



dornsife.usc.edu/phed

FSEM 100 | Freshman Seminar

Suicide Prevention – Gatekeeper Training

Units: 2

Term: Fall 2024 | Wednesday 3-4:50 pm

Location: VHE 206

Instructor: Marcos Briano, *Ph.D./MMFT* “DrB”

Pronouns: he/him/el [What are pronouns?](#)

Office: PED 107

Office Hours: Tuesday 11-12 pm or By Appointment

Contact Info: marcos@usc.edu or (213) 740-2242 Office

IT Help: Brightspace - USC Information Technology Services Help

Phone: (213) 740-5555

Contact Info: <https://itservices.usc.edu/contact/>

Freshman Seminars (FSEM) About & Acknowledgements

FSEM Program

USC [Freshman Seminar Program](#) are ten or eleven-week two-hour weekly seminar courses designed for freshman students to “learn the excitement of intellectual inquiry.” Each seminar is limited to eighteen freshmen, who may earn two units of elective credit on a Credit/No Credit basis. You may earn credit for two different topics, one in the Fall and another in the Spring of your freshman year.

Acknowledgements

We would like to acknowledge our presence on the ancestral and unceded territory of the Tongva people and their neighbors: (from North to South) the Chumash, Tataviam, Kitanemuk, Serrano, Cahuilla, Payomkawichum, Acjachemen, Ipai-Tipai, Kumeyaay, and Quechan peoples, whose ancestors ruled the region we now call Southern California for at least 9,000 years. Indigenous stewardship and rightful claims to these lands have never been voluntarily relinquished nor legally extinguished. We pay respects to the members and elders of these communities, past and present, who remain stewards, caretakers, and advocates of these lands, river systems, and the waters and islands of the Santa Barbara Channel.

[Additional Resources](#)

Course Description

According to the National Institute of Health, suicide is the 2nd leading cause of death for college students. The Center for Disease Control tells us an individual dies by suicide in the United States every 11 minutes. Unfortunately, our USC community is not immune to these statistics, but you have an opportunity to become an agent of change in suicide prevention.

In this eleven-week freshman seminar you will expand your understanding and knowledge about suicide through evidence-based research theory and learn how to lead suicide prevention trainings to fellow Trojans. This seminar will include specialized training and an experiential process in leading peer-to-peer suicide prevention trainings. A newly added component to is working with peers on the *SAVE a Trojan – USC Peer-to-Peer Suicide Intervention Program*.

Prerequisite: None

Co-Requisite: None

Recommended Preparation: None

Learning Objectives

- To identify risk factors & warning signs of suicidal behavior.
- To appraise protective factors and resources.
- To apply microskills in addressing difficult conversations about suicide.
- To develop skills to provide intervention training to peers.

Course Textbook

Supplemental Readings – Available on Blackboard

Course Policies

- Email (marcos@usc.edu) is the preferred method of communication outside of class. Email will generally be answered within 48 hours & 72 hours over a weekend, and the workday following a holiday. **Please NOTE: FSEM 100 in subject line of email.**

COVID-19 (Class Guidelines)

USC (COVID-19) Resource Center <https://coronavirus.usc.edu/>

In-Class Participation (10% = 10 pts. → 1 pts./class starting Week #2)

Consistent attendance, punctuality, and participation in ALL classes are extremely crucial to develop appropriate skills and to obtain supplemental information for this seminar class.

Class participation grading scale per class starting Week #2

1 pt. = full participation .5 pt. = partial participation
.25 pt. = excused absence 0 pt. = absence/no participation

*Excused absence ONLY – You may earn up to an additional 0.5 pt.
This must be completed 1 week after excused absence.*

Teach Back (10% = 10 pts.)

Each student will present a section of QPR training module for feedback.

Journal Reflections (20% =4 journal entries @ 5 pts. each)

Journal reflections are to provide you space to reflect on class discussions and feedback to DrB about any additional support you may need.

QPR Training (20% = 20 pts.)

Completion of online QPR training.

Presentations (40% = 40 pts.)

Each student must co-present one suicide intervention training with Dr. Briano. Students interested in becoming a QPR trainer are encouraged to co-present 3-4 suicide intervention trainings.

Grading Criteria

	% Grade	Points
In-Class Participation	10%	10
Teach Back	10%	10
Journal Reflections	20%	20
QPR Training	20%	20
Presentations	40%	40
Total	100%	100 Points

PASS/Credit (> 70 pts.)

Course Schedule

Coursework Readings & Links will be on Blackboard in Coursework folder.

<i>Week 1</i> August 28	Course Introduction	
<i>Week 2</i> September 4	Suicide 101 What You Need to Know	Journal #1
<i>Week 3</i> September 11	Counseling Microskills Skills Practice	Journal #2
<i>Week 4</i> September 18	QPR Training	Journal #3
<i>Week 5</i> September 25	Suicidology Research	Journal #4
<i>Week 6</i> October 2	Teach Backs	
<i>Week 7</i> October 4	Teach Backs	
<i>Week 8</i> October 9	QPR Training	
<i>Week 9</i> October 16	QPR Training	
<i>Week 10</i> October 23	QPR Training	
<i>Week 11</i> October 30	Seminar Wrap-Up Future Steps	

Statement on Academic Conduct & Support Systems

Academic Integrity

The University of Southern California is a learning community committed to developing successful scholars and researchers dedicated to the pursuit of knowledge and the dissemination of ideas. Academic misconduct, which includes any act of dishonesty in the production or submission of academic work, comprises the integrity of the person who commits the act and can impugn the perceived integrity of the entire university community. It stands in opposition to the university's mission to research, educate, and contribute productively to our community and the world.

All students are expected to submit assignments that represent their own original work, and that have been prepared specifically for the course or section for which they have been submitted. You may not submit work written by others or "recycle" work prepared for other courses without obtaining written permission from the instructor(s).

Other violations of academic integrity include, but are not limited to, cheating, plagiarism, fabrication (e.g., falsifying data), collusion, knowingly assisting others in acts of academic dishonesty, and any act that gains or is intended to gain an unfair academic advantage.

The impact of academic dishonesty is far-reaching and is considered a serious offense against the university. All incidences of academic misconduct will be reported to the Office of Academic Integrity and could result in outcomes such as failure on the assignment, failure in the course, suspension, or even expulsion from the university.

For more information about academic integrity see [the student handbook](#) or the [Office of Academic Integrity's website](#), and university policies on [Research and Scholarship Misconduct](#).

Please ask your instructor if you are unsure what constitutes unauthorized assistance on an exam or assignment, or what information requires citation and/or attribution.

Student & Disability Accommodations

USC welcomes students with disabilities into all of the University's educational programs. [The Office of Student Accessibility Services](#) (OSAS) is responsible for the determination of appropriate accommodations for students who encounter disability-related barriers. Once a student has completed the OSAS process (registration, initial appointment, and submitted documentation) and accommodations are determined to be reasonable and appropriate, a Letter of Accommodation (LOA) will be available to generate for each course. The LOA must be given to each course instructor by the student and followed up with a discussion. This should be done as early in the semester as possible as accommodations are not retroactive. More information can be found at osas.usc.edu. You may contact OSAS at (213) 740-0776 or via email at osasfrontdesk@usc.edu.

Support Systems

[Counseling and Mental Health](#)

(213) 740-9355 – 24/7 on call

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

[988 Suicide and Crisis Lifeline](#)

988 for both calls and text messages – 24/7 on call

The 988 Suicide and Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices. The new, shorter phone number makes it easier for people to remember and access mental health crisis services (though the previous 1 (800) 273-8255 number will continue to function indefinitely) and represents a continued commitment to those in crisis.

[Relationship and Sexual Violence Prevention Services \(RSVP\)](#)

(213) 740-9355(WELL) – 24/7 on call

Free and confidential therapy services, workshops, and training for situations related to gender- and power-based harm (including sexual assault, intimate partner violence, and stalking).

[Office for Equity, Equal Opportunity, and Title IX \(EEO-TIX\)](#)

(213) 740-5086

Information about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants.

[Reporting Incidents of Bias or Harassment](#)

(213) 740-5086 or (213) 821-8298

Avenue to report incidents of bias, hate crimes, and microaggressions to the Office for Equity, Equal Opportunity, and Title for appropriate investigation, supportive measures, and response.

[The Office of Student Accessibility Services \(OSAS\)](#)

(213) 740-0776

OSAS ensures equal access for students with disabilities through providing academic accommodations and auxiliary aids in accordance with federal laws and university policy.

[USC Campus Support and Intervention](#)

(213) 740-0411

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

[Diversity, Equity, and Inclusion](#)

(213) 740-2101

Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.

[USC Emergency](#)

UPC: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call

Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

[USC Department of Public Safety](#)

UPC: (213) 740-6000, HSC: (323) 442-1200 – 24/7 on call

Non-emergency assistance or information.

[Office of the Ombuds](#)

(213) 821-9556 (UPC) / (323-442-0382 (HSC)

A safe and confidential place to share your USC-related issues with a University Ombuds who will work with you to explore options or paths to manage your concern.

[Occupational Therapy Faculty Practice](#)

(323) 442-2850 or otfp@med.usc.edu

Confidential Lifestyle Redesign services for USC students to support health promoting habits and routines that enhance quality of life and academic performance.