

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:

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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 un

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

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