

Course Title: *Mental Health Literacy-Navigating the NY State Mental Health Standards Through Mindfulness K-12*

Course Number: EDU

Section:

Dates: July 13-18, 2025

Instructor: Professor Melanie Anderson

Email: MAnderson1@molloy.edu [Click Here For an Audio Message From the Professor](#)

Course Description: The New York State Mental Health Education Law, which took effect July 1, 2018, requires public and private schools to provide mental health instruction for all students in grades K-12. This course will introduce participants to the NY State Mental Health Standards and dives deeply into how you can implement them in your classrooms by using a Mindfulness approach. This course will go beyond the basics and delve into how one can implement the standards skillfully, intentionally, and with fidelity whether you are teaching kindergarten or a Regents content area class. Participants will learn mindfulness strategies that will support and promote their own mental health, while simultaneously exploring how to craft dynamic lessons to be used with a K-12 student population. This course will provide an overview of the NY State Mental Health standards and will include: Self-Management (self-awareness, resiliency, and feelings) and Relationships (communication skills, empathy, compassion, acceptance, and gratitude) and Resource Management. What makes this course unique is that each strategy will be presented through a mindfulness approach. Participants will learn how to weave the NY State Mental Health Standard into a Mindfulness lesson that promotes student mental health and well being in an effective and inspiring way. This course is designed for all educators, counselors, support staff, coaches, and anyone that works with students in public or private settings. This course will take place over one week with an added week for the completion of the final project.

Required Reading: [‘Mental Health Education Literacy in Schools: Linking to a Continuum of Well-Being’](#)

Overall Course Objectives:

1. Participants will learn, understand and analyze the NY State Mental Health Standards.
2. Participants will become fluent in, and have a deep understanding of, the nuances between the different aspects of NY State Mental Health Standards.
3. Participants will learn how to practice mindfulness as a part of their own self-care and wellness journey.
4. Participants will learn how to design lessons that include Mindfulness and incorporate the NY State Mental Health Standards.

**This syllabus is an outline and assignments and links will be updated prior to the first day of class. **

Format

This course will be offered online through Canvas, the Molloy College online course system. You will need to become familiar with Canvas.

- Log in using your Molloy email username and password.
- Click the “Courses” tab (top left-hand side of the page) and select “*Mental Health Literacy-Navigating the NY State Mental Health Standards Through Mindfulness*” from the drop-down menu.
- Log in before the course to ensure that your account has been set up properly.
- Take the Canvas Student Tour or visit the Canvas Student Quickstart page.
- Canvas Support is accessed through the “Help” feature in the lower left-hand corner of Canvas. You can either call Canvas at (844) 408-6455 or use the online chat feature. Both services are available 24/7. Technology Support Services is located in Kellenberg 022 and can be reached via phone at 516-323-4800, email at helpdesk@molloy.edu, or Twitter at [@molloyTSS](https://twitter.com/molloyTSS). The Information Commons is located on the second floor of Public Square and can be reached via phone at 516-323-4817 or email at slewis2@molloy.edu. Check their website for hours: <http://molloy.edu/tss>.

Dates and Times to Remember

While an online course gives you the flexibility to complete the work when it is most convenient for you, please remember you must submit your work by the dates and times listed in the “Assignment/Due Date” section in Canvas. All assignments are due by 11:59 PM EST on the date listed.

Grading

Students are expected to participate by responding to all discussion prompts and to the instructor and classmates with thoughtful, professional responses. Please be sure to respond to at least one other person’s response for all discussion prompts. You are encouraged to share resources and ask questions. Any assignments submitted after the allotted due date and time will have a point deducted for each day it is incomplete.

60% of the grade is based upon daily posting and responding to prompts with thoughtful, professional discussions. Participants are expected to post and respond to another’s post at least once per day.

40% of the grade is based upon a completed, final project.

Communication Procedures and Contact Hours-

I look forward to working with you and guiding you through this course. If you have any questions or concerns, please email me at MAnderson1@molloy.edu. I will respond within 24 hours. Please note the #1 in my email address. I will hold an optional live office hours via Zoom to answer any questions on July 18 from 6:00-6:30. Use the Zoom link in Canvas.

Course Learning Objectives:

- LO 1. Participants will learn, understand, and analyze in the NY State Mental Health Standards K-12.**
- LO2. Participants will learn and apply mindfulness as a part of their own self-care and wellness journey. Daily meditation practice will be an integral part of the course.**
- LO 3. Participants will synthesize their learning and understanding, to help them become fluent in the Self-Management, Relationships, and Resource Management components of the NY State Mental Health Standards.**
- LO 4. Participants will create a lesson that includes Mindfulness and incorporates the NY State Mental Health Standards in the Self-Management and Relationship categories of the Mental Health Law.**
- LO5. Students will evaluate lessons for their completeness and excellence based upon a comprehensive understanding and analysis of the coursework.**

Final Project- By the end of this course, you will submit a lesson plan that is designed for a K-12 population that uses Mindfulness to teach a NY State Mental Health Standard, and evaluate sample lessons for effectiveness.

Quiz Assignments

- Syllabus Quiz
- NY State Mental Health Standards Quiz Part 1
- NY State Mental Health Standards Quiz Part 2
- Mindfulness Quiz
- Final Coursework Quiz

***All Discussion (Reflect and Respond) assignments require you to respond to at least one other person's response.*

Module 0- Assignments: The following are graded Module 0 Assignments

- Syllabus Quiz

Module 1 Assignments: The following are graded Module 1 Assignments

- Respond to the “Getting to Know Your Professor” talk.
- Introduction Discussion and Response
- Module 1 Experiential Meditation with Reflection and Response
- Getting to Know the NY State Mental Health Standards- An Overview

Module 2 Assignments: The following are graded Module 2 Assignment

- Engage in Meditation and Reflect and Respond
- Respond to the Module 2 Professor Talk
- Deep Dive into Self Management (self awareness, resiliency, feelings)
- Self-Management Quiz

Module 3 Assignments: The following are graded Module 3 Assignments

- Meditation- Reflection and Respond
- Listen and Respond to the Module 3 Professor Talk
- Reflect and Respond to Module 3 Content- Relationships
- Meditation- Reflection and Respond
- Relationships-Quiz

Module 4 Assignments: The following are graded Module 4 Assignments

- Reflect and Respond to the Module 4 Talk and Content
- Meditation-Reflect and Respond
- Reflect and Respond to the Module 4 Content-Resource Management
- Components of NY State Mental Health Lesson Plan Quiz

Module 5 Assignments: The following Assignments are Graded Module 5 Assignments

- Meditation-Reflect and Respond
- Final Project- You will create a lesson plan on one NY State Mental Health Standard learned that includes Mindfulness. Students will also evaluate a lesson plan for effectiveness.
- End of Course Survey (This is for my purposes and separate from what you will need to do for . . . Molloy.

