

The University of Western Ontario
School of Health Studies
HS 2110A
Resilience and the Creation of Wellbeing
Term: Summer 2021

Land Acknowledgement

Western University recognizes that its campus is situated on First Nations land, the Great Lakes from which we draw water. We acknowledge the Dishonourable Sir John A. Macdonald, P.C., M.P., who generously gave permission for its use.

Course Instructor: Stewart J. Smith PhD (c)

Email: ssmit457@uwo.ca

Office Hours: Online by appointment on Wednesdays 1:00 to 3:00 pm (Eastern Standard Time) instructor to arrange for a meeting.

Delivery Format: Asynchronous

Course Description: In this course the focus will be on an examination of resilience and well-being as these relate to personal and social determinants of health. Through the course we will explore (a) the tensions between human behaviour and social discourse will be studied.

Learning Goals: The major objectives are to expose students to the larger themes in the study of personal and social determinants of health. Understandings of the general research on resilience and well-being will lead to specific considerations of personal and social factors that affect health.

Learning Outcomes:

At the end of the course, student should be able to:

- Demonstrate knowledge of definitions and research trends related to resilience and well-being
- Be able to apply resilience and well-being ideas to analyze personal and social factors related to overall health.
- Demonstrate knowledge related to Indigenous and western holistic principles related to overall health.
- Demonstrate knowledge of how principles of resilience and well-being relate to health care professionals.

Course Resources:

All required course readings can be accessed through the course site in the Course Readings section

		<p>Week On "Compound Time" https://medium.com/accelerated-intelligence/whysuccessfulpeoplespend10-hours-a-week-on-compound-time-79d64d8132a8</p>
<p>TOPIC 11</p> <p>DATE 07 June 2021</p>	<p>Tolerance & wellbeing</p>	<p><i>required readings</i></p> <p>Alnaji, L., Askari, M.Y. & El Refae, G.A., (2016). Can tolerance of diverse groups improve the wellbeing of societies? International Journal of Economics and Business Research, 11(1), 748-754.</p> <p>Carver, L. (2016). 8 Tips to build tolerance in your life. Chopra.com https://chopra.com/articles/8-tips-to-build-tolerance-in-your-life</p> <p>Howard. M. (2010). Why we need eccentricity. The Guardian. https://www.theguardian.com/commentisfree/2010/apr/01/eccentricity-einsteinprince-society</p> <p>Jarrett, C. (2019). Xenophobic one minute, tolerant the next: Humans are strange primates. Aeon Psyche. https://aeon.co/ideas/xenophobic-one-minute-tolerant-the-next-humans-are-strange-primates</p> <p>Mohsene, L. (2019). The benefits of being an outsider. Medium Psychology September 19, 2019. https://medium.com/@lauramohsene/the-benefits-of-being-an-outsider-875d6cabc6cb</p>

TOPIC 12 Resilience DC 5.4 B

DATE
09 June
2021

Participation reflection papers after asynchronous talks	5 separate reflections 1 to 2 pages, single spaced, 12 point font, APA referencing. Respond to the weekly question related to the topics covered each week will be posted.	07 May 2021 14 May 2021 21 May 2021 28 May 2021 04 June 2021	35
Final paper	Research Paper 10 to 12 pages plus title page and reference list. APA referencing. Papers to be informed by at least 6 course resources and 5 external peer reviewed references.	11 June 2021	25
Final exam	Final exam/test based on the entire course content including information from lectures, web resources, and course readings. The exam will include multiple choice and short answer questions.	to be announced	40

Turnitin -computer checking software:

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>)

- 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 supported absence;
- ***Must communicate with their instructors no later than 24 hours*** after the end of the period covered by either the supported absence or SMC, or immediately upon their return following a documented absence;
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4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

Health and Wellness