

COURSE TITLE:	Nature and the Human Mind: Psychoactive Natural Products that shaped Human History
COURSE NUMBER:	IDH3931 Honors Seminar Course
MEETING TIME:	Online via Zoom in Canvas (microphone required), Tuesday, period 5 (11:45 AM-12:35 PM)
CREDIT HOURS:	1
REQUIRED:	No
PREREQUISITES:	None, accepted into the Honors program as an undergraduate student

**COURSE
DESCRIPTION:**

Throughout human history, natural products have been used as therapies and to expand the human mind. Since ancient times, cannabis, tea, coffee, tobacco, coca, and opium have been used to treat disorders but also to induce an altered state of mind, which is often described as a “high”. These naturally occurring substances have shaped human history, whether it be for good or in a detrimental way. In modern times, natural substances with psychoactive properties have led to the development of many therapeutic drugs that are the foundation for modern medicine. In recent years, some natural products, such as “magic mushrooms”, peyote cactus, and semi-synthetic products like LSD and MDMA are resurging for their potential benefits in treating mental health conditions, including depressive and anxiety disorders.

This course introduces students to the history of natural products with psychoactive properties, their pharmacology and modern applications of their use. Part of the course will focus on discussions around the ethical and moral uses of drugs with psychoactive properties within the societal context. This class is taught entirely online over a 12-week period using Canvas, Zoom, and VoiceThread.

- LEARNING OUTCOMES:** After completing this course, students will be able to:
- Identify historic uses and the impact of psychoactive natural products on human health
 - Reflect on the impact of historic regulation of psychoactive natural products that shape modern regulation and use
 - Assess the medical benefits and risks of psychoactive substances
 - Critically evaluate the use of psychoactive natural products in culturally diverse societies

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Office hours: Saturdays from 6-7 PM via Zoom (see Canvas course platform)

COURSE OBJECTIVES:

Course Objective	Bloom's Taxonomy Category
1. Discuss & explain substance use disorders in the context of pathophysiological and psychological models.	Comprehension (II), synthesis (V)
2. Relate concepts of drug addiction to social context and current efforts of prevention and treatment.	Application (III), evaluation (VI)
3. Demonstrate knowledge of the abuse potential and harm of drugs relative to their availability and their regulation.	Comprehension (II), analysis (IV)
4. Recommend & justify a treatment approach based on the literature and the discussions in the course.	Synthesis (V), evaluation (VI)

ACTIVE LEARNING METHODS:

Group discussion forums, weekly online chat sessions, asynchronous mini-lectures, and individual e-mail contact between student and instructor. Students will be required to attend twelve weekly online chat sessions via Zoom, submit weekly written discussion board contributions, interact with peers on the discussion board, and record one oral presentation.

GRADING:

12 written discussion board contributions & peer responses	25 % or 60 points
12 attendances at weekly Zoom meetings	50% or 120 points
1 oral recorded presentation	25 % or 60 points
<u>Total points</u>	100% or 240 points

Week	Topic	Point value
August 21 st	Fall classes begin	
Week 1 August 26 th	Introductions Basics of substance use disorders & addiction	5 points discussion board, 10 points attendance
September 2 nd	No Class – Labor Day Holiday	
Week 2 September 9 th	History of psychoactive substances Ancient to Middle Ages	5 points discussion board, 10 points attendance
Week 3 September 23 rd	History of psychoactive substances Renaissance to current times	5 points discussion board, 10 points attendance
Week 4 September 30 th	Medical basis for psychoactive substances and brain circuits involved	5 points discussion board, 10 points attendance
Week 5 October 7 th	Psychoactive substances Medical/therapeutic applications, case study	5 points discussion board, 10 points attendance
Week 6 October 14 th	Intersession: reflection on medical and historic uses of psychoactive substances	5 points discussion board, 10 points attendance

Week 7 October 21 st	Regulation of psychoactive substances Europe and Asia	5 points discussion board, 10 points attendance
Week 8 October 28 th	Regulation of psychoactive substances United States	5 points discussion board, 10 points attendance
Week 9 November 4 th	Substance use disorders History and current issues	5 points discussion board, 10 points attendance
Week 10 November 11 th	Development of new drugs from natural sources Ethnopharmacology & ethnobotany	5 points discussion board, 10 points attendance
Week 11 November 18 th	Fact & fiction Natural products in movies, TV, and literature	5 points discussion board, 10 points attendance
Weeks 2-10, online asynchronous presentations	Discuss the history of one natural product and how it is traditionally used as well as what therapeutic value it may provide in a 10-minute long presentation following evaluation rubric	60 points VoiceThread presentation
Week 12 December 2 nd	Closing remarks & resources, Wrap-up	5 points discussion board, 10 points attendance

ATTENDANCE POLICY: Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at: catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/. One excused absence is allowed as long as the student informs the instructor per email of the absence at least 12 hours in advance of the scheduled class session.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:

Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, <https://disability.ufl.edu/>) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor via email when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

GRADING POLICY:

Grades will be assigned as follows (please be aware that Canvas does not round):

A 90% or above	216-240	points
A- 88.0 – 89.9%	211.2-216.9	points
B+ 85.0 – 87.9%	204-211.1	points
B 80.0 – 84.9%	192-203.9	points
B- 78.0 – 79.9%	187.2-191.9	points
C+ 75.0 – 77.9%	180-187.1	points
C 70.0 – 74.9%	168-179.9	points
C- 68.0 – 69.9 %	163.2-167.9	points
D+ 65.0 – 67.9%	156-163.1	points
D 60.0 – 64.9%	144-155.9	points
D- 58.0 – 59.9%	139.2-143.9	points
E < 58	0-139.1	points

Information on current UF grading policies for assigning grade points:

<https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

A minimum grade of B is required to earn Academic points towards your Honors Completion Requirements. Once you have earned your final grade in this course, please upload the course information and final grade from your Unofficial Transcript into your Honors Canvas Cohort: Honors Completion module to earn Honors Milestone / Completion credit.

ONLINE COURSE EVALUATIONS:

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at gatorevals.aa.ufl.edu/students/. Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluer.com/ufl/>. Summaries of course evaluation results are available to students at gatorevals.aa.ufl.edu/public-results/.

HONORS PLEDGE:

UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Honor Code (<https://sccr.dso.ufl.edu/process/student-conduct-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor in this class.

CAMPUS RESOURCES: *U Matter, We Care:*

If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575 so that a team member can reach out to the student.

Counseling and Wellness Center:

<http://www.counseling.ufl.edu/cwc/Default.aspx>, 392-1575; and the University Police Department: 392-1111 or 9-1-1 for emergencies.

University Police Department, 392-1111 (or 9-1-1 for emergencies).

<http://www.police.ufl.edu/>

UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; ufhealth.org/emergency-room-trauma-center.

E-learning technical support, 352-392-4357 (select option 2) or e-mail to

Learning-support@ufl.edu. <https://lss.at.ufl.edu/help.shtml>.

Career Connections Center, Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling. <http://www.career.ufl.edu/>

Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.

Writing Studio: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers. writing.ufl.edu/writing-studio/

Student Complaints On-Campus: sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/

On-Line Students Complaints: distance.ufl.edu/student-complaint-process/

Honors Program contact information: Honors Program, 201 Walker Hall, 352-392-1519, Quick questions for an Honors advisor? Email advisor@honors.ufl.edu, Need an Honors advising appointment? Schedule via Microsoft Bookings: <https://bit.ly/ufhonorsadvising>

IDH3931 Signature Seminar: Nature and the Human Mind Preparation guidelines & grading rubric for VoiceThread presentation

Guideline for presentation

Please prepare your presentation as a PowerPoint using any format you wish. It should have a title slide (including your name, the semester, and course), several slides covering relevant information related to your topic, and at the end a slide with references.

The natural substance you choose can be one we covered in the course or it can be a natural substance that you found during your research in response to the discussion board topics. You will need to do some research beyond the course presentations and our weekly meetings in order to complete the presentation – so please start at least 2 weeks ahead of the deadline for the VoiceThread presentation.

Your presentation cannot include animations or transitions between slides since they will not show up when you upload it to the VoiceThread server. Once you have completed the PowerPoint presentation slides, please save the slides as a PDF document. This ensures that any figures and the text on each slide are showing up correctly.

When you go to VoiceThread please make sure to upload your presentation in the PDF format and then narrate each slide separately using your microphone, webcam, or mobile phone (if you want to use the VoiceThread app). After you have narrated all slides, you can share the VoiceThread presentation link to the discussion board in the Canvas course.

Grading rubric

The following rubric will be used when grading the VoiceThread presentation:

Criteria	Complete (6 points)	Incomplete (3 points)	Absent (0 points)
<i>Relation to course</i>	The substance is naturally occurring and has traditional uses in culture. The relation to historic and current use is clearly stated	The substance is naturally occurring and has traditional uses in culture. The history and current use are not sufficiently stated or are missing.	The substance is not naturally occurring and its traditional use history is not explained.
<i>Content/topic</i>	Content is well streamlined and logically arranged; each slide is related to the topic through the content presentation	Content is streamlined but not presented in a logical manner; slides are not related to the topic	Content is not streamlined or organized in a logical manner; slides are off-topic
<i>Flow</i>	Transition between slides is well done; complexity builds throughout the presentation; conclusions are presented	Transition between slides is abrupt; complexity is irregular through the presentation; conclusions are incomplete	No transitions between slides; conclusions are missing
<i>Oral presentation</i>	Clear voice; not too slow or too fast; keep presentation within 9-11 minutes	Voice is irregular or hard to understand; either too hurried or very slow pace; presentation shorter than 9 or longer than 11 minutes	No voice recording; presentation is shorter than 5 minutes or longer than 15 minutes
<i>Format</i>	Text does not contain spelling errors; text can be read, is not too small; figures have good resolution; references are complete and can be followed	Text contains no more than 5 spelling errors; text is small or cannot be read well on some slides; some figures have poor resolution; references are incomplete or cannot be followed	Text has more than 5 spelling errors; text is not legible without magnification on more than one slide; more than 3 figures have poor resolution; references are incomplete or missing