

## **Health Sciences 1110**

Personal and Social Determinants of Resilience and Wellbeing  
Fall 2022

Location of classes: HSB-40

Lectures (2 hours): Tuesdays 12:30 to 2:30pm

Tutorials (1 hour): Students will be assigned a tutorial

Instructor: Dr. Anushka Ataulhjan

Contact information: [anushka.ataullahjan@uwo.ca](mailto:anushka.ataullahjan@uwo.ca)

Teaching Assistants: TBA

Course Materials posted on OWL

### **Email Policy:**

Please check the syllabus for any relevant information before sending your TA an email. If the requested information is in the syllabus, we will respond with a quick, pleasant response indicating this. If the request falls outside of the syllabus, we will respond accordingly and, on a case-by-case basis. In alignment with policies at Western University, I do not check my email on evenings or weekends, and the same is true of our TAs. Please include the course title in your email subject line.

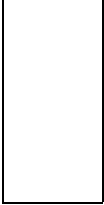
### **Prerequisite**

	Exam: October 18 <sup>th</sup>	

3	Sept 27, 2022	<b>Wellbeing</b>
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Dodge, R., Daly, A., Huyton, J., & Sanders, L. (2012). The challenge of defining wellbeing

8	Nov 1, 2022	Reading Week
9	Nov 8, 2022	<p><b><i>Attention or Time Management?</i></b></p> <p>Grant, A. (2019) Attention Management. The New York Times. <a href="https://www.nytimes.com/2019/03/28/smarter-living/productivity-isnt-about-time-management-its-about-attention-management.html">https://www.nytimes.com/2019/03/28/smarter-living/productivity-isnt-about-time-management-its-about-attention-management.html</a></p> <p>Why our screens make us less happy   <i>YouTube</i> uploaded by TED 1 Aug 2017 <a href="https://www.youtube.com/watch?v=0K5OO2ybueM">https://www.youtube.com/watch?v=0K5OO2ybueM</a></p>
10	Nov 15, 2022	<p><b><i>Managing Stress</i></b></p> <p>Parker-Pope, T. How to Be Better at Stress. The New York Times. <a href="https://www.nytimes.com/guides/well/how-to-deal-with-stress">https://www.nytimes.com/guides/well/how-to-deal-with-stress</a></p> <p>Stein, L. (2020) What Is Self Care Now, Anyway?. The New York Times <a href="https://www.nytimes.com/2020/10/26/us/women-self-care-beauty-leigh-stein.html">https://www.nytimes.com/2020/10/26/us/women-self-care-beauty-leigh-stein.html</a></p>



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Hughes, J. M. C., & McCabe, D. L. (2006). Academic misconduct within higher education in Canada. *Canadian Journal of Higher Education*, 36(2), 1-21.

Guest Speaker: TBD

### **Use of Laptops and Electronic Devices:**

**During Exams:** Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.

**During Lectures and Tutorials:** Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

### **Scholastic offenses:**

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: [Academic Calendar - Western University \(uwo.ca\)](#)

### **Support Services:**

There are various support services around campus, and these include, but are not limited to:

1. Student Development Centre -- <http://academicsupport.uwo.ca/>
2. Student Health -- <https://www.uwo.ca/health/>
3. -- <http://www.registrar.uwo.ca/>
4. Ombudsperson Office -- <http://www.uwo.ca/ombuds/>

The undergraduate experience is rewarding and challenging socially, emotionally, and intellectually.

to manage stress. Western provides several health and wellness-related services to students, which may be found at <http://www.health.uwo.ca/>. You can also check out the Campus Recreation Centre or the McIntosh Gallery ( <http://www.mcintoshgallery.ca/>), for alternative spaces to reconnect with your bodies and restore your spirit. You may also want to access local resources that are closer to where you are living during the school year. Recalibrating ourselves emotionally begins with slowing down, reminding ourselves that we are ok, and taking a few deep, slow breaths. This remarkably effective strategy brings the body from stress mode into a more relaxed state.

B	70-79	Good work, meeting all requirements and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable.
F	below 50	Fail

It is expected that the grades for this course will fall between 68-72. In the event that the course average falls outside this range, a constant may be added (or subtracted) from each to bring the class average in line with school policy.