



N/A

Instructor Name: Dr. Anushka Ataullahjan
Email: anushka.ataullahjan@uwo.ca
Office Hours Day / Time: TBD
Location: TBD
Lectures Day / Time: TBD
Tutorials Day / Time: TBD

We acknowledge that Western University is located on the traditional territories of the Anishinaabek, Haudenosaunee, L naapéewak and Chonnonton Nations, on lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum. This land continues to be home to diverse Indigenous Peoples whom we recognize as contemporary stewards of the land and vital contributors of our society.

Meaningful ways to incorporate equity into the student experience are important to the School of Health studies. To that end, we honour all manner of differences inherent within the student population and incorporate accessible options for inclusion to the best of our abilities in each course offering

What allows some people to achieve their goals while others fall short? What skills, routines, and practices can lead to a fulfilling life? Drawing on a large body of scientific literature, the course will explore mindbody connections over the lifespan that will enhance students' knowledge of how to foster resilience, navigate complex social and occupational challenges, and acquire valuable scholarly and life skills to achieve a sense of balance, wellness, and overall life success. The course will allow students to challenge misperceptions about what underlies wellbeing and success in order to gain a more nuanced understanding of what these terms mean and how they are applied in daily life. Through a set of interactive activities students will explore how to incorporate healthy routines and practices into their daily life. The course will also include some exciting guest lectures from other context experts from within the School of Health Studies and the broader Western community.

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

Students will build critical thinking skills to evaluate scientific literature

			Boullion, A., Withers, M. C., & Lippmann, M. (2021). Mindsets: investigating resilience. <i>Personality and Individual Differences</i> , 174, 1-6. https://doi.org/10.1016/j.paid.2021.110669
4	Oct 1	Neuroplasticity: How can we reprogram our brains?	

10

Nov
12

Creativity, Passion, and Play: What is the role of joy and expression in health and wellbeing?

Garrett, M. (2014). Beyond play therapy: Using the

The Course Instructor will hold weekly online office hours via Zoom. You are required to sign up at appropriate timeslots as needed. If a student books an office hour appointment and can no longer attend, they are expected to cancel their appointment online, in service of other students. Office hour appointments will be _____ and _____

. Students will be provided with a Zoom link upon sign-up. Because this is a relatively large class, e-mail tends to be an efficient and effective mode of communication between the course Instructor/Teaching Assistants and the students. Your e-mailed comments and questions are most welcome and will be responded to in as timely a fashion as possible (although unlikely after 5pm or on weekends), provided they are appropriate (note: you are expected to use your "UWO" e-mail address for this course). 206 Tjowh 0 1 71.6000091I for thL06 Tm7 Tm0t

E-mails, like any other form of communication with the course Instructor/Teaching Assistants,

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 (e.g., cell phones, tablets, cameras, smart glass, smart watches, or iPods) during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.

Appeals generally proceed in this order:

1. Course instructor (informal consultation)
2. Department Chair (submission of written request)
3. The Dean of the Faculty (submission of written request)

In the case of perceived procedural unfairness, steps 2 and 3 are carried out within the Department and Faculty offering the course. In the case of extenuating medical or compassionate circumstances that impact on a grade, steps 2 and 3 are carried out within a student's Home Department and Faculty.

A request for relief against a mark or grade must be initiated with the instructor as soon as possible after the mark is issued. In the event that the instructor is not available to the student, or fails to act, or if the matter is not resolved satisfactorily with the instructor, a written request

