

Health Sciences 2110B – Resilience and the Creation of Wellbeing Winter 2022

COURSE DESCRIPTION

Personal resilience is widely recognized to be a cornerstone of wellbeing, and is considered essential to success in environments ranging from schools to workplaces. In this interdisciplinary course, we study “good vs poor” mental health, cultivation of resilience, creation and maintenance of wellbeing, and living well with compromised mental health.

LEARNING OUTCOMES

By the end of this course, students should be able to:

- Question commonly held beliefs about mental health to support notions of good vs poor mental health.
- Examine the relationship of good vs poor mental health to resilience and wellbeing.
- Assess knowledge and understanding through examination of course materials.
- Participate in the co-creation of a learning experience that is vital to their wellbeing.

Prerequisites: Registration in second-year or higher, or permission of the School of Health Sciences.

NOTE: Unless you have either the requisites for this course or written special permission to enroll in it, you may be removed from this course and it will be deleted from your transcript. This removal may not be appealed. You will receive no adjustment to your fees in the event of removal.

COURSE INFORMATION

Instructor: Dr.

this regard, it is my hope that we will come together in the spirit of community and shared interest to co-create a learning environment that is supported by civility and mutual respect. In doing so, we will set the stage for a healthy and stimulating intellectual forum.

Finally, if you are having problems with any aspect of the course, please contact me. I'm genuinely committed to your learning experience. I'm approachable, and I welcome your feedback.

