Course Title: Understanding the Brain's Endocannabinoid System: An Educational Approach

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Course Description: This course guides the student in exploring the brain's endocannabinoid system and its implications for mental health. The primary focus will be on generating public awareness through an educational or dissemination project.

Course Objectives:

1. Gain a comprehensive understanding of the brain's endocannabinoid system and its implications.
2. Develop effective literature review skills and synthesize findings into a coherent narrative.
3. Design an actionable project proposal to educate the public on this topic.
4. Incorporate time and stress management techniques into the research process.

Biweekly Breakdown:

Weeks 1-2: Exploration and Topic Selection
- Activities:
  a) Initial literature search on the endocannabinoid system.
  b) Participate in a time management and stress relief workshop.
- Deliverable: Defined topic area and a personal time management plan.

Weeks 3-4: Deep Dive into Literature
- Activities: Comprehensive literature review, emphasizing potential applications for managing stress, anxiety, pain, and mental health. Introduce regular self-check-ins to monitor stress and workload.
- Deliverable: Preliminary literature review findings.

Weeks 5-6: Synthesizing Literature and Scope Definition
• Activities: Further refine the literature review, begin to identify potential educational project ideas. Participate in a workshop or seminar on effective educational dissemination.

• Deliverable: Draft literature review and a list of potential project ideas.

**Weeks 7-8: Selection of the Final Project Idea**

• Activities: Based on findings and personal interest, finalize the project idea. Seek feedback from peers or experts. Implement and refine stress management techniques as required.

• Deliverable: Defined project idea with rationale.

**Weeks 9-10: Project Proposal Development**

• Activities: Outline the scope, objectives, methodologies, and expected outcomes of the educational project. Attend a refresher session on time management to assist with end-of-semester tasks.

• Deliverable: Draft project proposal.

**Weeks 11-12: Refinement and Peer Feedback**

• Activities: Seek feedback on the proposal from peers, mentors, or experts in the field. Refine based on feedback received. Continue with self-check-ins to ensure mental well-being.

• Deliverable: Revised project proposal.

**Weeks 13-14: Finalizing the Proposal**

• Activities: Ensure all components of the proposal are comprehensive and actionable. Prepare for potential execution in the next semester.

• Deliverable: Final project proposal.

**Important Dates:**

• **End of the Semester:** Submission of the literature review and final project proposal.

**Resources:**

1. Time and stress management workshops or seminars.
2. Primary texts available at UTEP Library
3. Q1 & Q2 journal publications
4. APA Publication Manual
5. PubMed, Web of Science, EBSCO & Science Direct
6. College librarian