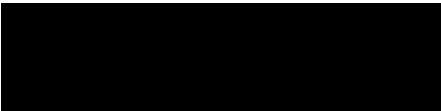


**PSYC 260 (A01) - CRN 22815**  
**Introduction to Mental Health and Wellbeing**  
**Spring 2024**

<b>Instructor</b>	<b>Teaching Assistant</b>
Michelle St. Pierre, Ph.D., Assistant Teaching Professor, Department of Psychology <b>Email:</b> mstpierre@uvic.ca <b>Office:</b> Cornett A216 <b>Office Hours:</b> 2:30pm-4:00pm Thursday's	Nazanin Babaei  nbabaei@uvic.ca  By appointment (email for appointments)

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2. Describe the contributions of several theoretical perspectives and evaluate the research evidence that mental illness is impacted by social, biological, cognitive, emotional, behavioural, and cultural factors.
  3. Demonstrate an understanding of the classification systems and diagnostic criteria used to categorize psychopathology.
  4. Define and describe the broad categories of mental disorders and their symptoms, causes, and treatments.
  5. Demonstrate critical thinking skills as it applies to differentiating between mental disorders of different and the same category and what evidence-based treatments may be applicable.
  6. Evaluate commonly held attitudes/biases/understandings of mental illness alongside causes and treatments.

### **Course Evaluation and Grades**

Students who have completed the following elements (A, B, D, E are required components) will be

as a value of 0. In accordance with the University's policy on academic concessions, "A student who completes all course requirements is not eligible for an academic concession". Consequently, students can only request deferrals for the completion of required course components and not for non-essential course components. *Students have the responsibility to proactively seek advice when facing unexpected and unavoidable circumstances and conflicting responsibilities interfere with their academic obligations.*

**Course Schedule**

The below schedule should be considered tentative as the pace of the course and content covered each class may vary throughout the semester. The examination dates will remain fixed. All assigned readings are to be completed before the class that they are attached to. Please see Important Dates section for due dates.

<b>Class Dates</b>	<b>Topic</b>	<b>Text Chapters and Readings</b>
<b>Week 1:</b>	January 8 January 11	Introduction to the Course Introduction to Mental Health/Illness
<b>Week 2:</b>	January 15 January 18	Chapter 1 Integration in Psychopathology Chapter 2
<b>Week 3:</b>	January 22 <del>January 25</del> January 25	Chapter 2 Anxiety Chapter 5 Anxiety Chapter 5





**Attendance** It is expected that you will attend all classes. If, due to unforeseen circumstances, you must miss a class, please obtain the missed material from a classmate. I can provide information on specific questions, but a make-up class or class notes will not be provided. Teaching assistants are also able to answer content-Y(t)20 (u )J7 (e )pccp c4 (p cc(t)2 (i)6t)12 (hato6 (i)6 (i)6 (al) (i)6t12 (hat)e0 (ex)



**UNIVERSITY OF VICTORIA**  
Department of Psychology  
Important Course Policy Information  
Spring Session 2024

**Accessible Learning**

The University of Victoria is committed to creating a learning environment where all members of the university community have the right to this experience and such an environment. The University will not tolerate racism, sexualized violence, bullying, or harassment.

Engaging into UVic's learning systems or interacting with online resources and course materials, you are engaging in a University activity.

These materials are subject to the University's policies and procedures. For more information, please refer to the University's policies and procedures.





### **Policy on Academic Integrity including Plagiarism and Cheating**

The Department of Psychology fully endorses and intends to enforce rigorously the [Senate Policy on Academic Integrity](#). It is of utmost importance that students who do their work honestly be protected from those who do not. Because this policy is in place to ensure that students carry out and benefit from the learning activities assigned in each course, it is expected that students will cooperate in its implementation.

The offences defined by the policy can be summarized briefly as follows:

1. **Plagiarism.** You must make sure that the work you submit is your work and oerg (a)-3.e tncergw (r)4T/6y9 (yo)1.9 (u s)-8 (e)

### **Prerequisites**

Students who remain in courses for which they do not have the prerequisites do so at their own risk. Students who complete courses without prerequisites ARE NOT exempt from having to complete the prerequisite course(s) if such courses are required for the degree program.

### **Program Requirements**

For more information see the [UVic Calendar](#).

### **Registration Status**

Students are responsible for verifying their registration status. Registration status may be verified using My Page, View Schedule. Course adds and drops will not be processed after the [deadlines](#) set out in the current UVic Calendar.

Students who do not attend classes must not assume that they have been dropped from a course by an academic unit or an instructor. Courses that are not formally dropped will be given a failing grade, students may be required to withdraw and will be required to pay the tuition fee for the course.

### **Request for Academic Concessions**

Students can apply for [academic concessions](#) if their course requirements are affected by (i) unexpected and/or unavoidable circumstances (e.g., illness, family affliction, etc.), or (ii) conflicting responsibilities (e.g., service in the armed forces or first responder, representing the university).

#### **Request an in-course extension**

If you require more time to complete a course requirement or miss a test or midterm exam, then you will need to complete the "[In-Course Extension Form](#)" and submit it directly to your course instructor. All



# BE WELL



A note to remind you to take care of yourself. Do your best to maintain a healthy lifestyle this semester by eating well, exercising, getting enough sleep and taking some time to relax. This will help you achieve your goals and cope with stress. All of us benefit from support during times of struggle. You are not alone.

## ***Social Life, Friends, & Community at UVic:***

Having a social network is an extremely important foundation for positive mental health. There are lots of benefits to joining clubs, course unions, intramurals and teams on campus.

<https://www.uvic.ca/undergraduate/housing-student-life/student-life/index.php>

## ***Counselling Services:***

The Student Wellness Centre can help you make the most of your university experience. They offer free professional, confidential, inclusive support to currently registered UVic students. <https://www.uvic.ca/student-wellness/contacts/student-wellness-team/index.php#ipn-counsellors>

## ***Health Services:***

The Student Wellness Centre also provides a full service primary health clinic for students. <https://www.uvic.ca/student-wellness/contacts/student-wellness-team/index.php#ipn-physicians>

## ***Centre for Accessible Learning***

The CAL staff are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations <https://www.uvic.ca/accessible-learning/index.php>. The sooner you let us know your needs, the quicker we can assist you in achieving your learning goals in this course.

## ***Elders' Voices:***

The Office of Indigenous Academic and Community Engagement (IACE) has the privilege of assembling a group of Elders from local communities to guide students, staff, faculty and administration in Indigenous ways of knowing and being. [www.uvic.ca/services/indigenous/students/programming/elders/](http://www.uvic.ca/services/indigenous/students/programming/elders/)

## ***Mental Health Supports and Services:***

Mental health supports and services are available to students from all areas of the UVic community: <https://www.uvic.ca/student-wellness/wellness-resources/mental-health/>