HLTH AGE 3M03 - APPROACHES TO MENTAL HEALTH AND RESILIENCE

Fall 2020

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Room: Virtual Classroom
Office: KTH 234, ext.24825
Office Hours: [by appointment]
Lecture: Thursday 7:00PM - 10:00PM

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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 recorded lecture that will be posted to Avenue to Learn prior to each scheduled class time. Students are invited to join an online zoom meeting during the schedule class time to discuss the lecture material, readings and assignments. The zoom meeting each week will be recorded and posted to Avenue to Learn.

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 conference style poster submission in the course.

Reflection – 35% (due between October 15 and October 22)
Conference Poster – 30% (due between November 26 and December 3)
Writing Assignment – 35% (due between December 5 and December 12)

1. First (35%; due between October 15 and October 22; 3-4 pages) is an individual written assignment in which students reflect on their own experience of completing the Academic Resilience Planner in relation to the first three weeks of the course material (Introduction to Mental Health; Academic Resilience and Mental Health; Critical Perspectives on Forms of Resilience).

2. Second (30%; due between November 26 and December 3) is conference style poster submission. The purpose of this poster is to analyze a mental health and resilience intervention in relation 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).
3. **Third** (35%; due between December 5 and December 12; 4-6 pages) is an individual writing assignments that takes a critical perspective on the intervention you studied in your groups drawing on course material from the entire course.

**Weekly Course Schedule and Required Readings**

**Week 1 (September 10)**
- **Course Overview**
- **No Readings**

**PART ONE**

**Week 2 (September 17)**
- **Introduction to Resilience and Mental Health**
- **Readings:**

**Week 3 (September 24)**
- **Academic Resilience and Mental Health**
- **Readings:**

Week 4 (October 1)
Critical Perspectives on Forms of Resilience and Mental Health
Readings:


PART TWO
Week 5 (October 8)
Psychological Resilience and Mental Health
Readings:


Assignment One is Due between October 15 and October 22
**Week 6 (October 15)**

**Reading Week**

**Week 7 (October 22)**

**Social Psychological Resilience and Mental Health**

Readings:


**Week 8 (October 29)**

**Intersectional Resilience and Mental Health**

Readings:


Week 9 (November 5)

Community Resilience and Mental Health

Readings:


PART THREE

Week 10 (November 12)

Conference Style Poster Submission Discussion

No Readings

Week 11 (November 19)

Resilience and Mental Health Interventions

Readings:


Assignment One is Due between November 26 and December 3

Week 12 (November 26)

A Critical Pragmatic Theory of Resiliency and Mental Health

Readings:


Week 13 (December 3)
Conclusion
No Readings

Assignment 3 is due between December 5 and December 12
Course Policies

Grades
Grades will be based on the McMaster University grading scale:

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<tr>
<th>MARK</th>
<th>GRADE</th>
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<tbody>
<tr>
<td>90-100</td>
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<td>80-84</td>
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<tr>
<td>77-79</td>
<td>B+</td>
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<tr>
<td>73-76</td>
<td>B</td>
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<tr>
<td>70-72</td>
<td>B-</td>
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<tr>
<td>67-69</td>
<td>C+</td>
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<td>0-49</td>
<td>F</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.

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.
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”.

Copyright And Recording
Students are advised that lectures, demonstrations, performances, and any other course material provided by an instructor include copyright protected works. The Copyright Act and copyright law protect every original literary, dramatic, musical and artistic work, including lectures by University instructors.

The recording of lectures, tutorials, or other methods of instruction may occur during a course. Recording may be done by either the instructor for the purpose of authorized distribution, or by a student for the purpose of personal study. Students should be aware that their voice and/or image may be recorded by others during the class. Please speak with the instructor if this is a concern for you.

Avenue to Learn
In this course we will be using Avenue to Learn. Students should be aware that, when they access the electronic components of this course, private information such as first and last names, user names for the McMaster e-mail accounts, and program affiliation may become apparent to all other students in the same course. The available information is dependent on the technology used. Continuation in this course will be deemed consent to this disclosure. If you have any questions or concerns about such disclosure please discuss this with the course instructor.

Authenticity / Plagiarism Detection
In this course we will be using a web-based service (Turnitin.com) to reveal authenticity and ownership of student submitted work. Students will be expected to submit their work electronically either directly to Turnitin.com or via Avenue to Learn (A2L) plagiarism detection (a service supported by Turnitin.com) so it can be checked for academic dishonesty.

Students who do not wish to submit their work through A2L and/or Turnitin.com must still submit an electronic and/or hardcopy to the instructor. No penalty will be assigned to a student who does not submit work to Turnitin.com or A2L. All submitted work is subject to normal verification that standards of academic integrity have been upheld (e.g., on-line search, other software, etc.). To see the Turnitin.com Policy, please go to www.mcmaster.ca/academicintegrity.
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

Conduct Expectations
As a McMaster student, you have the right to experience, and the responsibility to demonstrate, respectful and dignified interactions within all of our living, learning and working communities. These expectations are described in the Code of Student Rights & Responsibilities (the “Code”). All students share the responsibility of maintaining a positive environment for the academic and personal growth of all McMaster community members, whether in person or online.

It is essential that students be mindful of their interactions online, as the Code remains in effect in virtual learning environments. The Code applies to any interactions that adversely affect, disrupt, or interfere with reasonable participation in University activities. Student disruptions or behaviours that interfere with university functions on online platforms (e.g. use of Avenue 2 Learn, WebEx or Zoom for delivery), will be taken very seriously and will be investigated. Outcomes may include restriction or removal of the involved students’ access to these platforms.

Academic Accommodation of Students With Disabilities
Students with disabilities who require academic accommodation must contact Student Accessibility Services (SAS) at 905-525-9140 ext. 28652 or sas@mcmaster.ca to make arrangements with a Program Coordinator. For further information, consult McMaster University’s Academic Accommodation of Students with Disabilities policy.

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 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.