

Health Sciences 4092 (002)
Philosophical Perspectives on Mental Health and Well-Being
Winter Term 2011

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Office Hours Tue 1:30-3:30 HSB 214, or by appointment
Class Times: Tue 9:30-11:30
Class site: HSB 9

COURSE DESCRIPTION

An in-depth investigation into the role of emotion in mental health and well-being, with a focus on recovery from physical and mental illness..

PARTICIPATION AND ATTENDANCE

This is an essay course with a significant discussion component and regular attendance at all classes is expected. Note that failure to comply with this attendance requirement may result in penalties:

Failure to attend classes, seminars, appointments or examinations without good cause constitutes a ground for exclusion from the Faculty. ..The right to sit for examinations or to submit work for evaluation is conditional upon regular class attendance and participation in required exercises. An instructor, with the approval of the Associate Dean (Academic), may refuse to evaluate all or part of a student's work where attendance has not been regular (UWO Academic Calendar 2010-2011).

COURSE TEXTS

- Sternberg, Esther, M. (2001). *The Balance Within: The Science Connecting Health and Emotions*. New York: W.H. Freeman)
- James, William. (1902/2003). *The Varieties of Religious Experience*. London: (London & New York: Penguin Books)
- Camus, Albert. (1942/1991). *The Myth of Sisyphus*. (London & New York: Penguin Books)
- Horwitz, Allan V. & Wakefield, Jerome C. (2007). *The Loss of Sadness: How Psychiatry Transformed Normal Sorrow into Depressive Disorder*. (Oxford University Press).
- Moyer, Bill. (1993). *Healing and the Mind*. (New York: Broadway Books).

COURSE REQUIREMENTS

- 5 Weekly Commentaries | Worth 20% of final mark | Out of 4 marks.
- 1 Final Exam | Worth 40% of final mark | Out of 35.
- 1 Essay | Worth 40% of final mark | Out of 100.

WEEKLY COMMENTARIES

Commentaries are discussion stimulants that will be read to the class. They are also meant to provide weekly analysis and writing practice for students. Each student will submit 5 weekly commentaries, which will be scheduled and assigned for specific weeks. These are due in-class. Note that commentaries must address weekly readings and can only be handed in on the week that those readings are scheduled for discussion. In other words, once the week for a commentary topic and its readings has passed, you can no longer submit a commentary for that week's readings. Commentaries are due on the following 5 weeks.

Commentary 1

Class 2: Tuesday January 11 | Nature of Addiction [Commentary 1]

Readings: Leshner 1997, Koob & Le Moal 1997, Foddy & Savulescu 2010

Commentary 2

Class 4: Tuesday January 23 | The Problem of the Meaning of Life [Commentary 2]

Readings: *Myth of Sisyphus*, by Albert Camus, 11-111.

Commentary 3

Class 6: Tuesday February 8 | The Nature of Spiritual Experience [Commentary 3]

Readings: *The Varieties of Religious Experience*, by William James, 166-257

Commentary 4

Class 7: Tuesday March 1 | Distinguishing Sadness and Depression [Commentary 4]

Readings: *Loss of Sadness*, by Horwitz & Wakefield, 194-227

Commentary 5

Class 9: Tuesday March 15 | The Nature of Emotion [Commentary 5]

Readings: *The Balance Within*, by Esther Stenberg, 93-157

COMMENTARY INSTRUCTIONS

Commentaries must:

- Have your name and student number at the top, with a title if you wish
- Be typed and formatted using MS Word
- Be single-spaced in 12 point font and employ normal paragraph form
- Be 1-2 pages long

Commentaries that do not satisfy these requirements will receive a '0'.

Commentaries must directly address weekly readings for the week they are written for and raise one or two points of interest for reflection and discussion: for example, things that surprised you, and why; things you agree or disagree with, and why; things you find confusing and why (plus suggested solutions). Marks of '4' may be rare, as outstanding performances are relatively rare. Note that commentary marks are final and will not be reconsidered. Late commentaries will not be accepted without a valid, documented, excuse, which will require approval by your academic counselor.

COMMENTARY MARKS

Each commentary is worth a possible maximum of 4 marks. There are no part marks. The marking criteria for commentaries are:

- (0) No commentary submitted, or commentary submitted is unacceptable.
- (1) Poor but acceptable commentary
- (2) Acceptable commentary
- (3) Good commentary
- (4) Outstanding commentary

Grammar and spelling (especially names) will be considered in marking commentaries.

ESSAY REQUIREMENTS

Each student must submit an essay on the last day of classes. You may choose a topic based on any major subject area considered in our weekly readings or in class. You will be marked on how well you display philosophical 'critical thinking' skills and mastery of course readings and class discussion topics.

Essays must be 7-8 pages and printed double-spaced in 12 point font. All pages must be numbered consecutively, except the title page. The title page should include your name and student number, course name and number, and the essay title. Essays must include 4-5 direct quotations to 2 or more of our weekly readings. Outside readings are not permitted. All essays must have a separate bibliographical page at the very end. Essays must be stapled and not enclosed in paper clips or binders or covers of any sort.

You may use the style of the American Psychological Association (APA) or the Chicago Manual of Style (CMS) to format your essay. These styles offer a wide range of choices for formatting your essay. All that is required is that you be consistent (for example, use footnotes or endnotes, but not both). Information on these style guides is available for the UWO library website.

<http://www.lib.uwo.ca/services/styleguides.html>

See the UWO Libraries Writing Support Centre if you have any questions on essay formatting and styles or if you need other help with your essay.

<http://www.sdc.uwo.ca/writing/>

Essays will be marked out of 100. Any deviation from these format requirements, as well as any spelling or major grammatical errors will result in loss of 3 marks per error. Names of authors must be spelled correctly or you will lose marks.

ESSAY SUBMISSION AND DUE DATE

- Essays are due in class Tuesday April 5..
- Essays must also be submitted to Turn-it-in prior to class on Tuesday April 5.

ESSAY LATE PENALTIES

Late essays will be penalized one-half letter grade, or equivalent, per day late. Thus one day late translates to minus one half letter grade; for example, B+ to B, and so on.

FINAL EXAM

The final exam will be two hours long and consist of essay-style and short-answer questions. There will be a choice of three out of five essay questions. Some short answer questions may be included; for example, key concepts, definitions, or historical points. To prepare for the final exam you must review all assigned readings and class notes up to the end of classes. No other instructions will be provided. Essay questions will be awarded a possible 10 marks, with no part marks. Short answer questions will not exceed 5 marks total. The mid-term is out of 35 marks total and worth 40% of the final mark.

CLASS EMAIL POLICY

Emails that do not mention (i) the course subject designation number (i.e. HS 4092G) and (ii), the student's full name and student number, will be deleted. Only emails that deal with administrative matters will be read. Questions regarding course content must be raised in class or during office hours. It may take up to 3 days to answer your email.

**THIS OUTLINE AND SCHEDULE MAY BE REVISED WITH PRIOR NOTICE
DUE TO CLASS ENROLMENT AND OTHER FACTORS**