due to an extenuating circumstance you must submit the proper documentation to verify the reason for the absence.  The instructor must be notified as soon as possible, preferably before missing the class.

Communication with your instructor is required for any absence.

The documentation must be provided to the Human Services program office via fax (727-444-6097) or email.

The instructor has the discretion to determine if the excuse and documentation meet the criteria for an approved excused absence or an extension on an assignment.

Active participation requires your attendance in face to face class meetings **AND** online lessons.

·        Face to Face Classes:   Active participation means that you come to class.  Further, you must be on time, participate in face to face discussions, group activities, and all learning scenarios.

o   You MUST attend class meetings to learn, practice and meet the stated objectives (MLOs) of each course.

·        Online Classes:  Active participation in online classes includes completion of all lesson assignments (reflections, discussions, exams, quizzes, research papers, etc.) by the due date.

The program has PLO’s and MLOs for each course. In order to accomplish the PLOs of the program and MLOs of each course, all assignments must be completed.   Zero grades are not acceptable.   All coursework must be completed to remain in the courses and successfully complete them.

**Academic Support / Life Issues Resources:**

St Petersburg College offers learning resources which can be found here: https://www.spcollege.edu/current-students/learning-resources

St Petersburg College partners with Mantra Health, a tele mental health service, to make sure you have access to mental health care through the school.

https://www.spcollege.edu/current-students/student-affairs/student-support-resources/student-assistance-programs/counseling-services

By enrolling in Mantra, you can connect to licensed, masters-level therapists to address your specific needs through video and messaging, at your convenience. Your therapist will work with you to establish a personalized treatment plan, which may include lifestyle changes, evidence-based therapy, and tools to track your progress.

The college will cover the first five sessions for free **each academic year** if you are in the state of Florida. NOTE: No shows will count toward your five allotted session.

**Important: Mantra Health is not an emergency or crisis resource. If you are experiencing a crisis, please call one of the local emergency resources below for immediate assistance -**

* **Go to your local emergency department or dial 911 for urgent situations.**
* **Students ages 15-25 years can also contact The Mobile Crisis Response Team of Pinellas at**[**(727) 362-4424**](tel:727-362-4424)**.**
* **Dial 211 for urgent mental health situations and for social service resources.**

The college has many methods in place to assist students with a myriad of academic and personal challenges.  The following is a list of support programs that are available to all students:  Accessibility Services, BayCare Student Assistance Program, Student Support Services, Tutoring, and Career Services.  The following link contains additional information on all of these programs and more:  [Student Support Resources](https://go.spcollege.edu/pages/dynamic.aspx?id=2147484119)

As a SPC student it is vital that you know **Titans Care**.  You can access resources through SPC’s Student Assistance Program (SAP) (<https://mycoursessupport.spcollege.edu/student-assistance-program>), a collaborative resource for students with mental health or general life issues.  SAP provides help and education in suicide prevention, mental health, substance abuse awareness and more.  It is SPC’s belief that supporting mental wellness is everyone’s charge, and that one loss as a result of substance abuse, mental illness, or suicide is one too many. If you or a loved one are considering suicide, please call the National Suicide Prevention Lifeline at 1-800-273-8255.

**IMPORTANT DATES TO REMEMBER: Semester is August 12, 2024 – December 6, 2024**

**08/16/2024 – Last Day to Drop with A Refund**

**09/02/2024- College Closed- Labor Day**

**10/15/2024- 60% Attendance Date**

**10/26/2024 – Last day to withdraw with a grade of “W”**

**10/29/2024- College Closed- Discovery Day**

**11/11/2024- College Closed- Veteran’s Day**

**11/24-30/2024- College closed – Thanksgiving Holiday**

**12/05/2024- Last day to withdraw with a grade of “WF”**

**12/06/2024 – Final Grades Available in MySPC by 4:00pm**

**12/19/2024- 01/01/2025- Winter Break**

If you completely withdraw from the college anytime on or before the dates of your session, you may incur repayment of Financial Assistance funds.

**\*\* Refer to the course Calendar in MyCourses for due dates for all assignments.**

**\*\* Also refer to the SPC College Academic Calendar for important dates:**

<https://www.spcollege.edu/academic-calendar>

## HOW TO BE A SUCCESSFUL STUDENT

Attending class is vital to your success, particularly the first few days of class as you are introduced to the requirements and topics you will be covering. Therefore, the college limits when you can add **classes**. Please [check our registration page](https://www.spcollege.edu/future-students/admissions/registration) regarding when classes can **be added**.

You may drop a course through the [Drop with Refund](https://web.spcollege.edu/botrules/P5/P5_19.doc) date listed on your Fee Schedule and be eligible for a refund, although withdrawing may affect your financial aid. If you are thinking of withdrawing, please speak with your instructor, an [Academic Advisor](https://www.spcollege.edu/current-students/student-affairs/student-support-resources/advising) or a [financial aid counselor.](https://www.spcollege.edu/financial-aid/askfas)

Showing up is the first step in ensuring your academic success. **Active participation** is the next step - whether you are in a classroom or taking classes online. Each of your faculty will give details in the syllabus about their **attendance** policies. If you are going to miss a session, or be offline for any reason, please let your instructor know in advance. If you don't attend during the first two weeks of a term you will **automatically be withdrawn** from the class and this can cause serious **problems if you receive financial aid**. In fact, if you withdraw prior to completing 60% of a class and receive any form of federal financial aid (grants or loans) you will be required to repay a portion.

**ATTENDANCE/ACTIVE PARTICIPATION/WITHDRAWAL POLICIES**

Students classified as "No Show" for both of the first two weeks will be "administratively" withdrawn from any class which they are not attending. It is the student's responsibility to know the attendance policy of the class in which they are enrolled.

The student's financial aid will be adjusted based on their updated enrollment status.

* Depending on the **modality** of the course, attendance may be **online, LIVE Online, blended, or on-campus**.
* For **LIVE Online classes, attendance** will be taken online during the normal class meeting time/days.
* **Students who are feeling ill** for any reason should communicate with their instructor regarding attending online instead of on-campus, and/or the responsibility of excused absences. Students are also responsible to discuss completing any missed work with the instructor.
* Students who are not actively participating in class as defined in an instructor's syllabus will be reported to the Administration during the week following the last date to withdraw with a "W" (as posted in the academic calendar on the college's web site).
* Students will be able to [**withdraw**](https://web.spcollege.edu/botrules/P4/P4_31.doc) themselves at any time during the term. However, requests submitted after the last date to withdraw with a "W" (see academic calendar) will result in a "WF". Students and instructors will automatically receive an email notification through their SPC email address whenever a withdrawal occurs. Withdrawing after the "Last Date to Withdraw with a Grade of "W" can have serious consequences. If the student withdraws from a class after the deadline posted in the academic calendar, the student will receive a final grade of "WF", which has the same impact on the student's GPA as a final grade of "F." A "WF" grade also could impact the student's financial aid, requiring repayment of financial assistance. Students should consult with an academic advisor or financial assistance counselor prior to withdrawing from a class.
* Students who wish to withdraw completely from SPC are not able to totally withdraw from all classes through MySPC. A student must [contact an Academic Advisor](https://www.spcollege.edu/current-students/student-affairs/student-support-resources/advising) to totally withdraw.

### STUDENT EXPECTATIONS

It is important that all of your attention be focused on the content to be learned so when you are in class you shouldn't be using your **computer, cell phone, and tablet** for casual use, only academic purposes. Any use of these devices (including  **texting**) for non-academic purposes draws your attention away from the course work and is therefore subject to disciplinary action. Whether you are taking a course online, blended, or in the classroom, you may be required to have discussions of class assignments and share papers and other class materials with instructors and classmates online. The learning management system, **MyCourses**, will be used for this purpose and you should complete the Introduction to  MyCourses so that you are comfortable with the system and can complete your assignments. Whether you are in an online class or a physical classroom, certain **behaviors** are expected when you communicate with your peers and your instructors. You need to contribute to a positive learning/teaching environment, respecting the rights of others and their opportunity to learn. No one has the right to interfere with the teaching/learning process. Below are the traits of a **successful student**. These guidelines pertain whether your course is online or in the classroom. When communicating, you should always:

* Treat everyone with respect in every communication
* Use your professor's proper title: Dr. or Prof., or if you are in doubt use Mr. or Ms.
* Use clear and concise language
* Remember that college level communication should use correct grammar, whether written or spoken. Avoid slang.
* Use correct spelling and avoid texting abbreviations
* Avoid using the caps lock feature as it can be interpreted as yelling online
* Be cautious when using humor or sarcasm as tone is sometimes lost in an email or discussion post and, even when spoken, your message might be misunderstood
* Be cautious with personal information (both yours and others')

**Online Student Participation and Conduct Guidelines**

The practices of courtesy and respect that apply in the on-campus classroom also apply online. Any discriminatory, derogatory, or inappropriate comments are unacceptable and subject to the same disciplinary action applied in courses offered on campus.

**When you send an email to your instructor, department chair, dean, or classmates, you should:**

* Use a subject line that describes what you are writing about
* Avoid attachments unless you are sure your recipients can open them
* Be clear, concise, and courteous
* Sign your message with your name
* Use your SPC email account to ensure delivery. Sometime emails from non-SPC accounts are stopped by the spam filter and the recipient may not receive it.

Your faculty member will include in the syllabus expectations for response times on email.

**Recordings in the classroom:**

Students may record lecturers in class for personal use (such as studying or documenting complaints to the institution) without explicit permission. However, students may not record non-lecture portions of class (such as skills labs, student group work, individual student instruction, Q/A sessions, recording studio critiques, group/individual production and computer lab time, practicums/internships, or clinical/simulation rotations) or other students without explicit permission, and may not disrupt class in making such recordings (such as trying to use a device with a calculator or calculator app in a class that does not allow calculators, or blocking the view or aisles for others in the class). Having an approved ADA accommodation is considered explicit permission to record from the college.

Students making such recordings may not share recordings without explicit permission and are personally liable for unauthorized dissemination. If in doubt, please discuss with your professor before class.

**When posting to a discussion board, you should:**

* Write posts that are on-topic and within the scope of the course material
* Take your posts seriously; review and edit your posts before sending
* Be as brief as possible while still making a thorough comment
* Always give proper credit when referencing or quoting another source
* Read all messages in a thread before replying
* Avoid repeating someone else's post without adding something of your own to it
* Avoid short, generic replies such as, "I agree." You should include why you agree or add to the previous point
* Always be respectful of others' opinions, even when they differ from your own
* Express any differing opinions in a respectful, non-critical way
* Not make personal or insulting remarks
* Be open-minded

The instructor has the **authority** to ask a disruptive student to leave a classroom or lab. The instructor may also delete posts or materials from an online or blended class and/or take disciplinary action if disruptive behavior continues. This ensures that all students in the class have an opportunity to learn. We expect you to be **honest** in all of your academic work. By enrolling at the College, you agree to obey all of the standards of **academic honesty and integrity** and you should understand that failing to observe the rules may result in academic and disciplinary action, up to and including expulsion from the College. As members of the College community, you also have an ethical obligation to report violations of the SPC academic honesty policies you may witness. The academic honesty policy and procedures are available online:

* [Academic Honesty Policies, Honor Code](https://web.spcollege.edu/botrules/R4/4_461.doc)
* [Academic Integrity Policies and Procedures](https://web.spcollege.edu/botrules/P4/P4_461.doc)

These documents include details on what is meant by:

* Cheating
* Bribery
* Misrepresentation
* Conspiracy
* Fabrication
* Collusion
* Duplicate submissions
* Academic misconduct
* Improper calculator, computer or online use

Some of your courses may include online material that is protected by **copyright**. This means that the work is available for you to use in your studies but you can't copy and share the materials ( [copyright.gov](http://www.copyright.gov/)). Please see [SPC's copyright information](https://www.spcollege.edu/friends-partners/about/compliance-statements#copyright). It's your responsibility to be academically honest in all of your work.

### SAFETY AND SECURITY

We want to make sure that you are comfortable on campus and feel secure in your learning environment. The SPC campuses are very safe but you should be aware of your surroundings, just as you are anytime you are in a public space. In each classroom there is an Emergency Response Guide to help you during an emergency. It is also a good idea to be familiar with evacuation routes in buildings that you use frequently. **If you have an emergency, dial 911 immediately.**For information on campus safety and security policies, please call 727-791-2560. More information is also available on the [Campus Safety website.](https://www.spcollege.edu/friends-partners/safety-and-security/campus-safety)

The college website ([spcollege.edu](https://www.spcollege.edu/)) is the best source of information in the event of an **emergency**. It's possible for something like a hurricane to disrupt classes on campus; if this happens there are plans on how to help you continue your education. You should be comfortable using MyCourses as the learning management system will be key in communicating with faculty about course materials and assignments. Make sure you complete the Introduction to MyCourses so that you are familiar with sending and receiving emails, participating in discussion posts, navigating through course materials, and submitting assignments. It is important to be able to use MyCourses for learning activities if your campus is closed.

Federal and state law requires a person designated as a **"sexual predator or offender"** to register with the Florida Department of Law Enforcement (FDLE). The FDLE is then required to notify the college if the person attends, or is employed, by a college or university. You can find out more information by calling the FDLE hotline (1-888-FL-PREDATOR) or by visiting  [offender.fdle.state.fl.us/offender](https://offender.fdle.state.fl.us/offender/sops/home.jsf). A list of sexual offenders or predators registered for classes at SPC is also available.

### TITANS CARE

As an SPC student it's vital that you know Titans Care. You can access resources through [SPC's Student Assistance Program (SAP)](https://www.spcollege.edu/current-students/student-affairs/student-support-resources/student-assistance-programs), a collaborative resource for students with mental health or general life issues. SAP provides help and education in suicide prevention, mental health, substance abuse awareness and more. It is SPC's belief that supporting mental wellness is everyone's charge and that one loss as a result of substance abuse, mental illness, or suicide is one too many. If you or a loved one are considering suicide, please call the National Suicide Prevention Lifeline at 1-800-273-8255.

For more information on counseling services, students can visit: [**https://www.spcollege.edu/current-students/student-affairs/student-support-resources/student-assistance-programs/counseling-services**](https://www.spcollege.edu/current-students/student-affairs/student-support-resources/student-assistance-programs/counseling-services)

### STUDENT CONCERNS

St. Petersburg College wants to make sure that you are able to receive **prompt and fair resolutions** to any concerns that you might have. If you feel that you have had a bad experience with a college employee, or you have a concern about college facilities, please bring it to our attention. Begin by speaking directly to the person responsible for the department; direct conflict resolution is an important skill to develop and usually brings about the best results. If you aren't satisfied with the outcome, or are not comfortable approaching the person directly, you may submit the information using an online form: [web.spcollege.edu/survey/13002](http://web.spcollege.edu/survey/13002/)

If you're not able to submit the form online yourself, feel free to ask a college employee to submit the form on your behalf.

### COMPENSATION FOR RECRUITERS AND ADMISSIONS STAFF

Recruiters and Admissions supervisors or representatives are Administrative and Professional employees on an annual contract similar to other Administrative and Professional employees. We do not have an incentive program, separate salary structure, different compensation package, incentives, profit-sharing package or different evaluation process for these staff members.

### VACCINATION POLICY

SPC is concerned about the health and well-being of all students. We encourage all students to remain current on vaccinations as suggested by appropriate health authorities. SPC does not require vaccinations for general admissions to our degree or certificate programs, with some exceptions for specific programs.

### OTHER SUPPORT SERVICES:

* + [Academic Calendar](https://www.spcollege.edu/academic-calendar)

[Learning Resources](file:///C:\Users\tstod\Documents\SPC\Learning%20Resources) <http://www.spcollege.edu/support/>

* + [Career Services](https://www.spcollege.edu/current-students/student-affairs/student-support-resources/career-services)
  + [International Student Services](https://www.spcollege.edu/future-students/admissions/international-students)
  + [Veterans Services](https://www.spcollege.edu/current-students/student-affairs/student-support-resources/veterans-services)

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| **ACCESSIBILITY:**  **This course is designed to be welcoming to, accessible to, and usable by everyone, including students who are English-language learners, have a variety of learning styles, have disabilities, or are new to online learning.**  **Be sure to let me know immediately if you encounter a required element or resource in the course that is not accessible to you. Also, let me know of changes I can make to the course so that it is more welcoming to, accessible to, or usable by students who take this course in the future.**  **If you have documentation of a disability or feel you may have a disability:**  **St. Petersburg College recognizes the importance of equal access to learning opportunities for all students. Accessibility Services (AS) is the campus office that works with students who have disabilities to provide and/or arrange reasonable accommodations. Students registered with AS, who are requesting accommodations, are encouraged to contact their instructor by the first week of the semester.**  **Students who have, or think they may have, a disability (e.g. learning disability, ADD/ADHD, psychiatric, medical/orthopedic, vision, and/or hearing), are invited to contact the Accessibility Coordinator (AC) that serves your campus for a confidential discussion. To find your AC for your specific campus, please go to the college-wide Accessibility Services website:** [**https://www.spcollege.edu/accessibility**](https://www.spcollege.edu/accessibility)  **This syllabus is subject to revision. You are responsible to attend each class and note any changes announced by instructor.  This syllabus is only a guide and may be changed during the course.  The schedule and procedures in this course are subject to change in the event of extenuating circumstances.**  **You are responsible to be aware of and make a note of any changes announced by the instructor.  Please attend all classes to stay informed of any changes.**  **\*\* Please see assignments/due dates in the MyCourses calendar**  **\*\* This course is not a self-paced course.  It is the expectation that the class will work through each lesson together one week at a time.**  **\*\* To successfully complete a weekly lesson you must complete the assignment, post to the discussion forum, respond to one other student's post and complete the weekly drop box assignment.**  **\*\* *Coursework is due by 11:55 pm on Sunday* evenings unless otherwise noted in the calendar.   \*\* Late work will be accepted.** |
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**SYLLABUS ACKNOWLEDGEMENT**

I have thoroughly read the course syllabus and understand the requirements of this course, I have read the syllabus and carefully reviewed the course calendar. I have made note of the due dates for assignments and will check the calendar tab in the course if I need clarification regarding a due date.

I understand that I must earn my grade in this course and that includes submitting quality and relevant responses regarding the lesson for the week. All submissions (whether in class or online) including discussion question posts, responses/feedback to classmates; reflection assignments, exams and quizzes must demonstrate that I understand the lesson content. I understand that I will receive the grade that I earn. I will keep in touch with my instructor throughout this course and will advise him/her on a timely basis if I have difficulties in this course.