

Faculty of Health Science  
School of Health Studies  
HS 4051G(001) 20192020  
Mental Health: Well-

## TO CONSIDER

- This is an 'essay' designated course with considerable reading and writing requirements.
- This course relies heavily on independent study and is designed to foster professional development on all levels.
- Class participation is required in this seminar course and regular attendance is mandatory. (See relevant provisions in the Academic Calendar)
- Films play an essential role in the course, as they provide us with a real-life clinical perspective on the problems and issues we are discussing that we unfortunately cannot witness first hand. Consider this the 'empirical evidence' or 'data' for the phenomena we are discussing.

## COURSE TEXTS

- x James, William. (1902/2003). *The Varieties of Religious Experience*. London: (London & New York: Penguin Books).
- Jon Kabat Zinn. (2013) *Full Catastrophe Living, Revised and Updated Edition*. New York Bantam Books.
- x Assorted articles in Resources section on Western UO course website, also available through UWO Library Catalogue if you look up specific journal article.
- x Diagnostic and Statistical Manual of the American Psychiatric Association (DSM 5). Washington D.C.: American Psychiatric Association. Available online through the UWO Library Catalogue System (See instructions below)
- Assorted excerpts from DSM 5 at



the end. Do not leave the formatting details to the last minute. This is part of the skills you need to acquire in this course – through your own effort.

The first page of your essay should include the following information: Essay Title, Course Name and Number, Essay date, Last name then first name, Student Number

You may need to look up some of the article and chapter or book titles that you are working with in your essay. Google the authors or journals involved, and determine the exact references to include in your essay bibliography. Don't leave it until the very end! This is a miniassignment of its own.

Single marks will be deducted for all spelling errors, bad grammar, and formatting errors, up to a maximum of 10 marks. Professional writing standards are very strict when applying for jobs, scholarships, and submitting scholarly work. Please be careful as this is a key ingredient of your professional development skills development in this course. Finally, do not use "I" when writing your essays.

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University of Western Ontario for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between the University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).

In your essay, you are expected to interpret and evaluate the scholarly merits of your chosen essay topic and article(s). Roughly 70% of your total essay mark will be devoted to the more descriptive interpretive aspects of your essay, while the remaining 30% will be devoted to your own personal evaluation of the essay article. Do not go beyond course readings and topics in writing your essay. Make sure to include detailed examples taken from course lectures and readings to illustrate your arguments.

You will be marked on how well you display 'critical thinking' skills and mastery of your chosen essay article(s). While originality is welcome, essays are mostly expected to reflect knowledge acquired through course readings, as well as class knowledge acquired through course lectures and discussions. An important aim of the course is to foster critical thinking interpretive and evaluative skills.

#### COMMUNITY PARTICIPATION COMMENTARY

During the course of the term each student will be expected to get acquainted with and hopefully visit – a local 'frontline' mental health and wellbeing service organization of their choice (a sample list will be provided) and write a 3-4 page 12 point font double spaced commentary describing the service and any barriers clients may face in utilizing the service. A special instruction sheet will be posted on OWL providing further information on this community participation exercise at the beginning of the course.

#### ACCESSING DSM 5 ONLINE

The Diagnostic Statistical Manual of Mental Disorders, Fifth Edition (usually referred to as 'DSM 5') which is published by the American Psychiatric Association (APA), is an indispensable reference source for this course. You can reference citations from this text as: (APA 2013, 10). Then include the full reference i

## FILMS

Films will be shown during regular lecture hours and all students are expected to attend. Due to logistical and practical realities surrounding the availability of films, these can only be shown once. The films are designed to enrich your experience of the materials covered in the course. But like guest lectures or other special events, they are one thing. If you miss a film, do your best to discuss the film with friends. Please note that films are not available for lending under any conditions. Some films may be available through the UWO library. Please check your course outline for film titles.

## YOUR MENTAL HEALTH AND WELL- BEING

This course deals with very serious and controversial issues in the area of mental health which may be disturbing for some students. Please speak to myself, or your academic counsellor, if you have any concerns about your own mental health and well-being in relation to course content. Western University has excellent Mental Health and Well Being services available

may you edit, reuse, distribute, or rebroadcast any of the material posted to the course website.

#### SCHOLASTIC OFFENCES:

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

[http://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/scholastic\\_discipline\\_undergrad.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf)

#### SUPPORT SERVICES

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office- <http://www.registrar.uwo.ca/>
4. Ombuds Office- <http://www.uwo.ca/ombuds/>

#### ACADEMIC CONSIDERATION:

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including illness or injury. Reasonable academic consideration is a cooperative process between the University, the student, and academic staff. All participants in the process must act in good faith, and fulfil their respective obligations, if it is to succeed.

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to

- x Must communicate with their instructors no later than 24 hours after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence;
- x Are advised that all necessary documentation, forms, etc. are to be submitted to academic counselling within two business days of the date specified for resuming responsibilities

Students who experience an unexpected illness or injury or an extenuating circumstance (48 hours or less) that is sufficiently severe as to temporarily render them unable to meet academic requirements (e.g., attending lectures or labs, writing tests or midterm exams, completing and submitting assignments, participating in presentations) should self declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours or less. The following conditions are in place for self-reporting of medical or extenuating circumstances:

- a. Students will be allowed a maximum of two self-reported absences between September and April, and one self-reported absence between May and August;
- b. The duration of the excused absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30am the following morning if the form is submitted after 4:30pm;
- c. The duration of the excused absence will terminate prior to the end of the 48 hour period, should the student undertake significant academic responsibilities (e.g., write a test, submit a paper) during that time;
- d. The duration of an excused absence will terminate at 8:30am on the day following the last day of classes each semester, regardless of how many days of absence have elapsed;
- e. Self-reported absences will not be allowed for scheduled final examinations; for midterm examinations scheduled during the December examination period; or for final lab examinations (i.e., "bellringers");
- f. Self-reporting may not be used for assessments (e.g., midterm exams, tests, reports, presentations, or essays) worth more than 30% of any given course;
- g. Students must be in touch with their instructors no later than 24 hours after the end of the period covered by the Self-Reported Absence form, to clarify how they will be expected to fulfil the academic expectations they may have missed

Regular attendance is expected and essential for all courses, but particularly those that include participation grades in their evaluation schemes. Participation means not only attendance, but active engagement in the class, including (for example) participation in small and large group discussions, a demonstrated effort to prepare for class by completing assigned readings before class, and following the instructor's guidelines for use of electronic devices during class time. Students who miss classes, or parts of classes, are responsible for the material they have missed. Instructors are not obliged to review the contents of missed lectures.



Persistent absenteeism may have serious repercussions, and may result in you failing this course. In this course, the equivalent of 3 weeks of unexcused absences, per term, will be considered to be persistent absenteeism. Persistent absenteeism will result in you being contacted by the instructor, who may request a meeting. Continued absence after this