

SUBJECT TO CHANGE

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

**School of Health Studies
Health Sciences 1110A – Personal and Social Determinants of Resilience and Wellbeing
Fall 2020**

COURSE DESCRIPTION

Personal resilience is widely recognized to be a cornerstone of wellbeing, and is considered essential to success in environments ranging from schools to workplaces. In this interdisciplinary course, we introduce an evidence-informed framework for the study of personal and social determinants of resilience and wellbeing.

LEARNING OUTCOMES

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

- Identify and describe the concepts resilience and wellbeing as these have been conceptualized through assigned readings and content covered in classes.
- Summarize and discuss those aspects of the relationship of resilience to overall wellbeing that have been covered in the course.
- Identify, describe and discuss the personal and social determinants of resilience and wellbeing that have been covered in the course.
- Assess knowledge and understanding through examination of course content.
- Participate in the co-creation of a learning experience that is vital and engaging.

Prerequisite: Registration is restricted to first-year students registered in the School of Health Studies.

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 contact hours.

Course Weight: 0.50

COURSE INFORMATION

Instructor: Dr. Marnie Wedlake, PhD, RP

Email: mwedlak@uwo.ca **(contact me using this email address only – PLEASE INCLUDE THE COURSE NUMBER IN THE SUBJECT LINE)**

Secondary Instructor: Prof. Stewart J. Smith, PhD(c)

Email: ssmit457@uwo.ca **(contact Prof. Smith using this email address only – PLEASE INCLUDE THE COURSE NUMBER IN THE SUBJECT LINE)**

Office Hours: TBD

Teaching Assistants: TBD

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

Days & Times of Lectures: 2 of the 3 hours of lectures will be delivered online, asynchronously, on a weekly basis. **There will be a 1-hr class, delivered synchronously, online, from 12:30 to 1:30pm on Thursdays.**

Location of Lectures: All lectures will be delivered online.

ASSIGNED READINGS AND OTHER COURSE MATERIALS

There are no textbooks for this course. All assigned readings will be available, without cost, through Western's Library System, online and/or through our OWL site.

Readings and course materials will be assigned for each topic of the course. Sources might include peer reviewed journal articles, grey literature, popular press articles, films, video clips, and website content. Materials assigned will correspond to the lecture topic. Additional materials may be assigned at any time, and will be posted on the course website. Students are responsible for the content covered in all assigned course materials.

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

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 course experiences that are optimally engaging, motivating, and interesting. In return, I will expect students to attend all classes, and 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. In this regard, it is my hope that we will come together in the spirit of community and shared interest to co-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'm genuinely committed to your learning experience, I'm approachable, and I welcome your comments, your constructive criticisms and, of course, your questions.

EVALUATION

Evaluation for this course consists of 3 examinations: 2 mid-term exams and 1 final exam.

1. Mid-term Examination #1 – worth 15% – 12:30pm on Thursday October 8th 2020.
2. Quiz #1 – worth 10% – Quiz will be written in OWL between October 7th to 9th 2020.
3. Mid-term Examination #2 – worth 15% – 12:30pm on Thursday November 12th 2020.
4. Quiz #2 – worth 10% – Quiz will be written in OWL between November 11th to 13th 2020.
5. Final Examination – worth 35% – Scheduled by The Registrar, during the final exam period.
6. PeerWise – worth 5% – See OWL for instructions on registering with and using PeerWise.
7. Perusall – worth 5% – See OWL for instructions on registering with and using Perusall.
8. Participation in weekly Power Hour – worth 5% – Based on activity in the weekly Power Hour.

NOTES REGARDING MID-TERM EXAMS AND QUIZZES:

- Both mid-term exams will be written online, using Gradescope, during the synchronous time allotted for the weekly Power Hour. Complete instructions on this process will be provided.
- Both quizzes will be written asynchronously using OWL Quizzes. Quizzes will be available for a period of 48 hrs, which will begin at 4pm on the Wednesday of the week that exam is scheduled (Wed Oct 7th & Wed Nov 11th), and finish at 4pm on the Friday (Fri Oct 9th & Fri Nov 13th). Students will need to write the quiz at some point during that specific 48-hr time period. It will not be available before or after that time period. Complete instructions will be provided.
- There will be no makeup for the OWL quizzes. Students missing either quiz will have the value of that quiz commuted to the other quiz.
- Mid-term examinations are not cumulative. **However, 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 multiple choice, written and/or short answer questions. **This applies to the 2 mid-terms and the final exam only, not OWL quizzes. As stated, there is no makeup for OWL quizzes.**
- Makeup examinations will be scheduled by the School of Health Studies. If you are unable to write the makeup examination for either of the two midterm examinations (for **any** reason), the value of that exam will be shifted to your final examination.
- Examinable materials may include any content covered/presented in classes (lecture content, videos, etc), readings from the textbook, and any/all other assigned readings.

LAND ACKNOWLEDGEMENT

I acknowledge that Western University is located on the traditional lands of the Anishinaabek, Haudenosaunee, Lūnaapéewak and Attawandaron peoples, on lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum. This land continues to be home to diverse Indigenous peoples (e.g. First Nations, Métis and Inuit) whom we recognize as contemporary stewards of the land and vital contributors of our society.

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.

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 evaluations.

Use of Recording Devices and Course Content

Course instructors own and retain the intellectual property rights of their teaching materials. These rights extend to materials used in online settings and digital learning management systems like Owl, Zoom and TopHat. Students do not have our permission to make audio or video recordings of lectures, take pictures of lecture material, or distribute any course content for nefarious purposes (E.g. for sale or to cheat on exams). It is the decision of the instructor as to how and when teaching materials can be shared or used. ***Unless explicitly noted otherwise, you may not make audio or video recordings of pre-recorded lectures or other course materials. 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 health and wellness a priority. Self-care is a critical component of health and wellness. Western provides several on-campus and online health-related services to help you achieve optimum health and wellness 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 the health and related services available to students can be found at <http://www.health.uwo.ca/>. For information regarding emotional supports, please visit Western Psychological Services (<https://www.uwo.ca/health/psych/index.html>) Western has developed an interactive mental health learning module, found here: <https://www.uwo.ca/health/wec/education/learning.html>. A list of community-based services and supports will be available through the course OWL site. Students are also encouraged to access local health and wellness resources within their home communities.

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 68-72%. 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.