

WESTERN UNIVERSITY
Course Guide

Winter 2024

HS 4051G Mental Health: Well-Being and Recovery(0.5 FCE)

Lectures: Mondays, 11:30am- 13:30pm

Venue:

Instructor: Dr. Alaazi
E-Mail: dalaazi@uwo.ca
PhoneNumber: 519 6612111
Office Location:
Office Hours: By appointment

PREREQUISITE(S)

Registration in the third or fourth year of the School of Health Studies is a prerequisite for registration in this class. Unless you have either met the prerequisites or obtained written special permission from your Dean to enroll, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to meet the necessary prerequisites.

COURSE OF DELIVERY

This course is designed for in-person delivery. Students are expected to attend weekly in-person classes.

COURSE DESCRIPTION

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- x discuss the role of various social identities in the etiology of mental illness and recovery;
- x identify and explain stressors and risk factors for mental health problems;
- x discuss the role of resiliency in recovery
- x e

REQUIREMENTS

- x 5-6 pages long (all numbered);
- x typed;
- x 2.5 cm (1 INCH) page margins
- x double spaced
- x 12-point font

The page count does not include references/bibliography. All submitted papers should include the following: title of paper, course name and code, instructor's name, student name and ID, and date of submission. Use APA style for in-text citations and references. A deviation from these requirements may result in grade reduction (e.g., from A to A- or A- to B+). Double-sided printing is encouraged to save paper but is not mandatory. All written assignments will be assessed partly on writing skills and demonstration of critical engagement with the course materials. Writing skills include not only surface correctness (punctuation, sentence structure) but also general clarity and grammar. It is the responsibility of students to keep a copy of their submitted work. Students should be prepared to provide a second copy of their paper if requested. Students who cannot provide a second copy of their submitted work may risk receiving a zero grade for this portion of the course.

(iv) Final examination – 40% of final grade:

There will be a closed-book final examination, to be scheduled on a date announced by the Registrar. The Final Exam will last 2 hrs, and will cover all course content presented in class. The exam will consist of five short essay questions (each worth 8%). Exams will be assessed partly on organization of ideas and general clarity. Electronic devices (e.g., smart phones, smart watches, video cameras, smart glasses, recorders, audio players, or of any sort, video games, DVD players, laptops, etc.) cannot be used during the final exam, unless a student has a medical condition that requires accommodation or has explicit permission from the instructor to do so.

POLICY ON LATE ASSIGNMENTS AND MISSED EXAMS

- a). Assignments submitted after the deadline may be penalized with a loss of grade (e.g., from A- to B+) for each day of lateness. Extensions will only be granted under extraordinary circumstances (e.g., medical absence or compassionate reasons such as death and/or illness in family). Request for extension must be discussed with the instructor in advance.
- b) No alternate dates for exams will be provided unless a student has been legitimately excused on a tangible reasons supported with documentation.

LIBRARY

Western University online library system (<https://www.lib.uwo.ca/index.html>) has details of the range of services offered to students on and off campus. If you need further information or assistance, contact the Library General Inquiries Desk library@uwo.ca or call 519 661-3166 x 83166.

USE OF EMAIL

The main method of communication in this course is email. However, due to a high volume of daily email messages, students are advised to meet with me in person during office hours or make an appointment in the case of an issue that requires urgent attention. I will not respond to emails within 72 hours during regular business hours. However, students must note that emails can be sent to the wrong email address or can be accidentally deleted. Students are therefore advised to email a second time or meet with me in person if the first email has not been responded to within 72 hours, more so if inquiries concern extensions and other urgent matters. Students are advised to use their Western University student email accounts in all email communication on issues related to this course, including all correspondence with peers and instructor. All course related communication with peers and instructor should be formal. This means that emails must be clearly written and devoid of shorthand and other forms of informality.

Class Schedule

Date	Topic	Required readings
Jan. 08, 2024	Introduction and Course Overview Review of course outline Course Evaluation Defining mental health and mental illness	Horwitz, A.V. (2009). An Overview of Sociological Perspectives on the Definitions, Causes, Responses to Mental Health and Illness. In Scheid & T.N. Brown (eds.), <i>A Handbook for the Study of Mental Health</i> (pp. 6-19). 2nd Edition. Cambridge University Press. Palumbo, D., & Galderisi, S. (2020). Controversial issues in current definitions of mental health. <i>Archives of Psychiatry & Psychotherapy, 1</i> , 7-11.
Jan. 15, 2024	Theories of mental health and illness	Wheaton, B. & Montazer, S. (2009). Stress, Stress, and Distress. In T.L Scheid & T.N. Brown (eds.), <i>A Handbook for the Study of Mental Health</i>

people gone?

use of this software and acknowledge that you will be required to provide personal information (including some biometric data) and the session will be recorded. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including

<https://remoteproctoring.uwo.ca>

PLAGIARISM

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 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>).

ACADEMIC CONSIDERATIONS

The University recognizes that a student, on occasion, be impaired by extenuating circumstances, including short 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 meet academic requirements, may submit a request for academic consideration through

ELECTRONIC DEVICES

xDuring Exams: Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices during ANY tests, quizzes, midterms, examinations, or other class evaluations.

xDuring Lectures and Tutorials: Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. Unless explicitly noted otherwise, you may not make audio or video recordings of lectures ±

few trusted individuals is another strategy.

GRADING POLICY

University-wide descriptor of the meaning of letter grades, as approved by the Senate:

A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work that is clearly above average
B	70-79	Good work, meeting all requirements and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable.
F	below 50	Fail

It is expected that the grades for this course will fall between 74% and 80%. In the event that the grade, by the instructor, to bring the class average in line with school policy.

Year 1: 6872

Year 2: 7074 (core) and 7276 (elective)

Year 3: 7276 (core) and 7478 (elective)

Year 4: 7480

COMMON CONCERNS GUIDELINES

The table below summarizes a list of common student concerns and how they are resolved. If you have a concern that is not listed here, then please email your instructor.

Concern	How to address concern
Course administrative matters	Read through the course outline or email instructor