

Teacher: Staci-Anne Nogami

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Office Location: Takiko Campus

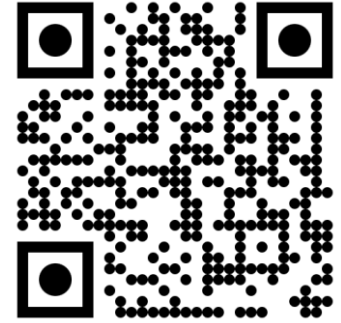
Office Hours: Wed. @ 11:00-12:00p

Date:

Class Time:

Building: Takiko Campus

Office #: 622 Building: 1



IOC: Monday & Tuesday @10:20 -10:40, 10:40-11:00a BY APPOINTMENT. ONLY

Objective: The aim of this course is to look at stress management and mental wellness, and how art therapy can be used as a coping strategy to aid inner healing. Students will produce art work during this course and discuss as well as present how it aided in their life in areas such as stress management, mental wellness and inner healing.

Evaluations:

Assessment Type	Weight
Self-care Journals 4	8%
Mid-semester Presentation	15%
Projects: Painting, Drawing, Sketching	20%
Class Participation – contributing to in-class discussion, and sharing information.	15%
Attitude	12%
Final Reflection- a personal reflection on class experience, new things you learned and how it changed the way you manage stressful situations.	10%
Final Presentation – a personal reflection and presentation	20%

Art Therapy

Students will explore and examine the positive effects of art therapy and how it affects mental health and aid in stress management. Each class students will use a form of art to help alleviate daily stress.

Materials

- Canvas or Sketchbook
- Paint, Pencil Crayons
- Brushes
- Apron
- Palette
- Easels

Final Reflection

The final reflection will be a personal reflection about what issues students saw in the video and researched that had a profound impact on them. Students are encouraged to expand on their thoughts and feelings about the services provided, the adequacy of these services, benefits, and social stigma attached to it.

Final

Students will make a presentation on how the class has helped them in their life while talking about the work they produced.

Deadlines

Anything submitted after the deadline is 0. If there is a personal situation, please contact your teacher immediately.

Syllabus

Week	Topic	Objective	Learning Outcome
1	Orientation to the course Student Success	To introduce the course objectives, expectations, class rules and learning outcomes.	To understand what is expected from the students in this class.
2	Stress Management and Mental Wellness.	To explore the importance of mental wellness and how to manage stress through art therapy.	Students will discuss in detail mental wellness, aspects of art therapy and what can be done to improve stress management.
3	The Power of Color	To explore the effects of art therapy and the effects it has on stress and mental health.	Student will apply the strategies of art therapy and how it helps alleviate stress and assist in stress management.
4	Mid Semester Presentation	To explore the effects of art therapy and the effects it has on stress and mental health.	Student will apply the strategies of art therapy and how it helps alleviate stress and assist in stress management.
5	Art Therapy 3	To explore the effects of art therapy and the effects it has on stress and mental health.	Student will apply the strategies of art therapy and how it helps alleviate stress and assist in stress management.
6	FINAL Project Preparation	To prepare for the final presentation.	To prepare for the final presentation.
7	FINAL Presentation Preparation	To prepare for the final presentation.	To prepare for the final presentation.
8	Final – Presentation	To present, review and Feedback.	Self-Reflection

