THE UNIVERSITY OF WESTERN ONTARIO LONDOŅCANADA

School of Health Studies Health Sciences 4208AUnderstanding Stress Fall 2019

COURSEDESCRIPTION

> NOTEUnless you have either the requisites for this course of to enroll in it, you may be removed from this course and it w

COURSE INFORMATION

Instructor: Dr. Marnie Wedlake, PhD RP Email: mwedlak@uwo.(contact me using this email address only) Office: HSB 340

Office Hours: Tuesday - 10:30am to 12:00pm Thursdays 2:30pm to 3:30pm

Teaching AssistantTBA

Course Website:https://owl.uwo.ca

Days& Timesof Lectures Mondays- 9:30am to 11:30am Wednessday30am to 10:30am Class attendance is requite Please sethe SHS attendance policy under General Course Notes

Location of LecturesTC204

TEXTBOOKS

- Horwitz, A. V., & Wakefield, J. C., (2012). All we have to fear: Psychiatry's transformation of natural anxieties into mental disorders. New York, NY: Oxford.
- Csikszentmihalyi, M. (2008)low: The psychology of optimal experience. New York, NY: Harper Perennial Modern Classics.

Frankl, V. E. (2006). Man's search for meaning. Boston, MA: Beacon Press. MM(w)1(it)-3 (z)2.7 3 -1.217 Td ()Tj E-9 (N)-Tj EMC</MCID 22e:C o.s Reading during a lecture, using cell phones/texting, not turning off cellephingers, the disturbing consumption of food or drink, littering the classroom, the use of i

4. Group Project consists of 3 separate but related parts 0% for each part; 30% TOTAL PART 1 Conceptualization Statement 0%- Due date:Monday October 7th 2019 PART 2 Annotated Bibliography 10%- Due date:Monday November 1th 2019 PART 3 Overview of the Research 0%- Due & Pesentedin classon Monday December 2^d or Wednesday December 4 2019.

All 3 parts of the group project must be submitted through OWL by 11:55pm on the date they are due.

NOTE REGARDING GROUP WORK

Students will, as a group, monitor the distribution and completion of all aspects of the work required to complete group assignments. Included in this is the requirement of all groups to ensure assignments are completed and submitted by the deadlines as stated in this outline. Deadlines misselfing from any experiences of conflict (perceived or otherwise) within the group not be accepted.

NOTEREGARDING EXAMS:

- x The final exam is cumulative
- x Computermarked multiple

- (i) Submitting a SelReported Absence form, provided that the conditions for submission are met;
- (ii) (m)-5.2 (i)2.6 (3.002 Tc d]TJ 0 ic Tw1 (I ab]TJ 0 s)9(i)202 Tc)]TJ 0 c T1(e f02 Tc s)9(i)2, T1(i)13T

Attendance:

In the School of Health Studies, each course instructor sets specific expectations for attendance and participation that are specific to the course, teaching objectives, and learning outcomes.

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) contrident to 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