



PS228: Neurodevelopment & Wellness 3 Credits – Online

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I. Course Description

This course examines theories and research of brain development and wellness and how it is related to living, loving, learning, struggles, and success. Includes specifics on brain systems, mental health, disabilities, and related psychiatric disorders. Also includes strategies and methods to nourish brain development and optimize its function to enhance behavioral, social, physical, and spiritual growth.

II. Text

Change Your Brain, Change Your Life (Before 25)

Jesse J. Payne, Ed.D.

ISBN: 978-0373892921

Publisher: Harlequin Non-Fiction

III. Course Outcomes

	Outcomes	Assessments
1	Students will understand psychological, behavioral, cognitive, humanistic, and social theories of neurodevelopment and wellness.	<ul style="list-style-type: none"> • Online Discussions • Videos • Quizzes • Final Exam & Final Paper
2	Students will synthesize the essential aspects of the various neurodevelopment theories to create effective strategies for their lives and interactions with others.	<ul style="list-style-type: none"> • Online Discussions • Videos • Quizzes • Final Exam & Final Paper
3	Students will demonstrate their ability to utilize peer-reviewed research to further their understand of neurodevelopment and its relation to psychology, behavior, and wellness.	<ul style="list-style-type: none"> • Online Discussions • Videos • Quizzes • Final Exam & Final Paper
4	Students will understand the basic principles of effective writing in the field of psychology.	<ul style="list-style-type: none"> • Online Discussions • Videos • Quizzes • Final Exam & Final Paper

IV. Course Assignments:

Assessment	Points	Due Date
Quizzes (12 x 10 points each)	120	Varies
Online Discussion Participation	25	Varies
Final Exam = 70 Points	70	End of Class
Final Paper	60	End of Class

Total Points = 275

Videos, and Online Discussions – 25 Points

Each module, students will be required to read from specific sections from the textbook, as well as watch videos online that relate to the week's material. After reading the assigned chapter(s) and watching the appropriate video(s), students should participate in an online discussion.

Module Quizzes – 120 Points

Each module, students will be required to take a quiz related to the video and textbook. Quizzes will be multiple choice, and students are allowed to refer back to the course textbook and videos for support.

Final Exam – 70 Points

Upon completion of the final course module, students will have access to complete the final exam. The final exam covers material from the course textbook and videos and consists of multiple choice questions. Students are allowed to refer back to the course textbook and videos for support.

Final Paper – 60 Points

Directions: As you have progressed through the course, you probably have a much better understanding about how your brain works and how it is involved in everything you do. Your daily actions, interactions, choices, and behaviors are all controlled by the three-pound supercomputer housed in your skull. You have been learning how important it is to protect, love, and honor the organ that controls who we are and all we do. You are also realizing that eating right, exercising, continuous learning, thinking positively, and avoiding toxic substances can be crucial to your future success and health. To finish this course and receive your credits, the purpose of this culminating project is to provide you an opportunity to highlight specifics in this course and how they have impacted you in your own life.

For this project, you should include information on:

- Brain basics and the developing brain
- Brain regions, including:
 - Prefrontal Cortex
 - Anterior Cingulate Gyrus
 - Basal Ganglia
 - Deep Limbic System
- Automatic Negative Thoughts

- Brain struggles, some examples might include:
 - ADHD
 - Major Depression
 - Anxiety Disorders
 - Obsessive Compulsive Disorder
 - Posttraumatic Stress Disorder
 - Bulimia
 - Anorexia
 - Tourette’s Syndrome
 - Oppositional Defiant Disorder
 - Conduct Disorder
- Personal reflection, including details on:
 - How this course has impacted you
 - How this course has impacted those in your life
 - Steps you have taken (or plan on taking) to enhance your brain
 - Any suggestions you have for the course moving forward

This culminating project should include a title page with your full name and email address. It should then include between 3-5 pages of writing specific to the topics mentioned above.

V. Academic Honesty

Students’ academic work is evaluated on the assumption that the work presented is their own. Faculty and students are expected to identify departures from academic honesty.

Academic dishonesty includes but is not limited to the following:

- A. Cheating—intentional use or attempted use of deception, fraud, or misrepresentation in one’s academic work
- B. Fabrication—falsification or invention of any information or citation in any academic exercise
- C. Facilitating dishonesty—helping or attempting to help another commit an act of academic dishonesty, including substituting for others in examinations or allowing one’s own papers, reports or any other academic work to be claimed by another
- D. Plagiarism—representing, without giving credit, the words, data, or ideas of another as one’s own work in any academic exercise. This includes submitting, in whole or part, pre-written term papers, or the research of another, including materials sold or distributed by commercial vendors.

VI. Course Grading

94.0% - 100%	=	A
90.0% - 93.9%	=	A-
87.0% - 89.9%	=	B+
83.0% - 86.9%	=	B
80.0% - 82.9%	=	B-
77.0% - 79.9%	=	C+
73.0% - 76.9%	=	C
70.0% - 72.9%	=	C-
67.0% - 69.9%	=	D+
60.0% - 66.9%	=	D
0% - 59.9%	=	F

VII. Submission for Credit

In order to receive 3 credits for this course from Corban University, the following steps must be completed:

1. Purchase course from Amen Clinics, Inc. (\$299)
2. Complete all course modules, watch all videos, participate in online discussions, and complete all course quizzes
3. Complete Final Exam, Final Paper, and Course Registration Form
4. Mail Final Paper and Course Registration Form to Corban University

Please note: Credit for the course will be transcribed to the following schedule:

All materials received by:	January 1 st	June 1 st	September 1 st
Grades will be transcribed by:	May 20 th	September 20 th	December 20 th

VIII. Course Schedule

Module	Topic	Assignment Due
1	Brain Basics Textbook – Chapter 1 Video	Discussion Quiz
2	The Developing Brain Textbook – Chapter 2 Video	Discussion Quiz
3	Prefrontal Cortex & Executive Function Textbook – Chapter 3 Video	Discussion Quiz
4	Cingulate Gyrus & Cognitive Flexibility Textbook – Chapter 4 Video	Discussion Quiz
5	Basal Ganglia & Deep Limbic System Textbook – Chapters 5 & 6 Video	Discussion Quiz

6	Devastating Impact of Drugs & Alcohol Textbook – Chapter 7 Video	Discussion Quiz
7	Other Ways We Hurt the Brain Textbook – Chapter 8 Video	Discussion Quiz
8	Brain Struggles & Mental Health Textbook – Chapter 9 Video	Discussion Quiz
9	Understanding People’s Brains Textbook – Chapters 10 & 11 Video	Discussion Quiz
10	Battling Your Automatic Negative Thoughts (ANTs) Textbook – Chapter 13 Video	Discussion Quiz
11	Nutrition & Physical Exercise Textbook – Chapters 14 & 15 Video	Discussion Quiz
12	Mental Exercise & Stress Reduction Textbook – Chapters 16 & 17 Video	Discussion Quiz
Post	Course Review	Final Paper Final Exam