HLTH AGE 3M03 - APPROACHES TO MENTAL HEALTH AND RESILIENCE

Fall 2019

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Lecture: Thursday 7:00 – 10:00

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Course Objectives
Resiliency is a key concept in the field of social sciences and mental health. This course explores approaches to resilience among a range of groups and social contexts. Students will examine topics such as academic resilience, community resilience, and resilience in cultural context as they related to the broad determinants of mental health.

Required Materials and Texts
There is no text in this course. The schedule below lists the readings for each week. All are available through the McMaster library system.

Class Format
Each class will feature a combination of lecture, presentations and discussion. In each class, there is an expectation that students will contribute to learning. The nature of this contribution will vary as the course unfolds.

Course Evaluation
Please submit all written assignments double-spaced with one-inch borders in 12-pitch font. Please include a list of references and a title page that includes your name, ID number and date. Please use APA style or another standardized style found in a scholarly journal.

Written Assignments
There are two written assignments and one group presentation in the course.

1. First (25%; due October 10th; 4-5 pages) is an individual written assignment in which students reflect on their own experiences of resilience relating them to readings in the first three weeks of the course and the group work on the academic resilience planner (Introduction to Mental Health; Academic Resilience and Mental Health; Critical Perspectives on Forms of Resilience).

2. Second (25%; in class presentation and slides; November 14th – 28th) is a group presentation. The purpose of this presentation is to analyze a mental health and resilience intervention to the course material from the second section of the course, weeks (Psychological Resilience and Mental Health; Social Psychological Resilience and Mental Health; Intersectional Resilience and Mental Health; Community Resilience and Mental Health). Groups are expected to make a 10-15 minute presentation and submit their presentation slides.

3. Third (25%; due between November 28th and December 12th; 4-6 pages) taking a critical perspective compare and contrast two perspectives from the second section of the course (Psychological Resilience and Mental Health; Social Psychological
Resilience and Mental Health; Intersectional Resilience and Mental Health; Community Resilience and Mental Health).

**Weekly Group Work and Presentations (25%)**
In each class, there will be informal mandatory group work and presentations marked pass or fail. For inadequate or missed presentations, students can submit a two page written summary. Assigning full marks happens once students and/or groups have provided an adequate presentation or summary for each week. For completed presentations students automatically receive a grade in the A range.

**Weekly Course Schedule and Required Readings**

**Week 1 (September 5)**

Course Overview  
No Readings

**PART ONE**

**Week 2 (September 12)**

Introduction to Resilience and Mental Health  
Readings:  

**Group Work: Establishing Groups and Setting Learning Objectives**

**Week 3 (September 19)**

Academic Resilience and Mental Health  
Readings:  


**Group Work: Surviving and Thriving Planner**

**Week 4 (September 26)**

**Critical Perspectives on Forms of Resilience and Mental Health**

Readings:


**Group Work: Critique of the Academic Planner**

**PART TWO**

**Week 5 (October 3)**

**Psychological Resilience and Mental Health**

Readings:


**Group Work: Identifying Mental Health and Resilience Intervention**

### Week 6 (October 10)

**Social Psychological Resilience and Mental Health**

**Readings:**


**Group Work: Describing Resilience and Mental Health Interventions**

**Assignment 1 is due**

**Week 7 (October 17)**

**Reading Week**

**Week 8 (October 24)**

**Intersectional Resilience and Mental Health**

**Readings:**


Group Work: Analyzing Resilience and Mental Health Interventions

Week 9 (October 31)

Community Resilience and Mental Health

Readings:


Group Work: Presentation Planning
PART THREE

Week 10 (November 7)

Group Work and Assignment Three Discussion
No Readings

Week 11 (November 14)

Resilience and Mental Health Interventions

Readings:

Group Work: Presentations

Week 12 (November 21)

A Critical Pragmatic Theory of Resiliency and Mental Health

Readings:

Group Work: Presentations

Week 13 (November 28)

Conclusion
No Readings

Group Work: Presentations

Assignment 3 is due between November 28th and December 12th
Course Policies

Grades
Grades are on the McMaster University grading scale:

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<tr>
<td>90-100</td>
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<td>80-84</td>
<td>A-</td>
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<td>77-79</td>
<td>B+</td>
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Late Assignments
Please contact the professor if you have a late assignment or anticipate that an assignment will be late.

Requests for Relief for Missed Academic Term Work
McMaster Student Absence Form (MSAF)
In the event of an absence for medical or other reasons, students should review and follow the Academic Regulation in the Undergraduate Calendar “Requests for Relief for Missed Academic Term Work”.

Course Modification
The instructor reserves the right to modify elements of the course during the term. If any modification becomes necessary, reasonable notice and communication with the students will be given with explanation and the opportunity to comment on changes. It is the responsibility of the student to check his/her McMaster email and course websites weekly during the term and to note any changes.

University Policies

Academic Integrity Statement
You are expected to exhibit honesty and use ethical behavior in all aspects of the learning process. Academic credentials you earn are rooted in principles of honesty and academic integrity.
Academic dishonesty is to knowingly act or fail to act in a way that results or could result in unearned academic credit or advantage. This behavior can result in serious consequences, e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript (notation reads: “Grade of F assigned for academic dishonesty”), and/or suspension or expulsion from the university.

It is your responsibility to understand what constitutes academic dishonesty. For information on the various types of academic dishonesty please refer to the Academic Integrity Policy, located at www.mcmaster.ca/academicintegrity.

The following illustrates only three forms of academic dishonesty:

- Plagiarism, e.g. the submission of work that is not one’s own or for which credit has been obtained.
- Improper collaboration in group work.
- Copying or using unauthorized aids in tests and examinations.

**Academic Accommodation of Students with Disabilities**

Students who require academic accommodation must contact Student Accessibility Services (SAS) to make arrangements with a Program Coordinator. Academic accommodations must be arranged for each term of study. Student Accessibility Services can be contacted by phone 905-525-9140 ext. 28652 or e-mail sas@mcmaster.ca. For further information, consult McMaster University’s Policy for Academic Accommodation of Students with Disabilities.

If you require this course outline in an alternate/accessible format, please contact the Department of Health, Aging & Society (ext. 27227 | e-mail: hasdept@mcmaster.ca).

**Academic Accommodation for Religious, Indigenous or Spiritual Observances (RISO)**

Students requiring academic accommodation based on religious, indigenous or spiritual observances should follow the procedures set out in the RISO policy. Students requiring a RISO accommodation should submit their request to their Faculty Office normally within 10 working days of the beginning of term in which they anticipate a need for accommodation or to the Registrar’s Office prior to their examinations. Students should also contact their instructors as soon as possible to make alternative arrangements for classes, assignments, and tests.

**Faculty of Social Sciences E-mail Communication Policy**

Effective September 1, 2010, it is the policy of the Faculty of Social Sciences that all e-mail communication sent from students to instructors (including TAs), and from students to staff, must originate from the student’s own McMaster University e-mail account. This policy protects confidentiality and confirms the identity of the student. It is the student’s responsibility to ensure that communication is sent to the university from a McMaster
account. If an instructor becomes aware that a communication has come from an alternate address, the instructor may not reply at his or her discretion.

**Extreme Circumstances**
The University reserves the right to change the dates and deadlines for any or all courses in extreme circumstances (e.g., severe weather, labour disruptions, etc.). Changes will be communicated through regular McMaster communication channels, such as McMaster Daily News, A2L and/or McMaster email.