

Western University
School of Health Studies
HS4620F: Foundations of Mental Health
Fall 2022, September 9 – December 6

1.0 CALENDAR DESCRIPTION

A survey of contemporary and historical issues in mental health sciences, including: the relation between mental and physical health and related concepts of disability; evolution and comparison of various diagnostic systems; in-depth case studies on issues such as pain, addiction, marketing and testing of pharmaceutical products; and culture bound syndromes.

Prerequisites: HS2610F/G; enrolment in 3rd or 4th year of a Bachelor of Health Sciences program

Anti-requisites: None

Unless you have either the requisites 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.

2.0 LAND ACKNOWLEDGEMENT

We acknowledge that Western University is located on the traditional lands of the Anishinaabek, Haudenosaunee, L naapéewak, and Attawandaron peoples, on lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum.

With this, I respect the longstanding relationships that Indigenous Nations have to this land, as they are the original caretakers. We acknowledge historical and ongoing injustices that Indigenous Peoples (e.g., First Nations, Métis and Inuit) endure in Canada, and we accept responsibility as a public institution to contribute toward revealing and correcting miseducation as well as renewing respectful relationships with Indigenous communities through our teaching, research and community service.

3.0 COURSE INFORMATION

Instructor: Eric Collins, PhD

Office: Online (Zoom)

Office Hours: By appointment

Email: ecollin9@uwo.ca (48-hour response on weekdays and 72 hours during exams and holidays)

Lectures: Tuesdays, 5:30 p.m. – 7:30 p.m. in Physics and Astronomy Building (PAB), room 34

Tutorials: None

Attendance and Classroom Behaviour (online and/or in-person)

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.**

During Lectures: Although you are welcome to use a computer during lecture 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.**

5.1 STUDENT LEARNING OUTCOMES

Learning Outcome	Learning Activity	Learning Assessment
<p><i>Depth and Breadth of Knowledge</i></p> <p><i>Understand the many elements that constitute and shape the bedrock of mental health</i></p>	<p><i>Lectures</i></p> <p><i>Readings</i></p>	<p><i>Forums</i></p> <p><i>Group Presentation</i></p> <p><i>Essays</i></p>
<p><i>Application of Knowledge</i></p> <p><i>Evaluate important concepts, key terms, and prominent theories, and demonstrate an understanding of these components via forums and essays</i></p>	<p><i>Lectures</i></p> <p><i>Readings</i></p>	<p><i>Forums</i></p> <p><i>Group Presentation</i></p> <p><i>Essays</i></p>
<p><i>Application of Methodologies</i></p> <p><i>Establish and demonstrate an understanding of critical reflection and expository essay writing</i></p>	<p><i>Lecture (Seminars)</i></p>	<p><i>Forums</i></p> <p><i>Group Presentation</i></p> <p><i>Essays</i></p>

6.0 ASSESSMENT/EVALUATION SCHEDULE

Forum (10%): Ten questions will be posted to the **Forum** on **OWL** throughout the term. Questions are generated from weekly lectures and readings. Each student must provide an original response to each week's posting and comment on a fellow student's original response. Each week's original response and comment are worth a total of 1%. There are no part marks. Students are expected to provide thoughtful responses and comments demonstrating critical thinking and an understanding of important concepts, key terms, and prominent theories. Each response and comment must include a minimum of 80 words. Examples are posted in the **Forum** on **OWL**.

Midterm Essay (30%): This essay is a critical reflection of *The positive psychology of synchronicity: Enhance your mental health with the power of coincidence* (Mackey, 2019). This paper must be between 6-8 pages (max), double-spaced, and formatted in APA style (7th edition) and is due on **October 24**. Please review the rubric for more information. Late essays will be penalized 5% per day for five days. After five days, you will receive a zero.

8.0 CLASS/ASSESSMENT SCHEDULE (subject to change)

Week	Day	Topic	Assessment
1	Sep 13	Course Introduction	Forum 1 (opens)
2	Sep 20	Writing Seminar 1	Forum 2 (opens)
3	Sep 27	Mind-Body Connection	Forum 3 (opens)
4	Oct 4	Synchronicity	Forum 4 (opens)
5	Oct 11	Spirituality	

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to meet academic requirements, may submit a request for academic consideration through the following routes:

- (i) For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, in order to be eligible for Academic Consideration; or
- (ii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to academic advising office in their Faculty of registration, in order to be eligible for academic consideration.

Students seeking academic consideration:

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