

An in-depth investigation into the philosophical and scientific nature of mental health and well-being, with a focus on the role of spirituality and emotion in recovery from cancer and addiction. Special attention will be paid to elucidating the neurophysiological and psychological basis of emotion. The course requires extensive reading and class participation and has an important 'teach-yourself' independent-study orientation.

Course topics may include, but will not necessarily be limited to: historical and contemporary examinations of

lecture hours.

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

- Critically appraise, discuss and debate theories and concepts covered in assigned readings, in small and large groups discussions.
- Write a comprehensive and coherently articulated critically reflective analysis of a feature length film.
- Review, analyze and evaluate academic literature.
- Compare, critique and organize research to enable the composition of a research essay.

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.

Good note taking skills are important, if not essential, in both the academic environment and in other professions. For these reasons, the responsibility for note taking in class is that of the students. It will be your responsibility to create the full complement of notes from each class. Any additional content such as from films, additional readings, etc, will be examinable. Should you miss any classes, you are responsible for retrieving the relevant notes from classmates. Please do not ask me for lecture notes and/or PowerPoint slides - they will not be given to you. If you find that the lectures are moving too quickly or too slowly, please let me know. If others feel the same way, then I will do my best to accommodate the majority. If, for any reason, you are having difficulties taking notes, let me know, and I will try to help you find a student who may be willing to share notes with you.

TBA**

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Readings and course materials (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, website content, etc. 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.

Evaluation for this course consists of four components: participation & attendance (10%); a written critical analysis of a feature length film (20%); a mid-term examination (30%); a research essay (40%).

