SUBJECT TO CHANGE

The University of Western Ontario School of Health Studies

Dr. Ramona Fernandez rfernan6@uwo.ca TBD TBD by appointment only
Tuesdays 6:30 - 9:30 PM
HSB-236

Please refer to the current Western Academic Calendar at www.westerncalendar.uwo.ca.

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.

The purpose of the course is to introduce students to the constructs of health and wellness from a personal perspective. The course covers a range of health-related topics related to personal health and wellness, with particular emphasis on increasing knowledge, awareness, and improving individual health. Students are expected to attend all lectures, participate in class and small group discussions and presentations, and complete: (a) two in-class mid-term evaluations; (b) a final examination and (c) a reflection exercise

[:] Students will be assigned several readings throughout the duration of the course. These readings correspond to the lecture topics and will be identified at the end of each lecture and on the course syllabus (located by logging in to OWL). Additional readings may be posted on the course website at any time. Students are responsible for

Insel, P. M., & Roth, W. T., Irwin, J. D., & Burke, S. M. (2016). Core Concepts in Health, <u>Second Canadian</u> <u>Edition</u>. Oshawa, ON: McGraw-Hill.

<u>Jan 9</u>	First class introduction	Chapter 1 (pp. 2-39)
<u>Jan 16</u>	Psychological Wellness	Chapter 2 (pp. 40-79)
<u>Jan 23</u>	Stress Management	Chapter 3 (pp. 80-116)

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Exams: There are two in-class mid-term examinations and one final examination. 3 exams in total.

The first mid-term examination is scheduled for ______ (during class time) and the second mid-term examination is scheduled for ______ (during class time). Locations for the mid-term exams will be announced in class and on OWL prior to the exams. Please note that it is your responsibility to ensure that you are writing in the correct (assigned) room for the mid-term exams. ______ at a later date and it is strongly recommended that students do not plan holidays/vacations until the Registrars Office publishes the final exam schedule.

Reflection Exercise:

To foster your own wellness, a significant return on the investment is to actually use and apply the learning in this course in your personal lives. In other words to step out of the textbook and into DOING. As you will learn in the course, well-being is fostered by intentional daily practice to make wellness proactively habit forming and not reactive to illness.

For this assignment, take _____ area of wellness you would like to work on as a small, doable goal and commit to doing it for the duration of the term. Use an app or third-party verifiable method to document your efforts for consistency. In the last week of class you will be required to submit a snapshot image of the dashboard summary and write a small reflection summary about what you learned about yourself in this exercise over the semester. Examples will be shown in class.

* NOTE you are NOT being graded on being perfect, or outcomes. The grade is 50% for following through in a committed way (actually doing it) and 50% for thoughtful reflection about what you learned from doing this exercise.

Professionalism:

The inclusion of a grade for professionalism is a significant learning goal for the professional development of students in health service professional paths. This is about learning professional behaviour in practice. To foster a productive learning environment,

^{**} All requests for accommodations MUST go through the Academic Counselling office.

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Please post all questions that do not contain personally sensitive information to the OWL Course site. For Questions/ Concerns that involve personal information/ circumstances please email me.

In all of the above communication tools and any time you are interacting with others on our shared OWL website or via e-