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 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 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)**

Office Hours: Wednesdays, 10:30am to 12:00pm – **Meetings will take place using Zoom (sign-up available on OWL)**

Teaching Assistants: Based on your last name, you will be assigned a particular TA. The names & email addresses of all 5 TA's will be posted to OWL

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

NOTE: All lectures and tutorials will be offered both in-person and online. Students may choose to attend either the in-person lectures OR the online, asynchronous lectures, and either the in-person tutorials OR the synchronous, online tutorials.

*****YOU DO NOT HAVE TO TELL DR. WEDLAKE OR YOUR TA IF YOU DECIDE TO ATTEND THE ONLINE LECTURES & TUTORIALS. AND YOU DO NOT NEED TO TELL DR. WEDLAKE OR YOUR TA WHY YOU HAVE CHOSEN TO ATTEND THE ONLINE LECTURES & TUTORIALS.*****

Day & Time of In-person Lectures: Tuesdays, 12:30 to 2:30pm

Location of In-person Lectures: HSB-40

Online Lectures: Will be posted to OWL by 9:00am on Mondays

Days & Times of Tutorials: Tutorials will start the week of Sept 28th. Sign-up will be done using OWL.

Location of Tutorials: Tutorial locations will be posted to OWL. There will be options for in-person and online, synchronous tutorials.

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 ENVIROMENT

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, and a participation mark.

1. Mid-term Examination #1 – worth 31.5% – Thursday October 14th 2021.
2. Mid-term Examination #2 – worth 31.5% – Thursday November 18th 2021.
3. Final Examination – worth 32% – Scheduled by The Registrar, during the final exam period.
4. Participation in Tutorials – worth 5%

ADDITIONAL NOTES REGARDING MID-TERM EXAMS AND QUIZZES:

- All three exams will be written online using OWL Quizzes. Full details will be provided.
- All students should write both mid-term exams.
- Students can be barred from writing the final exam if they do not engage sufficiently with the course content prior to the final exam. As such, students must write at least 1 of the 2 mid-term exams or they will be barred from writing the final exam.
- There will be no makeup exams for the mid-terms.
- If one of the mid-terms is missed, the value of that exam will be spread out across the other evaluations.
- 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.
- 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 (Ah-nish-in-a-bek), Haudenosaunee (Ho-den-no-show-nee), Lūnaapéewak (Len-ahpay-wuk) and Attawandaron (Add-a-won-da-run) peoples, on lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum.

With this, I respect the longstanding relationships that Indigenous Nations have to this land, as they are the original caretakers. I acknowledge historical and ongoing injustices that Indigenous Peoples (e.g. First Nations, Métis and Inuit) endure in Canada, and I accept responsibility as a public institution to contribute toward revealing and correcting miseducation as well as renewing respectful relationships with Indigenous communities through our teaching, research and community service.

GENERAL COURSE NOTES

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 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://academicsupport.uwo.ca/
2. Student Health -- https://www.uwo.ca/health/

3. Registrar's Office -- http://www.registrar.uwo.ca/
4. Ombudsperson Office -- http://www.uwo.ca/ombuds/

On Health and Wellness:

The undergraduate experience is rewarding and challenging socially, emotionally, and intellectually. Finding ways to balance scholarly life with our personal lives can be tough, but it's important to learn how to manage stress. Western provides several health and wellness-related services to students, which may be found at http://www.health.uwo.ca/. You can also check out the Campus Recreation Centre or the McIntosh Gallery (http://www.mcintoshgallery.ca/), for alternative spaces to reconnect with your bodies and restore your spirit. You may also want to access local resources that are closer to where you are living during the school year. Recalibrating ourselves emotionally begins with slowing down, reminding ourselves that we are ok, and taking a few deep, slow breaths. This remarkably effective strategy brings the body from stress mode into a more relaxed state.

If you are in emotional or mental distress should refer to Mental Health@Western Mental Health Support - Health & Wellness - Western University (uwo.ca)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: Health & Wellness - Western University (uwo.ca). It's also advisable to have a wellness safety plan if you don't want to reach out to formal services. Having the numbers of a few trusted individuals is another strategy.

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.