

Western University
Media, Information & Technoculture AND School of Health Studies
MIT3202F: Media and Mental Health/HS3202F: Media and Mental Health
Fall 2023

1.0 CALENDAR DESCRIPTION

This course explores the role of media in shaping our understanding of mental health and mental illness. Students will produce traditional, academic assignments as well as work aimed at non-academic audiences.

Prerequisites

FIMS: Restricted to years 3 & 4 FIMS modules. Not open to MIT minor module. ~~Cross~~
w-Crosses: MED342F, GSB-P612A15, 206A5, 2017180, 201819, HS4093F if
taken in 202021, 202122, or 202223.

NOTE: 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 ~~adjust~~ 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, Inaapeewak, and Chonnonton Nations, 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)

Teaching Assistant:

Office: Online (Zoom)

Office Hours: By appointment

Email: lfletc4@uwo.ca (48-hour response on weekdays and 72 hours during exams and holidays)

Lectures: Mondays 2:30 – 5:30

Tutorials: None

4.0 COURSE MATERIALS (REQUIRED)

Mental Health Issues and the Media. An Introduction for Health Professionals (Morris, 2006).
Routledge

Additional readings and videos will be posted to OWL in the Resources tool.

5.0 COURSE OBJECTIVES

This course aims to examine the relationship between media and mental health. Course materials provide students with a theoretically grounded introduction to the ways in which our ideas and attitudes are shaped by various forms of media. We endeavour to assess the role of the press, literature, film, television, as well as the Internet and social media in mental health. Students will be encouraged to think critically about the media's messaging concerning mental health and challenge the myths and stigma associated with mental illness.

5.1 STUDENT LEARNING OUTCOMES

| Learning Outcome | Learning Activity | Learning Assessment |
|---|--------------------------------------|-------------------------------------|
| Depth and Breadth of Knowledge <ul style="list-style-type: none"> Understand and critically analyze how and why the media has shaped and continues to shape society's attitudes and ideas about mental health and illness | Lectures Readings Videos | Forums Essays Quizzes Exam |
| Application of Knowledge <ul style="list-style-type: none"> Evaluate important concepts, key terms, and prominent theories, and demonstrate an understanding of these via forums, essay and exams | Lectures Readings Videos | Forums Essays Quizzes Exam |
| Application of Methodologies <ul style="list-style-type: none"> Establish and demonstrate a understanding of critical reflection and expository | Lectures(Writing Seminars) Videos | |

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Midterm Essay (25%): The essay is a critical reflection (reflective essay) on *Clara's Big Ride* (YouTube). This paper must be between 4-6 pages (max), double spaced, and formatted in APA style (7th edition) and is due on November 8. 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.

Final Essay (30%): The final essay is an expository essay based on *Take Your Pills: Xanax* (Netflix). Eserm :

8.0 CLASS/ASSESSMENT SCHEDULE

| Lecture | Day | Topic | Assessment |
|---------|---------|---------------------|------------|
| 1 | Sept 11 | Course Introduction | |

(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.

16.1 STUDENTS SEEKING ACADEMIC CONSIDERATION

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.

If you are in emotional or mental distress should refer to Mental Health@Western [Mental Health Support Health & Wellness -Western University \(uwo.ca\)](mailto:MentalHealthSupport@uwo.ca) for a complete list of options about how to obtain help. [Thames Valley Family Services \(https://www.familyservicethamesvalley.com/\)](https://www.familyservicethamesvalley.com/) a trusted provider within the community. To help you learn more about mental health, Western has developed an interactive mental health learning module, found [here Health & Wellness Western University \(uwo.ca\)](https://www.uwo.ca/healthandwellness/). It's also advisable to have a wellness safety plan if you don't want to reach out to formal services. Having the numbers of a few trusted individuals is another strategy.

19.0 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 |
| Course content questions | Refer to the OWL Resources (notes, calendar, etc.). Email the instructor. |
| Grade disputes and requests for appeals | <p>A student requesting an appeal to a specific course with respect to a grade for an assignment or examination must first contact their instructor to discuss such matters.</p> <p>Visit the following website for guide on submitting an appeal: https://uwo.ca/fhs/policies/appeals.html</p> |