

WESTERN UNIVERSITY
Course Guide

Winter 2023

HS 4051G Mental Health: Well-Being and Recovery (0.5 FCE)

Lectures: Mondays, 11:30am - 13:30pm

Venue: WSC-240

Instructor: Dr. Alaazi
E-Mail: dalaazi@uwo.ca
Phone Number: 519 661-2111 xTBA
Office Location: Room TBA, HSB
Office Hours: By appointment

PREREQUISITE(S)

Registration in the third or fourth year of the School of Health Studies. Unless you have either the prerequisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

COURSE OF DELIVERY

This course is designed for in-person delivery. Students are expected to attend weekly in-person classes.

COURSE DESCRIPTION

This course provides an in-depth exploration of the theoretical and sociological foundations of mental health and recovery. It explores the role of social identity, culture, and society in the biology of mental health problems and recovery. Specifically, the course examines the ways in which culture, race, social class, gender, and age contribute to mental illness and recovery in both Western and non-Western societies.

COURSE OBJECTIVES

The objective of this course is to introduce students to the theoretical and sociological foundations of mental illness and recovery. The course will introduce students to the social and cultural basis of mental illness and recovery, as well as approaches to mental health promotion. The course is also expected to improve the critical thinking, reading, and writing skills of students.

LEARNING OUTCOMES

Upon successful completion of this course, students will be able to:

explain the concepts of mental health and mental illness;
describe the sociological and cultural foundations of mental illness;
discuss the role of various social identities in the etiology of mental illness and recovery;
identify and explain stressors and risk factors for mental health problems;
discuss the role resiliency in recovery;
explain various approaches to mental health recovery;
hone their reading, critical thinking, and writing skills.

COURSE EXPECTATIONS

Students are expected to attend in-person classes, listen to lectures given by the instructor, and participate in class discussions. The purpose of the class lectures is to introduce the topics and the required readings, and students are expected to complete all the required readings and come to class well-prepared to contribute to class discussions and debates. Students are encouraged to write their own notes based on the lectures given by the course instructor. Students who miss classes are responsible for obtaining the relevant notes from colleagues in the class. Students are expected to complete and submit all course assignments to the instructor by the stipulated dates. Students with medical conditions affecting their class participation can reach out to the instructor in advance for assistance.

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people gone? *Current Psychiatry Reports*, 14(3),
259-269.

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.**

STATEMENT ON ACADEMIC OFFENCES

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 \(uwo.ca\)](http://www.uwo.ca/academiccalendar/).

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/>

HEALTH AND WELLNESS

The undergraduate experience is rewarding and challenging socially, emotionally, and intellectually. Finding ways to balance scholarl important to learn how 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

GRADING POLICY

University-wide descriptor of the meaning of letter grades, as approved by the Senate:

A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work that is clearly above average
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 74% and 80%. In the event that the course average falls outside this range, a constant may be added (or subtracted) grade, by the instructor, to bring the class average in line with school policy.

Year 1: 68-72

Year 2: 70-74 (core) and 72-76 (elective)

Year 3: 72-76 (core) and 74-78 (elective)

Year 4: 74-80

COMMON CONCERNS GUIDELINES

The table below summarizes a list of common student concerns and how they are to be resolved. If you have a concern that is not listed here, then please email your instructor.

Concern	How to address concern
Course administrative matters	Read through the course outline or email instructor if question cannot be answered from information in the course outline