

**Faculty of Health Sciences
Health Sciences 4051G (001)
Mental Well-Being and Recovery
Mon 11:30 – 13:30
Winter Term 2020-2021**

Course Outline

Latest Version December 16, 2020

Instructor: Dr. Louis C. CharlandCha 217 Health Sciences Building (HSB)
Office Hours by appointment
Class Times: Synchronous Class and Discussion Time Mon 11:30-13:30

COURSE PREREQUISITE CHECKING

Practice and improve critical thinking, reading, writing, and speaking skills;
Foster professional skills and attitude in all aspects of the course.

TO CONSIDER

This is an essay course with considerable reading and writing
This course involves considerable independent work and study
This course fosters professional development on all levels

COURSE TEXTS

James, William. (1902/2003). *The Varieties of Religious Experience*. London: (London & New York: Penguin Books). Required excerpts available on Course Website Resource Folder

- Jon Kabat Zinn. (2013). *Full Catastrophe Living*, Revised and Updated Edition. New York Bantam Books.

Assorted articles in Resources section on Western OWL course website, also available through UWO Library Catalogue if you look up specific journal article.

COURSE REQUIREMENTS

- Mid-Term Test | Out of 30 marks, worth 20% of final mark.

Essay style, online submission. Synchronous 24hr format. Mon Feb 22 11:30 am - Tue Feb 23 11:30 am

- Community participation commentary assignment | Out of 10 marks, worth 10% of final mark.
Essay style, online submission. Due Mon Apr 12 11:30 am or preferably anytime prior to that date.

- Essay | Out of 100 marks worth 35% of final mark.
Essay style, online submission. Due at Mon

merely summarizing and repeating class lecture material. There are no official class lecture notes

Single marks will be deducted for all spelling errors, bad grammar, and formatting errors, up to a maximum of 10 marks. Professional writing standards are very strict when applying for jobs, scholarships, and submitting scholarly work. Please be careful as this is a key ingredient of your professional development skills development in this course. Finally, except for your

capture various aspects of life in general, perhaps especially in our current moment of global flux. For your commentary, you may use online research, community and other news sources or, preferably, a site visit to where public brochures and education are available. A good place to start is with online organizations or groups devoted to some DSM-5 patient population or cause. Level of personal initiative and 'fieldwo

explicitly noted otherwise, you may not make audio or video recordings of pre-recorded lectures or other course materials, nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.

ACCESSING DSM 5 ONLINE

The Diagnostic Statistical Manual of Mental Disorders, Fifth Edition (usually referred to as 'DSM 5') which is published by the American Psychiatric Association (APA), is an indispensable reference source for this course. You can reference citations from this text as: (APA 2013, 10). Then include the full reference in your bibliography as follows:

American Psychiatric Association. (2013). Diagnostic Statistical Manual of Mental Disorder, Fifth Edition. Washington: American Psychiatric Association.

You can access DSM 5 online through the UWO library site and interface by typing 'DSM 5' in the online catalogue and selecting Diagnostic and statistical manual _ b a tt©

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No classes:

- Nov. 2nd – 8th, 2020 (Fall Reading Week) or Feb. 13th to 21st, 2021 (Spring Reading Week)
- Between Dec. 5th, 2020 and Jan. 3rd, 2021 or after Apr. 6th, 2021

At least 15% of the final grade will be returned to students by:

- Nov. 8th, 2020 (for 1st-term half-courses) or Mar. 4th, 2021 (for 2nd-term half-courses)
- Nov. 26th, 2020 (for full-year courses)

No tests scheduled:

- after Nov. 13th, 2020 at 10pm (for 1st-term half-courses) or after Mar. 12th, 2021 at 10pm (for 2nd term half-courses)
- after Nov. 27th, 2020 at 6pm (for full-year courses) or after Mar. 12th, 2021

**THIS OUTLINE AND SCHEDULE MAY BE REVISED WITH PRIOR NOTICE DUE
TO CLASS ENROLMENT AND OTHER FACTORS**