Welcome to SDS 3481: Alcohol and Drug Abuse! The purpose of this course is to introduce students to the physiological, psychological, and sociological effects of legal and illegal drugs. We will examine issues related to drug use such as the interaction of drugs with the brain and body, the psychology of drug use, theories of addiction, and the role of drugs in society today. The goal of the class is to provide information that may be used in personal and professional decision making. In addition, students will be encouraged to think critically about the ways in which individuals and society view drug and alcohol abuse and the implications of these positions.

Instructor: Bliss Wargovich, M.Ed.
Office: Norman 1313C
Office Hours: By appointment only. Please send me an email with several possible blocks of time for meeting.
Email: blissw@ufl.edu.
To help me keep track of emails, please include SDS3482 and your last name in the subject line of any correspondence sent via email. [SDS3482 Wargovich: Subject Line] Please use your GATORLINK email address for correspondence and provide me at least 48 hours to respond to your email. I do not usually check my email on the weekend.

Teaching Assistants: Murielle Gammons and Mercedes Machado
Email: muriellesj@gmail.com


Course Objectives
Upon successful completion of this course, you can expect the following goals to be met:

1. Understand the historical use of substances and how technology has advanced the evolution of psychoactive drugs.
2. Critically examine policies about substance use in the United States and other countries and develop your own views on how this social problem should be addressed.
3. Formulate an informed position on the nature of addictions.
4. Understand the physiology of usage and the impact on the body and brain.
5. Develop a greater awareness of the reasons people use and misuse substances.
6. Understand the difference between substance abuse and dependence and how clinicians and prevention specialists address these problems.
7. Apply this information in your personal and professional lives.
The realization of these goals, of course, depends heavily upon your commitment to the learning process. As your instructor, I will uphold my responsibilities to create a learning environment conducive to meeting the listed goals. Your ability to actualize the goals will require you to make certain promises related to your learning, which correspond to this list:

- Actively participate in classroom activities
- Complete readings and assignments BEFORE attending class
- Explore and critically analyze material related to course content
- Pose thoughtful questions
- Engage in self-reflection

Course Components:

**Attendance** (5 points each, 50 total points)
Attendance will be taken by your participation in 10 unannounced quizzes throughout the semester.

**Quizzes** (10 points each, 100 total points)
Quizzes will be administered during 10 unannounced classes selected by the instructor. Each quiz is worth 10 points towards the overall grade. Points earned will be based upon the percentage correctly answered. Questions will come from material from lectures, guest speakers, videotapes, group presentations, and/or assigned readings. There are no makeups for quizzes.

**Exams** (50 points each, 100 total points)
The course will include two exams. The exams will be based on textbook material, lecture material, guest speaker’s materials, group presentations and class discussions; tests are NOT CUMULATIVE. Students are responsible for obtaining any missed material on days absent. No make-up exams will be given unless prior arrangements are made.

**Midterm: Abstinence Paper** (50 points)
You will abstain from one substance or behavior for three weeks, and write a 3-5 page paper about your experiences. Please refer to the assignment outline (under “Resources” in Sakai) for formatting and grading criteria.

**Chapter Presentation** (100 points)
Each of you will be part of a group of students who will be responsible for presenting a chapter in the textbook book. The presentation should be 30-40 minutes in length. You will be responsible for outlining the chapter and highlighting all the important information. Each group must have a class activity, which will last 10-15 minutes. Each group is also expected to provide a comprehensive handout to peers. This presentation should be CREATIVE!!! Refrain from simply stating the facts and content of the
Extra Credit (40 points)
Alcoholics Anonymous/Narcotics Anonymous Meeting: Find out about a local AA or NA meeting (or other similar support group), and attend as an observer. Write a 1-2 page reaction to your experience. Include in your reflections how you think that these types of meetings may or may not be helpful to members. What factors make this program desirable and successful for so many people? Please reference and adhere to the 12-Step Meeting Etiquette on the course website. You can find out about meeting times and dates by calling the local chapter of AA or NA. Make sure you attend a meeting that allows "visitors" (some meetings are closed to only those who believe they have a problem with drugs and/or alcohol). Appropriate meetings for visitors are often designated as "Open" meetings, but you can ask a representative about the appropriateness of attending. Please CALL AHEAD to confirm that your presence at the meeting will be welcomed. **Out of respect for AA/NA members, do not attend 12- step meetings with friends or classmates. This assignment should be completed on your own.** If you are interested in attending a meeting, you will need to identify the meeting you wish to attend, call ahead to ask about the appropriateness of your attendance, and then inform the instructor about the date, time, name and location of this meeting to get approval. No duplicate meetings by students will be approved to avoid students consistently attending the same groups.

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<thead>
<tr>
<th>COURSE COMPONENTS</th>
<th>POSSIBLE POINTS</th>
<th>POINTS EARNED</th>
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<tbody>
<tr>
<td>Attendance</td>
<td>50</td>
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<tr>
<td>Quizzes</td>
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<tr>
<td>Exam 1</td>
<td>50</td>
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<tr>
<td>Exam 2</td>
<td>50</td>
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<tr>
<td>Midterm: Abstinence Paper</td>
<td>50</td>
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<tr>
<td>Chapter Presentation</td>
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<td><strong>Total Points</strong></td>
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<tr>
<td>Extra Credit Paper</td>
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Class Policies:

Confidentiality: Please respect the privacy and confidentiality of other students in this class. You may choose to discuss your own experiences with this course with anyone you choose. Students should not discuss what other people say or do during class-related activities. Please keep in mind that confidentiality cannot be ensured.

University Honor Code: Plagiarism, cheating, and/or misrepresentation will not be tolerated in any form in this class. Be sure to cite and reference all material retrieved from websites, texts, journals, etc. On all student work throughout this course, students are expected to uphold the University of Florida Honor Code, as defined by the following pledge: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” If a student is caught cheating or plagiarizing, the student will receive a zero on that assignment/exam and further disciplinary action may be taken.

Office Hours: If questions or concerns arise, please contact the instructor via email or during posted office hours.

Course Schedule: What is provided in the syllabus is a tentative outline of course topics to be covered, certain changes may be made throughout the course. It is the responsibility of the instructor to give appropriate notice of such changes, and it is the student’s responsibility to take note of these changes.

Electronic submission of class assignments
Student assignments will NOT be accepted via e-mail without prior permission of the instructor for a specific assignment. Permission will be granted only in extreme circumstances.

Academic Accommodations
Students requesting classroom accommodations must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodations. Please provide accommodation requests to the instructor at the beginning of the semester.
Cell Phones, Smart Phones, & Laptops
Please make sure that you turn off or silence cell phones before class starts. Please make sure that you do not engage in text conversations during class. Please do not use laptops to take notes.

Respect for peers and instructor
This should be self-explanatory. Please come to class ready to learn and display appropriate conduct. Instructor reserves the right to excuse disruptive students from class and issue a zero for the day.

Tentative Course Schedule

{This schedule is subject to change at instructor’s discretion}

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Reading</th>
<th>Assignment Due</th>
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<tbody>
<tr>
<td>8/22/13</td>
<td>Welcome/Introduction, Syllabus Overview</td>
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<tr>
<td>8/27/13</td>
<td>Drug Use in Modern Society Ch 1</td>
<td>Ch 1</td>
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<tr>
<td>8/29/13</td>
<td>Drug Use as a Social Problem Ch 2</td>
<td>Ch 2</td>
<td>Group sign-up Due</td>
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<tr>
<td>9/3/13</td>
<td>TBA</td>
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<tr>
<td>9/5/13</td>
<td>Drug Products &amp; Regulations Ch 3</td>
<td>Ch 3</td>
<td>Begin Abstinence Assignment</td>
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<td>9/10/13</td>
<td>The Nervous System Ch 4</td>
<td>Ch 4</td>
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<tr>
<td>9/12/13</td>
<td>The Actions of Drugs Ch 5/ Group 1</td>
<td>Ch 5</td>
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<tr>
<td>9/17/13</td>
<td>Stimulants Ch 6/ Group 2</td>
<td>Ch 6</td>
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<td>9/19/13</td>
<td>Depressants/Inhalants Ch 7/ Group 3</td>
<td>Ch 7</td>
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<tr>
<td>9/24/13</td>
<td>TBA</td>
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<td>9/26/13</td>
<td>Medication for Mental Disorders Ch 8/ Group 4</td>
<td>Ch 8</td>
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<td>10/1/13</td>
<td>Alcohol Ch 9/ Group 5</td>
<td>Ch 9</td>
<td>ABSTINENCE PAPER DUE</td>
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<td>10/3/13</td>
<td>Review for Exam 1</td>
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<td>10/8/13</td>
<td>Exam 1: Chapters 1-9</td>
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<td>10/10/13</td>
<td>Guest Speaker</td>
<td>Suicide Risk and Prevention</td>
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<td>10/15/13</td>
<td>Tobacco Ch 10/ Group 6</td>
<td>Ch 10</td>
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<td>10/17/13</td>
<td>Caffeine Ch 11/ Group 7</td>
<td>Ch 11</td>
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<td>10/22/13</td>
<td>Dietary Supplements &amp; OTC Drugs Ch 12/ Group 8</td>
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<td>10/29/13</td>
<td>Food as a Drug: Sugar is a Poison</td>
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<td>10/31/13</td>
<td>Opioids Ch 13/ Group 9</td>
<td>Ch 13</td>
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<td>11/5/13</td>
<td>Hallucinogens Ch 14/ Group 10</td>
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<td>11/7/13</td>
<td>Marijuana Ch 15/ Group 11</td>
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<td>11/14/13</td>
<td>Performance Enhancing Drugs Ch 16/ Group 12</td>
<td>Ch 16</td>
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<td>Preventing Substance Abuse Ch 17/ Group 13</td>
<td>Ch 17</td>
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<td>11/21/13</td>
<td>Treating Substance Abuse Ch 18/ Group 14</td>
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<td>11/26/13</td>
<td>Review for Exam</td>
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<td>11/28/13</td>
<td>No Class Thanksgiving Break</td>
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<td>12/3/13</td>
<td>Exam 2</td>
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<td>12/5/13</td>
<td>Reading Day</td>
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