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 440R
Course Title: Optimal Living

Class Times/Location: Mondays, 2:30-5:20pm (REN 2918)

Instructor: Dr. Jim Perretta, Registered Clinical Psychologist
Office Hours: Mondays - after class
Email: jim.perretta@uwaterloo.ca

Course Description: This seminar course will take an interdisciplinary perspective in examining wellness and optimal living across the life spectrum. We will discuss several topics including the promotion of healthy lifestyles and relationships, work/life balance, the mind-body connection, spirituality, community engagement, and environmental awareness. A variety of methods will be used including lectures, class discussion, experiential exercises, and student presentations.

Course Objectives and Learning Outcomes:
Upon successful completion of this course, students will be able to:

a. Explain the principal components of wellness and optimal living.
b. Critically examine the concept of optimal living from multiple perspectives (bio-psycho-social-spiritual).
c. Develop strategies to enhance optimal living for individuals, families, and communities (including public policies).
d. Apply your theoretical knowledge through real-world examples, class participation, thought papers, and student-led seminars.
**Required Readings**
Assigned readings on Course Reserves through the University Library

**Course Requirements and Assessment**

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Date of Evaluation</th>
<th>Weighting</th>
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<tbody>
<tr>
<td>Class Participation Journals</td>
<td>Oct. 22 &amp; Dec. 3</td>
<td>25%</td>
</tr>
<tr>
<td>Thought Paper #1</td>
<td>Sept. 24 or Oct. 1</td>
<td>10%</td>
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<tr>
<td>Thought Paper #2</td>
<td>Nov. 5 or 12</td>
<td>10%</td>
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<tr>
<td>Movie Review</td>
<td>Dec. 3</td>
<td>20%</td>
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<tr>
<td>Group Seminar Presentation</td>
<td>TBA</td>
<td>35%</td>
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<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>100%</strong></td>
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**Class Participation**
As a seminar class, SDS 4405R places high emphasis on class attendance and active participation. Evaluation will be based on your attendance, the quality of your questions and answers, and your level of preparedness. Come to each class with a sheet listing 5 to 10 key points or questions that you have developed based on the assigned readings (you may be asked to hand in this sheet). You will also submit two journals in-class (1 to 1½ pages single-spaced) - on Oct. 22 and Dec. 3. In both journals, you will indicate your goals in taking SDS 440R and which seminars you found most engaging. Also, describe specific examples of your contribution to class discussion. In your first journal, describe a plan of action to improve your participation in the second half of the class. In your second journal, comment on whether you were able to implement your plan of action and whether you achieved your goals from your first journal. You will attach to your journal 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.

**Thought Papers**
You will submit two thought papers in-class (1 ½ to 2 pages single-spaced). Your first paper will be based on the assigned readings for Sept. 24 or Oct. 1 and your second paper will be based on the readings for Nov. 5 or 12. You will be provided a question in class the week before the assignment is due. Evaluation will be based on your ability to integrate information from the assigned readings and apply this information to the posed question.
**Group Seminar Presentation**

On the LEARN website for our course, sign-up for one of the available seminar topics. Selections will be made on a first-come, first-choice basis. You and two of your peers will present for roughly 90 minutes, which will be followed by a 10 minute break and then a 45 minute class discussion, which your group will facilitate. Your group will review the assigned readings for your seminar topic in addition to extending the discussion with your own review of relevant research. In addition, discuss possible treatment, prevention, and policy issues (local, provincial, or national), and future areas of research.

A portion of your seminar will include Power Point slides (roughly 20-25 slides). Your presentation will also include a variety of other media of your choice (e.g. handouts, role-plays, case studies, experiential exercises, debates, questionnaires, quizzes, video-clips, songs, or poetry), which will highlight effective applications of your topic. Student evaluation will be based on your background knowledge, focus of presentation, effective use of a variety of media, oral presentation skills, generation of class discussion, and group participation. Each student will provide a 1½ - 2 pages summary (single-spaced) of the key points that you covered in your specific portion of the presentation, along with additional pages 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.

**Movie Review**

You will review a movie (8-10 pages double-spaced), in which you will explain how this movie demonstrates some of the principal characteristics and components of wellness and optimal living. Critically examine the concept of optimal living from multiple perspectives (bio-psycho-social-spiritual), and apply relevant information from several seminars, assigned readings, and your own literature search (include a list of References). Comment on any changes that you would make to the movie in order to demonstrate optimal living even more powerfully. Sample movies to review include *Indian Horse, Moonlight, Coco, Room, Gravity, Inside Out, Shawshank Redemption, Awakenings, Short Term 12, The Color Purple, A Beautiful Mind, Wild Strawberries, Ikiru, The Diving Bell and The Butterfly*, or one of your choice.
# Course Outline

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Readings</th>
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| 1    | Sept. 10 | **Introduction to Optimal Living**  
| 2    | Sept. 17 | **Healthy Eating and Active Living**  
| 3    | Sept. 24 | **Stress Management and Work/Life Balance**  
Zinger, L. (2011). Managing Your Stress. Taken from: [https://www.lahc.edu/classes/pe/health/health11media/Health_11_Chapter_3_Stress-PDF.pdf](https://www.lahc.edu/classes/pe/health/health11media/Health_11_Chapter_3_Stress-PDF.pdf)  
Canadian Centre for Occupational Health and Safety. Work/Life Balance. Taken from: [http://www.ccohs.ca/oshanswers/psychosocial/worklife_balance.html](http://www.ccohs.ca/oshanswers/psychosocial/worklife_balance.html) |
| 4    | Oct. 1  | **Sleep Promotion and Smoking Cessation**  
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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Oct. 8</td>
<td>Thanksgiving Day (University Closed)</td>
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<tr>
<td>Nov. 12</td>
<td><strong>Healthy Relationships and Community Engagement</strong></td>
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**Nov. 19** **Healthy Aging**


**Nov. 26** **Environmental Awareness and Education**


**Dec. 3** **End-of-Life Care**


**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](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](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](https://uwaterloo.ca)
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-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-advisory 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, Section 4 (https://uwaterloo.ca/secretariat-general-counsel/policies-procedures-guidelines/policy-70). 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 from 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.