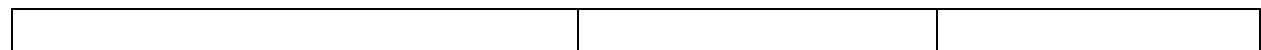




Meaningful ways to incorporate equity into the student experience are important to the School of Health studies. To that end, we honour all manner of differences inherent within the student population and incorporate accessible options for inclusion to the best of our abilities in each course offering

In this course we will undertake a critical examination of the notion of stress, broadly speaking. Selected topics covered will include: stress as fear, stress as anxiety, illness vs. disorder, responses to accumulated adversity, traumatic stress, existential despair, the concept of "flow", stress as opportunity, motivator, and facilitator of meaning making. Throughout the term, we will explore various theoretical perspectives and research findings concerning stress. We will examine sources of stress and investigate the personal and social determinants that affect our ability to cope. This course challenges the notion that stress is exclusively "bad" and highlights the *new science of stress*.



Students will expand their awareness of stress, and as a



Quiz 2	5
Quiz 3	5

Midterm Essay 25

Examples of flexibility in assessment include when there are assessments not required for calculation of the final grade (e.g. 8 out of 10 quizzes), when there is flexibility in the submission timeframe (e.g. 72 hour no late penalty period), or when timed assessments (e.g., quizzes) are available over an extended period of time (e.g., when you are given a 72 hour time period to sr time

Without the explicit written permission of the instructor, you may not submit any academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

Computer-marked multiple-choice tests and/or exams may be subject to submission for

When a course requirement conflicts with a religious holiday that requires an absence from the

conflict and/or request academic considerations with their academic counselling unit prior to the deadline to drop a course without academic penalty/GS7 gs0 g2eEMC P #MCID 01academic penalty



or fails to act, or if the matter is not resolved satisfactorily with the instructor, a written request for relief must be submitted to the Chair of the Department within three weeks of the date that the mark was issued. In the case of a final grade in a course, the written request for relief must be submitted to the Chair of the department by January 31st (for first-term half courses) or June 30th (for second-term half courses or full-year courses)

Where possible assignment objectives and rubrics will be posted on OWL. Generally, students can expect some form of feedback on their performance in a course before the drop date.

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

(for example, bumping a 79 to 80%):

This is a practice some students request. The final grade documented is the grade that you have achieved. There is no rounding to the next grade level, or 'giving away' of marks. Please don't ask me to do this for you; the response will be "please review the course outline where this is presented".

Information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

Students who are in emotional/mental distress should refer to Mental Health@Western (<http://www.health.uwo.ca/>) for a complete list of options about how to obtain help.

There are various support services around campus and these include, but are not limited to:

*Student Development Centre* -- <http://www.sdc.uwo.ca/ssd/>

*Ombudsperson Office* -- <http://www.uwo.ca/ombuds/>