

**THE UNIVERSITY OF WESTERN ONTARIO
LONDON, CANADA**

**School of Health Studies
Health Sciences 4208A - Understanding Stress
Fall 2019**

COURSE DESCRIPTION

In this course we will undertake a critical examination of the notion of stress, broadly speaking. The topics covered will include, but will not be limited to: stress as fear, stress as anxiety, dis-order vs. disorder, responses to accumulated adversity, traumatic stress, existential despair, the concept of “flow” according to the scholarship of M. Csikszentmihalyi, stress as opportunity, stress as motivator, stress as a facilitator of meaning making.

LEARNING OUTCOMES

By the end of this course, students should be able to:

- Describe and illustrate understanding of key concepts related to various manifestations of stress.
- Critically analyze and discuss research relevant to topics of interest including, stress, fear, anxiety, depression, despair, traumatic stress, motivation, meaning making.
- Present topic of research interest in the form of a conceptualization statement.
- Use conceptualization statement to inform search of both academic and grey literature, and critically analyze and review selected literature sources.
- Present literature review in the form of an annotated bibliography and in-class presentation.

Prerequisites: Health Sciences 2250A/B; Registration in the third or fourth year of the School of Health Studies.

Antirequisites: Health Sciences 4091A 001 (if taken in 2014-2016).

NOTE: Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites

Extra Information: 3 lecture hours.

Course Weight: 0.50

COURSE INFORMATION

Instructor: Dr. Marnie Wedlake, PhD, RP

Email: mwedlak@uwo.ca **(contact me using this email address only)**

Office: HSB 340

Office Hours: Tuesdays - 10:30am to 12:00pm

Thursdays - 2:30pm to 3:30pm

Teaching Assistant: TBA

Course Website: <https://owl.uwo.ca>

Days & Times of Lectures: Mondays - 9:30am to 11:30am

Wednesdays - 9:30am to 10:30am

Class attendance is required.

Please see the SHS attendance policy under General Course Notes.

Location of Lectures: TC 204

TEXTBOOKS

Horwitz, A. V., & Wakefield, J. C., (2012). *All we have to fear: Psychiatry's transformation of natural anxieties into mental disorders*. New York, NY: Oxford.

Csikszentmihalyi, M. (2008). *Flow: The psychology of optimal experience*. New York, NY: Harper Perennial Modern Classics.

Frankl, V. E. (2006). *Man's search for meaning*. Boston, MA: Beacon Press.

All 3 textbooks are required.

Some additional readings may be assigned. Links to these will be posted on OWL.

LEARNING ENVIRONMENT

This course experience will function according to the assumption that successful learning happens in environments where learning is co-created by the instructor and the students.

As the instructor, I will endeavour to provide students with classes that are optimally engaging, motivating, and interesting. In return, I will expect students to attend all classes, and to contribute to the collaborative nature of the learning experience through their active participation in discussions, by completing the assigned readings, and by offering constructive feedback as will be deemed useful to the overall learning experience. Ideally, we will co-create a learning environment that welcomes and encourages group dialogues that are dynamic, passionate, and open-minded. That is, a learning experience that is vital and engaging for all.

Reading during a lecture, using cell phones/texting, not turning off cell phone ringers, the disturbing consumption of food or drink, littering the classroom, the use of iPods, Facebook, Twitter, and other activities which may impede the ability of you or other students to learn are unacceptable behaviours. As a collective, we will create a learning environment that is supported by civility and mutual respect. In doing so, we will set the stage for a healthy and stimulating intellectual forum. Finally, if you are having problems with any aspect of the course, please contact me. I am committed to your learning experience, I am approachable, and I welcome your comments, your constructive criticisms and, of course, your questions.

NOTE: Attendance is required to pass this course and medical documentation will be required for absences. Any such documentation must be submitted, by the student, directly to the appropriate Faculty Dean's office. It will be the Dean's office that will make the determination whether accommodation is warranted. **SEE THE NOTE ON ATTENDANCE UNDER 'GENERAL COURSE NOTES'.**

TOPICS COVERED IN CLASSES AND READINGS

The following is a list of the topics that will be covered in this course:

- Fear & Anxiety - Dis-order vs. Disorder
- A Brief Historical Overview of Anxiety & Anxiety As Disorder
- Fear & Anxiety as Pathology
- Stress, Anxiety & Depression
- Existential Despair
- Traumatic Stress
- The Biomedical Paradigm's Shaping/Fashioning of Anxiety
- Stress, Anxiety & the Pharmaceutical Industry
- Moving Out of Fear and Into Flow
- The Interrelatedness of Consciousness, The Self, Enjoyment, and Quality of Life
- An Examination of Flow
- The Mind and Flow
- Responding to Chaos & Anxiety
- Making Meaning & Making Sense

A COMPLETE LIST OF LECTURE TOPICS AND ASSIGNED READINGS WILL BE POSTED TO OWL BEFORE THE FIRST CLASS.

EVALUATION

1. Attendance & Participation - 5% - Attendance is expected for every class (excepting absences that qualify for academic accommodation).

2. Mid-term Examination - 25% - **In class on Monday October 21st 2019.**

3. Final Examination - 40% - **Scheduled by The Registrar, during final exam period.**

4. Group Project, consists of 3 separate but related parts - 10% for each part; 30% TOTAL

PART 1 - Conceptualization Statement - 10% - **Due date: Monday October 7th 2019.**

PART 2 - Annotated Bibliography - 10% - **Due date: Monday November 11th 2019.**

PART 3 - Overview of the Research - 10% - **Due & Presented in class on Monday December 2nd or Wednesday December 4th 2019.**

All 3 parts of the group project must be submitted through OWL by 11:55pm on the date they are due.

NOTE REGARDING GROUP WORK:

Students will, as a group, monitor the distribution and completion of all aspects of the work required to complete group assignments. Included in this is the requirement of all groups to ensure assignments are completed and submitted by the deadlines as stated in this outline. Deadlines missed, resulting from any experiences of conflict (perceived or otherwise) within the group, will not be accepted.

NOTE REGARDING EXAMS:

- **The final exam is cumulative.**
- Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.
- Makeup exams will be different from those originally scheduled, and may include written and/or short answer questions.
- Examinable materials may include any content covered/presented in classes, including: lecture content, content presented by guest speakers, any/all assigned readings, videos, etc.

GENERAL COURSE NOTES

Regarding the Use of Plagiarism Checking Software:

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>)

Academic Consideration

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including short-term illness or injury. Reasonable academic consideration is a cooperative process between the University, the student, and academic staff. All participants in the process must act in good faith, and fulfil their respective obligations, if it is to succeed.

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to meet academic requirements, may submit a request for academic consideration through the following routes:

- (i) Submitting a Self-Reported Absence form, provided that the conditions for submission are met;
- (ii) For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, in order to be eligible for Academic Consideration; or
- (iii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to Academic Counselling in their Faculty of registration, in order to be eligible for academic consideration.

Students seeking academic consideration:

- Are advised to consider carefully the implications of postponing tests or midterm exams or delaying handing in work;
- Are encouraged to make appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally an appropriate basis for a self-reported absence;
- **Must communicate with their instructors no later than 24 hours** after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence;
- **Are advised that all necessary documentation, forms, etc. are to be submitted to academic counselling within two business days after the date specified for resuming responsibilities**

Students who experience an unexpected illness or injury or an extenuating circumstance (48 hours or less) that is sufficiently severe as to temporarily render them unable to meet academic requirements (e.g., attending lectures or labs, writing tests or midterm exams, completing and submitting assignments, participating in presentations) should self-declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours or less. The following conditions are in place for self-reporting of medical or extenuating circumstances:

- a. Students will be allowed a maximum of two self-reported absences between September and April, and one self-reported absence between May and August;
- b. The duration of the excused absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30am the following morning if the form is submitted after 4:30pm;
- c. The duration of the excused absence will terminate prior to the end of the 48 hour period, should the student undertake significant academic responsibilities (e.g., write a test, submit a paper) during that time;
- d. The duration of an excused absence will terminate at 8:30am on the day following the last day of classes each semester, regardless of how many days of absence have elapsed;
- e. Self-reported absences will not be allowed for scheduled final examinations; for midterm examinations scheduled during the December examination period; or for final lab examinations (i.e., “bellringers”);
- f. Self-reporting may not be used for assessments (e.g., midterm exams, tests, reports, presentations, or essays) worth more than 30% of any given course;

Students must be in touch with their instructors no later than 24 hours after the end of the period covered by the Self-Reported Absence form, to clarify how they will be expected to fulfil the academic expectations they may have missed.

Attendance:

In the School of Health Studies, each course instructor sets specific expectations for attendance and participation that are specific to the course, teaching objectives, and learning outcomes.

Regular attendance is expected and essential for all courses, but particularly those that include participation grades in their evaluation schemes. Participation means not only attendance, but active engagement in the class, including (for example) contribution to small and large group discussions, a demonstrated effort to prepare for class by completing assigned readings before class, and following the instructor's guidelines for use of electronic devices during class time. Students who miss classes, or parts of classes, are responsible for the material they have missed. Instructors are not obliged to review the contents of missed lectures.

Persistent absenteeism may have serious repercussions, and may result in you failing this course. In this course, the equivalent of 3 weeks of unexcused absences, per term, will be considered to be persistent absenteeism. Persistent absenteeism will result in you being contacted by the instructor, who may request a meeting. Continued absence after this point will be reported to the Undergraduate Chair, and may result in debarment from writing the final examination, and/or submitting the final course paper. In such a case, you would receive a grade of zero on the evaluations from which you were debarred.

On the Use of Electronic Devices:

During Exams: Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.

During Lectures and Tutorials: Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

Statement on Academic Offences:

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

Support Services:

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

On Health and Wellness:

As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support

physical activity, all students receive membership in Western's Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery (<http://www.mcintoshgallery.ca/>). Further information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

If you are in emotional or mental distress should refer to Mental Health@Western <http://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: https://uwo.ca/health/mental_wellbeing/education/module.html.

The School of Health Studies grade policy:

The university-wide descriptor of the meaning of letter grades, as approved by Senate:

A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work that is clearly above average
B	70-79	Good work, meeting all requirements and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable.
F	below 50	Fail

It is expected that the grades for this course will be in the range of 74-80%. In the event that the course average falls outside this range, a constant may be added (or subtracted) from each student's grade, by the instructor, to bring the class average in line with school policy.