

SUBJECT TO CHANGE

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

**School of Health Studies
Health Sciences 2110B – Resilience and the Creation of Wellbeing
Winter 2021**

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 study “good vs poor” mental health, cultivation of resilience, creation and maintenance of wellbeing, and living well with compromised mental health.

LEARNING OUTCOMES

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

- Describe and discuss the concepts resilience and wellbeing as these have been conceptualized through assigned readings and content covered in classes.
- Question commonly held beliefs about mental health to support an examination of the notions of good vs poor mental health.
- Examine the relationship of good vs poor mental health to resilience and the creation of wellbeing.
- Assess knowledge and understanding through examination of course content.
- Participate in the co-creation of a learning experience that is vital and engaging.

Prerequisites: Registration in second-year or higher, or permission of 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. This course may be used as a 2000-level elective course within any of the modular offerings within the School of Health Studies.

Course Weight: 0.50

COURSE INFORMATION

Instructor: Dr. Marnie Wedlake, PhD, RP
Email: mwedlak@uwo.ca

Email communications: Please send emails using your UWO email address only. Emails sent from any other accounts will not be read. **I TEACH MORE THAN ONE COURSE, SO PLEASE INCLUDE THE COURSE NUMBER IN THE SUBJECT LINE.**

Office Hours: TBD – WILL BE POSTED ON OWL

Teaching Assistant(s): TBD – WILL BE POSTED ON OWL

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

Days & Times of Lectures: 2 of the 3 class hours will be delivered online, asynchronously, on a weekly basis. There will be an optional tutorial, delivered synchronously, online, from 12:30 to 1:00/1:30pm 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 32.5% – Monday February 8th 2021.**
2. **Mid-term Examination #2 – worth 32.5% – Monday March 8th 2021.**
3. **Final Examination – worth 35% – Scheduled by The Registrar, during the final exam period.**

PLEASE NOTE THE FOLLOWING REGARDING EXAMS:

- All 3 exams will be written using OWL quizzes only.
- Mid-term exams will consist of 75 multiple choice questions, and you will have 2.5 hrs to write the exam (unless you are a student with an approved accommodation).
- The mid-term exams will be available between 9am and 9pm on the date the exam is scheduled. You will be able to start the exam any time after 9am, and you must be finished writing it by 9pm.
- Full details regarding the final exam will be made available before the last week of classes.
- 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.
 - 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.

USE OF RECORDINGS

Although this course will be delivered online, fully asynchronously, in the event that any synchronously delivered remote learning sessions are added, they will be recorded. The data captured during these recordings may include your image, voice recordings, chat logs and personal identifiers (name displayed on the screen). The recordings will be used for educational purposes related to this course, including evaluations. The recordings may be disclosed to other individuals under special circumstances. Please contact the instructor if you have any concerns related to session recordings.

Participants in this course are not permitted to record the sessions, except where recording is an approved accommodation, or the participant has the prior written permission of the instructor.

STATEMENTS CONCERNING ONLINE ETIQUETTE

Some components of this course may involve online interactions. To ensure the best experience for both you and your classmates, please honour the following rules of etiquette:

- Please “arrive” to class on time (in the case of this course, this refers to any synchronously delivered learning sessions that might be provided).
- Please use your computer and/or laptop if possible (as opposed to a cell phone or tablet).
- Ensure that you are in a private location to protect the confidentiality of discussions in the event that a class discussion deals with sensitive or personal material.
- To minimize background noise, kindly mute your microphone for the entire class until you are invited to speak, unless directed otherwise.
- In order to give us optimum bandwidth and web quality, please turn off your video camera for the entire class unless you are invited to speak.
- Please be prepared to turn your video camera off at the instructor’s request if the internet connection becomes unstable.
- Unless invited by your instructor, do **not** share your screen in the meeting.

The course instructor and/or TA’s will act as moderator for the class and will deal with any questions from participants. To participate please consider the following:

- If you wish to speak, use the “raise hand” function and wait for the instructor to acknowledge you before beginning your comment or question.
- Remember to unmute your microphone and turn on your video camera before speaking.
- Introduce yourself when speaking.
- Remember to mute your mic and turn off your video camera after speaking (unless directed otherwise).

General considerations of “netiquette”:

- Keep in mind the different cultural and linguistic backgrounds of the students in the course.
- Be courteous toward the instructor, your colleagues, and authors whose work you are discussing.
- Be respectful of the diversity of viewpoints that you will encounter in the class and in your readings. The exchange of diverse ideas and opinions is part of the scholarly environment. “Flaming” is never appropriate.
- Be professional and scholarly in all online postings. Cite the ideas of others appropriately.

Note that disruptive behaviour of any type during online classes, including inappropriate use of the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offenses may be subject to disciplinary measures under the Code of Student Conduct.

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.

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 72-76%. 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.