

# School Mental Health

Syllabus Number

AHS-202

Elective

2 credit

HOSHII, Michiyo

## 1. Course Description

The idea of human health is not only included physical matter, but it is also needed to consider mental and social aspects. School mental health care is the study about how to keep and extend mental health wellness for school age children. In this class, the students are encouraged to understand growth and development of physical and mental health at each life stages. Also, you are expected to develop the idea of various aspects of growth and development. It may be considered social relationship, developmental process, and life seen and event (at home, nursery school, k-12 schools, etc.). In addition, parents' mental health could be focused.