Renison University College Land Acknowledgement

With gratitude, we acknowledge that Renison University College is located on the traditional territory of the Attawandaron (also known as Neutral), Anishinaabe, and Haudenosaunee peoples, which is situated on the Haldimand Tract, the land promised to the Six Nations that includes ten kilometres on each side of the Grand River.

Fall 2018

Course Code: SDS 355R
Course Title: Resilience and Social Support

Class Times/Location: Mondays, 11:30 – 2:20pm (REN 1918)

Instructor: Dr. Jim Perretta, Registered Clinical Psychologist
Office Hours/Location: Mondays, 10:30-11:15am (REN 1621)
Email: jim.perretta@uwaterloo.ca

Course Description: This course will provide an overview of the theory, research, and practice of resilience and social support – an interdisciplinary field and an applied science. Resilience can be broadly defined as successful adaptation to adversity. We will discuss several dimensions of resilience, including life-span developmental, social, emotional, personality, cognitive, spiritual, cultural, and organization/community. We will also review various applications which usher from the study of resilience and social support, including interventions and public policies.

Course Objectives and Learning Outcomes:

Upon completion of this course, students should be able to:

a. describe various dimensions of resilience
b. evaluate resilience from multiple levels of analysis (e.g. individual, family, community, culture), including how these levels interact with each other
c. evaluate applications of research on resilience and social support for individuals, families, and communities
d. apply your theoretical knowledge through real-world examples, class participation, an interview with a local clinician or researcher, and a group presentation.
Required Text
2018 SDS 355R Coursepack (selected articles and book chapters)

Course Requirements and Assessment

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<thead>
<tr>
<th>Assessment</th>
<th>Date of Evaluation</th>
<th>Weighting</th>
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<tbody>
<tr>
<td>Quizzes</td>
<td>Sept. 24; Oct. 1;</td>
<td>15%</td>
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<tr>
<td></td>
<td>Nov. 5, 12, 19</td>
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<tr>
<td>Midterm Exam</td>
<td>Oct. 22</td>
<td>25%</td>
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<tr>
<td>Final Exam</td>
<td>TBA</td>
<td>25%</td>
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<tr>
<td>Class Participation Journal</td>
<td>Dec. 3</td>
<td>10%</td>
</tr>
<tr>
<td>Group Presentation</td>
<td>TBA</td>
<td>25%</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>100%</td>
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Quizzes

A quiz will take place at the beginning of class on Sept. 24, Oct. 1, and Nov. 5, 12 and 19. Five multiple choice items will be selected from the assigned readings for the week of the quiz. Your best 4 (out of 5) quizzes will be included in your final grade.

Midterm Exam

The 2-hr midterm on Oct. 22 will include multiple choice items and written responses. These items will be drawn from the lectures and the assigned readings from the first half of the class.

Final Exam

The 2.5-hr final exam will include multiple choice items and written responses. These items will be drawn from the lectures and the assigned readings from the second half of the class, with the exception of one question which will be provided in our final lecture. In addition, a take-home point will be selected in-class from each group presentation, which may be on the final exam.

Class Participation Journal

SDS 355R emphasizes class attendance and participation, as learning is enhanced by active engagement, open discussion, and application of course material. You will submit a class participation journal at the start of class on Dec. 3 (1½ - 2 pages single-spaced). You will indicate your goals in taking SDS 355R and comment on whether you achieved them. You will also indicate in which lectures you were most engaged and describe specific examples of your contribution to the class discussion (in the larger class,
smaller group-work, and presentations by your peers). You will attach a copy of the Class Participation Rubric (see LEARN website) - you will rate yourself based on your attendance, class preparation, listening skills, level of engagement, and quality of contribution to class discussion.

**Group Presentation**

On the LEARN website for our course, sign-up to present on a local community agency (e.g. Anishnabeg Outreach, KidsAbility, or Reception House). Selections will be made on a first-come, first-choice basis. You and two of your peers will conduct a 30-45 minute interview with a clinician or a researcher who promotes resilience and social support for individuals, families, and communities. Your group will provide a 25-30 minute Power Point presentation to the class in which you will integrate the results from your interview with relevant material from lectures, course readings, and your own literature-search on your topic (e.g. resilience in at-risk youth, refugees, sexual assault, cancer, or mental health populations). Student evaluation will be based on your background knowledge, focus of presentation, effective use of audio-visual media, oral presentation skills, generation of class discussion, and group participation. Each student will provide a 1½ - 2 page summary (single-spaced) of the key points that you covered in your specific portion of the presentation, along with another page listing your own References. You will also attach three copies of the Group Participation Rubric (see LEARN website) – you will rate yourself and your peers on a number of dimensions including workload, organization, showing up for meetings, participation in discussions, and meeting deadlines.

**Course Outline**

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Readings</th>
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| 1    | Sept. 10 | **Introduction**  
| 2    | Sept. 17 | **Developmental Perspectives on Resilience**  
Masten, A. (2014). Resilience in a community sample: The
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>References</th>
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</table>
|          |         | *Quiz* Resilience to Loss and Potential Trauma  
Have we underestimated the human capacity to thrive after  
extremely aversive events? *American Psychologist, 59*(1),  
20-28.  
parameters of resilience to loss: Toward an individual  
differences model. *Journal of Personality, 77*(6),  
1805-1831. |
| 4        | Oct. 1   | *Quiz* Personality, Emotional and Spiritual Dimensions of Resilience  
Adult Resilience* by Reich, Zautra, & Hall (Editors).  
Religion as a Resilience Factor. In *Handbook of Adult  
Resilience* by Reich, Zautra, & Hall (Editors). |
| 5        | Oct. 15  | *Quiz* Cognitive Dimensions of Resilience  
| 6        | Oct. 22  | *Quiz* Mid-term Exam |
| 7        | Oct. 29  | *Quiz* Social Dimensions of Resilience  
Ungar, M., Brown, M., Liebenberg, L., Cheung, M., & Levine, K.  
(2008). Distinguishing differences in pathways to resilience  
among Canadian youth. *Canadian Journal of Community  
*Ordinary Magic: Resilience in Development* by Ann Masten. |
| 8        | Nov. 5   | *Quiz* Organizational and Community Dimensions of Resilience  
Resilience and Adaptive Management. In *Handbook of Adult  
Resilience* by Reich et al.  
development and community resilience: An integrative  
| 9        | Nov. 12  | *Quiz* Cultural Dimensions of Resilience  
Adults. In *Handbook of Adult Resilience* by Reich, Zautra, &  
Hall (Editors). |
| 10       | Nov. 19  | *Quiz* Interventions for Enhancing Resilience, Part I  
Graybeal, C. (2001). Strengths-based social work assessment: |
**Quiz**

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<th>Date</th>
<th>Topic</th>
<th>Readings</th>
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*Due In Class: Class Participation Journal*

*The loss of a Monday class on October 8 (Thanksgiving Day) is made up on Monday, Dec. 3.*

**Late Work**
All assignments are due at the beginning of class on their specified due dates. 5% will be deducted on these assignments for each day that they are late. Missed due dates are only acceptable in the case of medical problems (with a doctor’s note).

**Electronic Device Policy**
Electronic devices are allowed in class, provided they do not disturb or distract teaching or learning. Students are encouraged to use electronic devices appropriately – e.g. for educational purposes / note-taking.

**Attendance Policy**
Attendance will be taken every class. 10% of your final grade will be based on your attendance and class participation. Accommodation will be made for student illness or other unforeseen events. A doctor’s note may be requested.
Final Examination Policy

For Fall 2018, the established examination period is December 6-21, 2018. The schedule will be available in October. Students should be aware that student travel plans are not acceptable grounds for granting an alternative final examination time (see: https://uwaterloo.ca/registrar/final-examinations

Accommodation for Illness or Unforeseen Circumstances:

The instructor follows the practices of the University of Waterloo in accommodating students who have documented reasons for missing quizzes or exams. See http://www.registrar.uwaterloo.ca/students/accom_illness.html

Academic Integrity:

In order to maintain a culture of academic integrity, members of the University of Waterloo community are expected to promote honesty, trust, fairness, respect and responsibility. See the UWaterloo Academic Integrity webpage (https://uwaterloo.ca/academic-integrity/) and the Arts Academic Integrity webpage (https://uwaterloo.ca/arts/current-undergraduates/student-support/ethical-behaviour) for more information.

**Discipline:** Every student is expected to know what constitutes academic integrity, to avoid committing academic offences, and to take responsibility for their own actions. A student who is unsure whether an action constitutes an offence, or who needs help in learning how to avoid offences (e.g., plagiarism, cheating) or about “rules” for group work/collaboration, should seek guidance from the course professor, academic advisor, or Academic Dean. When misconduct has been found to have occurred, disciplinary penalties are imposed under the University of Waterloo Policy 71 – Student Discipline. For information on categories of offences and types of penalties, students should refer to Policy 71 - Student Discipline. For typical penalties check Guidelines for the Assessment of Penalties (https://uwaterloo.ca/secretariat-general-counsel/policies-procedures-guidelines/guidelines/guidelines-assessment-penalties).

Students should also be aware that copyright laws in Canada prohibit reproducing more than 10% of any work without permission from its author, publisher, or other copyright holder. Waterloo’s policy on Fair Dealing is available here: https://uwaterloo.ca/copyright-guidelines/fair-dealing-
Violation of Canada’s Copyright Act is a punishable academic offence under Policy 71 – Student Discipline.

**Grievance:** A student who believes that a decision affecting some aspect of university life has been unfair or unreasonable may have grounds for initiating a grievance. Read [Policy 70 - Student Petitions and Grievances](https://uwaterloo.ca/secretariat-general-counsel/policies-procedures-guidelines/policy-70), Section 4. When in doubt, please be certain to contact the department’s administrative assistant, who will provide further assistance.

**Appeals:** A decision made or penalty imposed under Policy 70, Student Petitions and Grievances (other than a petition) or Policy 71, Student Discipline may be appealed if there are grounds. Students who believe they have grounds for an appeal should refer to [Policy 72, Student Appeals](https://uwaterloo.ca/secretariat-general-counsel/policies-procedures-guidelines/policy-72).

**Academic Integrity website (Arts):**
http://arts.uwaterloo.ca/arts/ugrad/academic_responsibility.html

**Academic Integrity Office (uWaterloo):**
http://uwaterloo.ca/academic-integrity/

**Accommodation for Students with Disabilities:**

**Note for Students with Disabilities:** The AccessAbility Services office, located on the first floor of the Needles Hall extension (NH 1401), collaborates with all academic departments to arrange appropriate accommodations for students with disabilities, without compromising the academic integrity of the curriculum. If you require academic accommodations to lessen the impact of your disability, please register with the AAS office at the beginning of each academic term.

**Intellectual Property.** Students should be aware that this course contains the intellectual property of the instructor, which can include:

- lecture handouts and presentations (e.g., PowerPoint slides)
- lecture content, both spoken and written (and any audio or video recording thereof)
- questions from various types of assessments (e.g., assignments, quizzes, tests, final exams)
- work protected by copyright (i.e., any work authored by the instructor)
Making available the intellectual property of instructors without their express written consent (e.g., uploading lecture notes or assignments to an online repository) is considered theft of intellectual property and subject to disciplinary sanctions as described in Policy 71 – Student Discipline. Students who become aware of the availability of what may be their instructor’s intellectual property in online repositories are encouraged to alert the instructor.

Mental Health Support

All of us need a support system. The faculty and staff in Arts encourage students to seek out mental health supports if they are needed.

On Campus

- Counselling Services: counselling.services@uwaterloo.ca / 519-888-4567 ext 32655
- MATES: one-to-one peer support program offered by Federation of Students (FEDS) and Counselling Services
- Health Services Emergency service: located across the creek form Student Life Centre

Off campus, 24/7

- Good2Talk: Free confidential help line for post-secondary students. Phone: 1-866-925-5454
- Grand River Hospital: Emergency care for mental health crisis. Phone: 519-749-433 ext. 6880
- Here 24/7: Mental Health and Crisis Service Team. Phone: 1-844-437-3247
- OK2BME: set of support services for lesbian, gay, bisexual, transgender or questioning teens in Waterloo. Phone: 519-884-0000 extension 213

Full details can be found online at the Faculty of ARTS website

Download UWaterloo and regional mental health resources (PDF)

Download the WatSafe app to your phone to quickly access mental health support information

A respectful living and learning environment for all

1. It is expected that everyone living, learning or working on the premises of Renison University College will contribute to an
environment of tolerance and respect by treating others with sensitivity and civility.

2. Harassment is unwanted attention in the form of jokes, insults, gestures, gossip, or other behaviours that are meant to intimidate. Some instances of harassment are against the law in addition to Renison University College policy.

3. Discrimination is treating people differently because of their race, disability, sex, sexual orientation, ancestry, colour, age, creed, marital status, or other personal characteristics. The Ontario Human Rights Code considers actions and behaviours rather than intentions.