

THE UNIVERSITY OF WESTERN ONTARIO
LONDON, CANADA

School of Health Studies
Health Sciences 4208A Understanding Stress
Fall 2019

COURSE DESCRIPTION

In this course we will undertake a critical examination of the notion of stress, broadly speaking. The topics covered will include, but will not be limited to: stress as fear, stress as health science. Health Sciences 4208A (17) (Fall 2019)

NOTE: Unless you have either the requisites for this course or to enroll in it, you may be removed from this course and it will

COURSE INFORMATION

Instructor: Dr. Marnie Wedlake PhD RP

Email: mwedlak@uwo.ca (contact me using this email address only)

Office: HSB 340

Office Hours: Tuesday- 10:30am to 12:00pm

Thursdays 2:30pm to 3:30pm

Teaching Assistant: TBA

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

Days & Times of Lectures: Mondays 9:30am to 11:30am

Wednesdays 9:30am to 10:30am

Class attendance is required

Please see the SHS attendance policy under General Course Notes

Location of Lectures: TC204

TEXTBOOKS

Horwitz, A. V., & Wakefield, J. C., (2012). All we have to fear: Psychiatry's transformation of natural anxieties into mental disorders. New York, NY: Oxford.

Csikszentmihalyi, M. (2008). Flow: The psychology of optimal experience. New York, NY: Harper Perennial Modern Classics.

Frankl, V. E. (2006). Man's search for meaning. Boston, MA: Beacon Press.

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Reading during a lecture, using cell phones/texting, not turning off cell phones, the disturbing consumption of food or drink, littering the classroom, the use of i

4. Group Project consists of 3 separate but related parts 10% for each part; 30% TOTAL
PART 1 Conceptualization Statement 10% - Due date: Monday October 7th 2019
PART 2 Annotated Bibliography 10% - Due date: Monday November 1st 2019
PART 3 Overview of the Research 10% - Due & Presented in class on Monday December 2nd or
Wednesday December 4th 2019.

All 3 parts of the group project must be submitted through OWL by 11:55pm on the date they are due.

NOTE REGARDING GROUP WORK

Students will, as a group, monitor the distribution and completion of all aspects of the work required to complete group assignments. Included in this is the requirement of all groups to ensure assignments are completed and submitted by the deadlines as stated in this outline. Deadlines ~~missed~~ resulting from any experiences of conflict (perceived or otherwise) within the group ~~will~~ not be accepted.

NOTE REGARDING EXAMS:

- x The final exam is cumulative
- x Computer marked multiple

- (i) Submitting a Self-Reported Absence form, provided that the conditions for submission are met;
- (ii) (m)-5.2 (i)2.6 (3.002 Tc d]TJ 0 ic Tw1 (l ab]TJ 0 s)9(i)202 Tc)]TJ 0 c T1(e f02 Tc s)9(i)2, T1(i)13T

Attendance:

In the School of Health Studies, each course instructor sets specific expectations for attendance and participation that are specific to the course, teaching objectives, and learning outcomes.

Regular attendance is expected and essential for all courses, but particularly those that include participation grades in their evaluation schemes. Participation means not only attendance, but active engagement in the class, including (for example) contribution to small and large group discussions, a demonstrated effort to prepare for class by completing assigned readings before class, and following the instructor's guidelines for use of electronic devices during class time. Students who miss classes, or parts of classes, are responsible for the material they have missed. Instructors are not obliged to review the contents of missed lectures.

Persistent absenteeism may have serious repercussions, and may result in you failing this course. In this course, the equivalent of 3 weeks of unexcused absences, per term, will be considered to be persistent absenteeism. Persistent absenteeism will result in you being contacted by the instructor, who may

