



Stella and Charles Guttman Community College
City University of New York (CUNY)

**SOCI 231 - Introduction to Urban Community Health
Spring I 2023**

Course Section Number	SOCI 231-01
Course Location	Online-Synchronous Meeting Time Wednesdays 3:00pm-4:30pm https://us02web.zoom.us/j/5636829329?pwd=UUx4bXNQTIJc2IyZXlua0d5SHQxdz09 (Meeting ID 563 682 9329-Password 223789)

Course Instructor: Nicole Kras, Ph.D

Contact Information: Nicole.Kras@guttman.cuny.edu

Office Hours: Wednesdays 4:30pm-5:30pm via class Zoom link and by appointment

Catalog Description:

This course provides an overview of urban public and community health, and the fields of work in engaging, understanding, preventing and intervening in illness and disability in our City. Students learn the social and policy factors that influence the health of a community and its members; the emerging roles in community health work; and the role of the health care system in community health. Activities will promote development of critical thinking, technical and analytical skills. Examples of individual, community and social change and service are used throughout the course and discussed in line with social justice and human rights goals.

Learning Outcomes:

1. Identify elements that characterize respective for individuals and communities and sensitivity to culture issues and problems;
2. Describe and evaluate problems and issues in community health;
3. Analyze pathways to urban living that affect health including major individual, community, social, environmental and policy factors;
4. Identify the skills needed specifically for a) work with clients, b) work with communities, c) work with agencies and d) policy makers;
5. Understand the organization & administration of local, state, and national official and non-official health agencies, their purposes and functions;
6. Discussion the role of payors providers and regulators in the health care system, and their role in the health of communities
7. Described the separate worked roles for disease and disability prevention, controlling disease and chronic disease management in community health;
8. Identify common resources for community health problem solving.

COURSE REQUIREMENTS

Required Texts: This course uses Open Education Resources/Zero cost course materials.

There are no required books to purchase for this course. Materials will be provided to you in the Blackboard course modules.

Course Format

This is a synchronous online course. This means you will complete the course online, but you are required to attend live virtual class sessions on Wednesdays from 3:00pm-4:30pm. To succeed in an online class, you must be motivated and well-organized. Course materials are available via Blackboard. Regular Internet access is essential for successful completion of the course. If you have concerns about access to technology or internet, please contact the Guttman Helpdesk at helpdesk@guttman.cuny.edu so that they can assist you.

It is important to understand that this is not a self-paced class or an independent study. You will have assigned deadlines, and work must be submitted on time. You may not save up your assignments to complete in the last weeks or days of the semester. One critical part of this class is regular interaction with other students and with me, your instructor. Each assignment sequence must be completed on schedule – you can't work ahead or get behind and be successful.

How to Be a Successful Online Student

Successful online learners:

1. Do not procrastinate;
2. Are open to sharing professional experiences online;
3. Enhance online discussions;
4. Have good written communication skills;
5. Use proactive communication;
6. Are self-motivated and self-disciplined;
7. Have a commitment to learning;
8. Have critical thinking and decision-making skills;
9. Believe quality learning can take place in an online environment; and
10. Have good time management skills.

Course Communication

I will be communicating with you regarding assignments and participation. If you need to get in touch with me, the best method is via email. Generally, I will reply to emails within 24 hours and will provide feedback on assignments within 72 hours. You may also post questions pertaining to the course on the Blackboard Discussion Board in the Open Forum. This method also helps create community in the class because others may have similar questions and they can see the answers too. These questions will be answered within 24 hours.

If you are having trouble with this course or its material, you should contact me via email to discuss the issues.

Announcements will be posted to this course weekly. If there is any other information I think is important, I will send it to your email address you have in Blackboard. It is your responsibility to ensure that your email account works properly in order to receive email.

Below is how you check your email address in Blackboard:

- Access blackboard
- Click your name on the main Blackboard navigation panel on the left
- Review your email address. By default, Blackboard uses your college email address

Course Module Schedule

Each week will begin on a Monday and will end on a Sunday. You will complete one course module each week of the course.

In order to complete all of the module assignments, you will spend about 12 hours per week on the course materials and course-related activities using Blackboard, participating in discussion boards, conducting research, writing and reading and reflecting on the texts. A list of weekly responsibilities/deadlines follows:

- Monday/Tuesday: Look over module, begin reading, watching materials
- Wednesday: Attend the required online synchronous session 3:00pm-4:30pm
- Sunday 11:59 PM: All assignments due

Technology Requirements

You must have access to the Internet to view/hear course materials. No special software is required.

The video and Powerpoint presentations, links to articles, assignments, quizzes, and rubrics are located on the Blackboard site for the course. To participate in learning activities and complete assignments, you will need:

- Access to a working computer that has a current operating system with updates installed, plus speakers or headphones to hear lecture presentations (transcripts provided);
- Reliable Internet access and a Guttman email account;
- A current Internet browser that is compatible with Blackboard (Google Chrome is the recommended browser for Blackboard);
- Microsoft Word as your word processing program; and
- Reliable data storage for your work, such as a USB drive, Dropbox or Office365 OneDrive cloud storage.

Minimal Technical Skills Needed

Minimal technical skills are needed in this course. All work in this course must be completed and submitted online through Blackboard. Therefore, you must have consistent and reliable access to a computer and the Internet. The minimal technical skills you have include the ability to:

- Organize and save electronic files;
- Use Guttman email and attached files;
- Check email and Blackboard daily;
- Download and upload documents;
- Locate information with a browser; and
- Use Blackboard.

Technical Support

If you need access to a laptop, need support, or have any technology, IT-related questions including about Blackboard, please contact the helpdesk and submit an online request at helpdesk@guttman.cuny.edu.

The Help Desk is open Monday – Friday from 8:00 AM – 6:00 PM. If you need Blackboard help outside of these hours, you can contact Blackboard support at: 646-664-2024 or go to <https://www.cuny.edu/about/administration/offices/cis/core-functions/cuny-blackboard/helpsupport/>

Course Assignments and Grading

Assignments

There are several types of assignments in this course. You want to accumulate as many points as possible to get to 500 points through assignments, class attendance, and extra credit options.

- **Research Assignment-Free Listing:** In this research activity you will ask five people to freelist what they think of when you say “health.” You should write/type the lists down in the order people say them. This exercise should be done by you asking and your participants speaking (not in an email because people have time to think and adjust their responses) but they can be done on the phone if you are not able to safely have face to face access to five people. Submit the five lists for this assignment.
- **Community Health Facts:** Locate your neighborhood on the [NYC Community Health Profiles](#). Submit 10 detailed bulleted facts about your community that you learned. Be sure to include the name of the neighborhood.
- **Urban Green Space Project:** See assignment description in Blackboard

Reflections (5): Four reflections will be completed during class time during the semester. These reflections must be completed during the synchronous class time to receive credit.

Quizzes (3): There will be three short quizzes on the material presented in each module. Please make sure you have completed reviewing the module contents before attempting the quiz.

Final Exam: The final exam will be open materials and will cover content from throughout the semester. The final exam will be 25 questions and a mix of multiple choice and short answer.

Global Scholars Achieving Career Success (GSAC) is supported by the Stevens Initiative, which is sponsored by the U.S. Department of State, with funding provided by the U.S. Government, and is administered by the Aspen Institute. The Stevens Initiative is also supported by the Bezos Family Foundation and the governments of Morocco and the United Arab Emirates. As part of our GSAC collaborative, you will be participating in the following activities:

Ice-breaker and response to international peers: 10 points

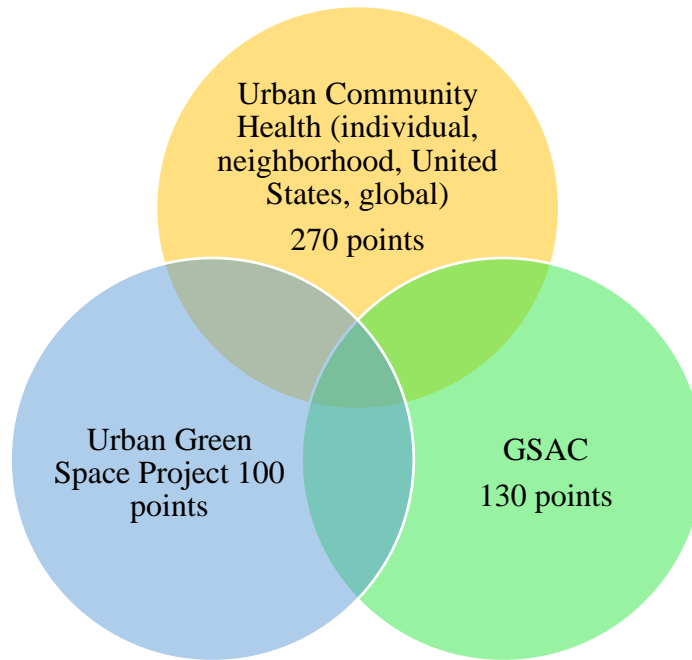
Comparative analysis and response to international peers: 20 points

Collaborative project: 50 points

Conference presentation: 30 points

GSAC reflection: 20 points

Course Grading



Reflection-What is Health?	20 points
Reflection- Benefits of Green/Blue Spaces	20 points
Reflection-Global Community Connections	20 points
Reflection- NYC's Mental Health Crisis	20 points
Reflection-GSAC	20 points
Research Assignment-Free Listing	25 points
Community Health Facts	25 points
Urban Green Space Project (25 points notes template/75 points final project)	100 points
Three Quizzes (20 points each)	60 points
Ice-Breaker	10 points
Comparative Analysis and Response	20 points
Collaborative Project	50 points
Conference Presentation	30 points
Conference Attendance-Monday, May 15 th 8am-12pm (virtual)	20 points
Final Exam	60 points
	500 points total

Grade Quality Points 100 Point Scale

A+	4.0	97-100%
A	4.0	93-96.9%
A-	3.7	90-92.9%
B+	3.3	87-89.9%
B	3.0	83-86.9%
B-	2.7	80-82.9%
C+	2.3	77-79.9%
C	2.0	73-76.9%
C-	1.7	70-72.9%
D+	1.3	67-69.9%
D (passing)	1.0	60-66.9%
F	0	0-59.9%
NC*	Not calculated	0-59.9%

Policies and Procedures

All registered students are expected to follow all Guttman and CUNY rules and regulations, in particular the [Code of Conduct](#), [Academic Integrity Policy](#), [Sexual Misconduct Policy](#), and [CUNY's Policy on Acceptable Use of Computer Resources](#) during the period of distance learning and online instruction. Any student found to be in violation of these policies can face disciplinary action.

Policy on Academic Honesty

Guttman Community College considers intellectual honesty to be the cornerstone of all academic and scholarly work. GCC views any form of academic dishonesty as a serious matter and requires all instructors to report every case of academic dishonesty to its Academic Integrity Officer, who keeps records of all cases. All work submitted or posted by students in this course must be their own. Submission of writing or ideas which are not the original work of the student, or which is not adequately referenced, is considered plagiarism. Unintentional plagiarism is still plagiarism, so if you have any question about whether or not to acknowledge a source, acknowledge it. And if you are still uncertain, be sure to ask. Refer to Article II of your Student Grievance Procedures for further details on academic honesty. Penalties for academic dishonesty include academic sanctions, such as failing or otherwise reduced grades, and/or disciplinary sanctions, including suspension or expulsion.

Disability Support Services

In compliance with the American Disability Act of 1990 (ADA) and with Section 504 of the Rehabilitation Act of 1973, Guttman Community College is committed to ensuring educational parity and accommodations for all

students with documented disabilities and/or medical conditions. It is recommended that all students with documented disabilities (Emotional, Medical, Physical and/ or Learning) consult the Office of AccessABILITY located in Room 509-B to secure necessary academic accommodations and adjustments for additional information and assistance please call 646-313-8833 or email accessabilityservices@guttman.cuny.edu.

Starfish

Starfish is a communication tool for students, faculty, advisors, and many academic support and student service areas at Guttman. Instructors and advisors will use Starfish to provide you with feedback about your progress. Throughout the semester, you may receive emails or text messages regarding your academic performance and referrals to specific campus resources, such as peer mentors or tutors. You can use Starfish to “Raise Your Hand” and ask questions, and make appointments with your advisor or with other service areas. To access Starfish log into my.guttman.cuny.edu and click the Starfish icon on the left side of the page. If you need help using Starfish, you can speak to your advisor.

Attendance Policy

Success in this course is dependent on your active participation throughout the course. You are expected to attend the online synchronous class times and related GSAC meeting times, as well as log into Blackboard several times a week and check your email frequently. Even if your work is completed, you still need to login to ensure that you have seen all announcements, etc. It is your responsibility to check updates related to the course.

Class Conduct/Netiquette/Viewpoint Tolerance

Some of the issues covered during the seminar may evoke strong emotions. Students, faculty and staff must be able to disagree respectfully with others on topics that are personally very important to them. **Civility is essential to all scholarly discourse.**

Professionalism will be expected at all times, but most especially with your interactions online. Because the university classroom is a place designed for the free exchange of ideas, we must show respect for one another in all circumstances. We will show respect for one another by exhibiting patience and courtesy in our exchanges. Appropriate language and restraint from verbal attacks upon those whose perspectives differ from your own is a minimum requirement. Courtesy and kindness is the norm for those who participate in my class.

Late Work/Make-up Policy

All assignments, quizzes, and posts are due by the deadline as posted on the course schedule. Please plan accordingly and complete these assignments in advance of their deadlines to ensure any unanticipated circumstances do not result in a missed assignment. User error does not qualify you for any kind of makeup or retake opportunity.

Completing and submitting the assignments or quizzes responses by the due date is the sole responsibility of you. If you receive an incomplete score because of failure to submit the assignment or test by the due date, then your score for that assignment will be recorded as "zero."

Late assignments will not be accepted unless there is prior approval from me. I recommend that you submit your assignments, quizzes, and exams well before the deadline.

***Late quizzes will not be accepted.**

***Reflections must be completed during class time.**

COURSE CALENDAR

Course Topic Modules	Dates	Topics	Materials and Assignments
Module 1: What is Health? (Week 1)	March 7 th -March 12 th	Introduction Defining Health	<p>Watch: Welcome to Week One</p> <p>Attend Required Virtual Class: Wednesday 3:00pm-4:30pm https://us02web.zoom.us/j/5636829329?pwd=UUx4bXNQTlJFc2IyZXlua0d5SHQxdz09 (Meeting ID 563 682 9329)</p> <p>Read: <i>Health, Disease and Illness as Conceptual Tools</i></p> <p>In-class reflection-What is Health? -----</p> <p>GSAC</p> <p>Watch: Welcome to Jordan</p> <p>Submit: Media release form</p>
Module 1: What is Health? (Week 2)	March 13 th -19 th	Defining Health Nature vs Nurture	<p>Watch: Stop Chasing Purpose and Focus on Wellness</p> <p>Attend Required Virtual Class: Wednesday 3:00pm-4:30pm https://us02web.zoom.us/j/5636829329?pwd=UUx4bXNQTlJFc2IyZXlua0d5SHQxdz09 (Meeting ID 563 682 9329)</p> <p>Submit: Research Assignment-Free Listing</p> <p>Submit: Quiz 1</p> <hr/> <p>GSAC</p> <p>Watch: Virtual Tour of Jordan University of Science and Technology</p> <p>Watch: Career Awareness Video</p> <p>Submit: Icebreaker video and responses</p>
Module 2: Community Health (Week 3)	March 20 th -26 th	What is Community Health?	<p>Watch: What is community health?</p> <p>Read: Chapter 1: Community Health- Yesterday, Today, and Tomorrow</p>

			<p>Attend Required Virtual Class: GSAC kick off GSAC-Wednesday 2:30pm-4:00pm https://us02web.zoom.us/j/81829750543?pwd=VExxZVZUUWhBUllybC9FK3VmMGxXUT09#success</p> <hr/> <p>GSAC Submit: Comparative Analysis (required readings and videos should be completed before submission)</p>
Module 2: Community Health	March 27 th -April 2 nd	<p>Role of Organizations</p> <p>Social Determinants of Health: Race, Class, Gender</p>	<p>Watch: Social Determinants of Health - an introduction</p> <p>Read: Chapter 3- Epidemiology</p> <p>Attend Required Virtual Class: Wednesday 3:00pm-4:30pm https://us02web.zoom.us/j/5636829329?pwd=UUx4bXNQTlJc2IyZXlua0d5SHQxdz09 (Meeting ID 563 682 9329)</p> <p>Read: <i>John Snow and the Broadstreet Pump</i></p> <p>Submit: Quiz 2</p> <hr/> <p>GSAC</p> <p>*Work on your collaborative project</p>
Module 3: Health in the Neighborhood (Week 5)	April 3 rd -April 16 th *Spring break included	<p><i>Healthy Environments</i></p> <p><i>Access to green spaces</i></p>	<p>Watch: New York City's Green Revolution</p> <p>Read: <i>Who benefits from urban green spaces during times of crisis? Perception and use of urban green spaces in New York City during the COVID-19 pandemic</i></p> <hr/> <p>GSAC</p> <p>*Work on your collaborative project</p>
Module 3: Health in the Neighborhood (Week 6)	April 17 th -23 rd	<p><i>Healthy Environments</i></p> <p><i>Access to green spaces</i></p>	<p>Read: <i>Determining the health benefits of green space: Does gentrification matter?</i></p> <p>Attend Required Virtual Class: Wednesday 3:00pm-4:30pm https://us02web.zoom.us/j/5636829329?pwd=UUx4bXNQTlJc2IyZXlua0d5SHQxdz09 (Meeting ID 563 682 9329)</p> <hr/>

			<p>Submit: In-class Reflection-Benefits of Blue/Green Spaces</p> <hr/> <p>GSAC</p> <p>Submit: Collaborative project</p>
Module 4: Health in the USA (Week 7)	April 24 th -April 30 th	<p>History of US Healthcare</p> <p>The US Healthcare System</p> <p>Immigrant Health</p>	<p>Read: <i>The History of the US Healthcare System</i></p> <p>Read: <i>Immigration and Stress</i></p> <p>Attend Required Virtual Class: Wednesday 3:00pm-4:30pm https://us02web.zoom.us/j/5636829329?pwd=UUx4bXNQTlJFc2IyZXlua0d5SHQxdz09 (Meeting ID 563 682 9329)</p> <hr/> <p>GSAC</p> <p>Submit: Collaborative Project</p>
Module 4: Health in the USA (Week 8)	May 1 st -May 7 th	<p>The US Healthcare System</p> <p>Indigenous Health</p>	<p>Read: <i>Climate Change Tied to Pregnancy Risks, Affecting Black Mothers Most</i> https://www.nytimes.com/2020/06/18/climate/climate-change-pregnancy-study.html?referringSource=articleShare</p> <p>Attend Required Virtual Class: Wednesday 3:00pm-4:30pm https://us02web.zoom.us/j/5636829329?pwd=UUx4bXNQTlJFc2IyZXlua0d5SHQxdz09 (Meeting ID 563 682 9329)</p> <p>Read: <i>Developing Responsive Indicators of Indigenous Community Health</i></p> <p>Submit: Quiz 3</p> <p>*Work on you Urban Green Space Project</p> <hr/> <p>GSAC</p> <p>Submit: Conference Presentation</p>
Module 5: Global Health (Week 9)	May 8 th -May 14 th	Global Community Connections	<p>Read: <i>What is global health?</i></p> <p>*Because you will be attending the GSAC conference on Monday, there will be no Wednesday synchronous meeting this week. Please work on conference preparations and let me know if you</p>

			<p>would like to set up a meeting during the week.</p> <p>*Conference preparation *Be sure your Urban Green Space observation is completed</p>
Module 5: Global Health (Week 10)	May 15 th - May 21 st	Global Community Connections	<p>Watch: The value of ecological heritage for health & happiness</p> <p>Attend: GSAC conference on Monday the 15th from 8am-12pm (virtual)</p> <p>Submit: Your notes (can be typed or a photograph of your written notes) and photographs for your Urban Green Space Project</p> <p>*Because you will be attending the GSAC conference on Monday, there will be no Wednesday synchronous meeting this week. Please work on conference preparations and let me know if you would like to set up a meeting during the week.</p>
Module 6: What is Health Now? (Week 11)	May 22 nd -May 28 th	Community Health in NYC	<p>Attend Required Virtual Class: Wednesday 3:00pm- 4:30pm https://us02web.zoom.us/j/5636829329?pwd=UUx4bXNQTlJFc2IyZXlua0d5SHQxdz09 (Meeting ID 563 682 9329)</p> <p>Locate your neighborhood on the NYC Community Health Profiles. Submit 10 detailed bulleted facts about your community that you learned. Based on the facts you shared, what can be done to improve community health in your neighborhood? What should be the first priority?</p> <p>*Work on you Urban Green Space Project</p> <hr/> <p>GSAC</p> <p>Submit: In-class reflection-Global Community Connections</p>

<p>Module 6: What is Health Now? (Week 12)</p>	<p>May 29th- June 4th</p>	<p>NYC's Mental Health Crisis</p>	<p>Read: I'm a N.Y.C. Paramedic. I've Never Witnessed a Mental Health Crisis Like This One.</p> <p>Attend Required Virtual Class: Wednesday 3:00pm-4:30pm https://us02web.zoom.us/j/5636829329?pwd=UUx4bXNQTlJTc2IyZXlua0d5SHQxdz09 (Meeting ID 563 682 9329)</p> <p>Watch: How Mayor Adams plans to deal with NYC mental health crisis - Bing video</p> <p>Submit: In-class Reflection-NYC's Mental Health Crisis</p> <p>Submit: Urban Green Space Project, survey, and rubric</p>
<p>Final Cumulating Experience</p>	<p>June 5th- June 11th</p>	<p>Final Exam Preparation</p>	<p>Final Exam</p>