The University of Western Ontario School of Health Studies HS 2110A

Resilience and the Creation of Wellbeing Term: Summer 2021

Land Acknowledgement

Western University recognizes that its camputaesweithtated Don Mairstie National ake, rithous P, I wen G reat Lakes from generously gave permission for its use.

Course Instructor: Stewart J. SmithPhD (c)

Email: ssmit457@uwo.ca

Office Hours: Online by appointment on Wednesdays 1:00 to 3:00 pm (Eastern Standard Erimaile) instructor to arrange for a meeting.

Delivery Format: Asynchronous

Course Description: In this course the focus will be on an examination of resilience and being as these relate to personal and social determina (a)2 (i)-2 Tinhine) in the Exilipset in the examination of resilience and being as these relate to personal and social determina (a)2 (i)-2 Tinhine) in the Examination of resilience and being as these relate to personal and social determina (a)2 (i)-2 Tinhine) in the Examination of resilience and being as

Learning Goals: The major objectives are to expose students to the larger themes in the study of personal and social determinants of health. Understings of the general research on resilience and will lead to specific considerations of personal and social factors that affect health.

Learning Outcomes:

At the end of the course, student should be able to:

- Demonstrate knowledge of definitions and research trends related to resilience abreingell
- Be able to apply resilience and wbbing ideas to analyze personal and social factors related to overall health.
- Demonstrate knowledge related to Indigenous and western holistic principles related to overall health.
- Demonstrate knowledge of how principles of resilience and breading relate to health care professionals.

Course Resources:

All required course readings can be accessed through the course site im **The** Course Readings section

TOPIC 11 Tolerance & wellbeing DATE 07 June 2021 Tolerance & wellbeing Tolerance & Wellbeing Tolerance To		Week On "Compound Time'https://medium.com/accelerated intelligence/whysuccessfupeoplespend10-hoursa-weekon-compound-time-79d64d8132a8
	DATE 07 June	Alnaji, L., Askari, M.Y. & El Refae, G.A., (2016). Can tolerance of diverse groups improve the wellbeing of societies? International Journal of Economics and Business Research, 11(15,748- Carver, L. (2016). 8 Tips to build tolerance in your life. Claopum https://chopra.com/articles/fips-to-build-tolerancein-your-life Howard. M. (2010). Why we need eccentricity. The Guardian. https://www.theguardian.com/commentisfree/2010/apr/01/eccentricity einsteinprincesociety Jarrett, C. (2019). Xenophobic one minute, tolerant the next: Humans a strange primates. Aeon Psyche. https://aeon.co/ideas/xenophobiceminute-tolerant-the-next-humans are-strangeprimates Mohsene, L. (2019). The benefits of being an outsider. Medium Psychology September 19, 2019. https://medium.com/@lauramohsene/thenefitsof-being-an-outsider

TOPIC 12 Resil**b**C **50.4 6**

DATE 09 June 2021

Participation reflection papers after asynchronous talks	5 separate reflections 1 to 2 pagirsgle spaced, 12 oint font, APA referencing. Respond to the weekly question related to the topics covered each week will be posted.	07 May 2021 14 May 2021 21 May 2021 28 May 2021 04 June 2021	35
Final paper	Research Paper10 to 12 pages plus title page and reference list. APA referencing. Papers to be informed by at least 6 course resources an external peer reviewed references.	11 June 2021 d 5	25
Final exam	Final exam/test based on the entire coursecontocluding information from lectures, web resources, and course readings. The exam will include multiple choice and sho answer questions.	to be announced rt	40

Turnitin -computer checking software:

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University 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/(ttp://www.turnitin.com/) subTj ET 0.02[e rkwe sat knse e lsm. Ubs-1 /the sx-5 (i)m (of

- Are advised to consider carefully the implications of postponing tests or midterm exams or delaying handing in work;
- Are encouraged to make appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally an appropriate basis for a seleported absence;
- Must communicate with their instructors no later than 24 hours after the end of the period covered by either the set ported absence or SMC, or immediately upon their return following a documented absence;

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4. Ombuds Office -- http://www.uwo.ca/ombuds/

Health and Wellness