

THE UNIVERSITY OF WESTERN ONTARIO
LONDON, CANADA

School of Health Studies
Health Sciences 2110B - Resilience and the Creation of Wellbeing
Winter 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 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.
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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.

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% – **In class on Monday February 3rd 2020.**
2. Mid-term Examination #2 – worth 32.5% – **In class on Monday March 9th 2020.**
3. Final Examination – worth 35% – **Scheduled by The Registrar, during the final exam period.**

*****Locations for the mid-term exams will be announced in class and on OWL prior to the exams.*****

PLEASE NOTE THE FOLLOWING:

- 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 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.

GENERAL C

(<http://www.mcintoshgallery.ca/>). Further information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

If you are in emotional or mental distress should refer to Meisd1 Tco He p.2 (e)s352w 11.uca/