As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Self-care is a critical component of health and wellness, and will be discussed in detail in this course. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western's Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (http://www.music.uwo.ca/), or the McIntosh Gallery (http://www.mcintoshgallery.ca/). Further information regarding health and wellness-related services available to students may be found at http://www.health.uwo.ca/.

If you are in emotional or mental distress, please visit Western Psychological Services (https://www.uwo.ca/health/psych/index.html) for a list of options about how to obtain help. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: https://www.uwo.ca/health/wec/education/learning.html.

Course Materials

Required Readings:

the final exam [(