Psychol o206/0(A01) Introduction to Mental Health and Well -Being Summer 2021

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Office Hours: Wednesdays, 1- 1 apn m	Office Hours: By appoint ment

Course Description:

Welcome **PS**YC 260Vental Health an BoleiWoodThis course is a broad introduction to mental health-baoeidnowyel with a focus on theories and concepts in psyc We will learn about specific disord ED iasgnoc states as idf Statotistical Mabameual of Mental Disorderş 5th Edition (DSM5). A greater understanding of these disorders reduce stigma around mentalThibse adduthrse will utilize case examples to h understanding the diagnostic categories that are covered.

Territory Acknowledgement:

We acknowledge withtrespeckwungen peoples on whose traditional terri

Class Time & Format:

Psycholo2g6y0will be offul**ely cend**ine and blendeolusing a combination of synchronou (reatim)electures and async(nomroenous

Evaluation:

Eval uat i on	Percentage of	Due Date
Discussion Posts	15%(3x 5%)	Weekly, Sundays by 10p
Test 1	20%	May 17
Test 2	20%	May 25
Paper	25%	May 29, by 10pm
Test 3	20%	June 2

Test(s3 tests for a601%) tal of

There will be a total of 3 online,wotensths200% **earren**pateosurwsiel be non cumulative wainlot docemprised modifip belotiePeaper

If you have que,estticenncourage yotuhetmoduatiskag class time or during my office hours. You can also contact me by email:26p0teiansethencstuukobjeee0FoGFYOthe email and allow up to 48 hours for a response.

Respect for Diversity:

Date	Торіс	
Mon, May 1	History of Abnormal Behavi	
Tues, May	Integrative Approach to Psych	
Weds, May	Clinical Assessment & Diag	

Anxi et y

Preoccupation & Obsession

Trauma & Dissociation

Mood Disorders & Suicide

EatinDojsorders

SleepWake Disorders

Tentative Schedule

Week

1

2

3

Thurs,

Fri,

Weds,

Mon, May 1

Tues, May

Thurs, May

FriMay 21

Mon, May 2

Ma3y

May

May

Readings

Ch.

Ch.

Ch. 5

Ch. 6

Ch.

Ch.

Ch. 9

Ch. 10

Ch. 1

2

3

7

8

UNIVERSITY OF VICTORIA Department of Psychology

Important Course Policy Information Summer 202 1

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

Apply at Records Services for a "Request for Academic Concession", normally within 10 working days of the date of the exam. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation (for example, a deferred exam). Where a concession is not applied for or where such application is denied, an N grade will be entered on the student's academic record. OR, you can download the Request for Academic Concession form here:

http://www.uvic.ca/registrar/assets/docs/record -forms/rac.pdf

x What to do if you miss an exam other than one scheduled during the formal exam period

Do <u>not</u> apply at Records Services for a "Request for Academic Concession". Instead submit documentation of the illness, accident or family affliction directly to your co urse instructor (or designated teaching assistant).

x What to do if you require additional time to complete course requirements

Apply at Records Services for a "Request for Academic Concession", normally within 10 working days of the end of the course. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation (for example, a deferred exam). Where a concession is not applied for or where such application is denied, an N grade will be entered on the student's academic record.

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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

https://www.uvic.ca/calendar/future/undergrad/#

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 stressf All o 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, coursiens, intramurals and teams on campus.

https://www.uvic.ca/mentalhealth/undergraduate/connecting/index.php

Counselling Services:

Counselling Services can help you make the most of your university experience. offer free professional, confidential, inclusive support to currently registered UVic students.<u>www.uvic.ca/services/counselling/</u>

Health Services:

University Health Services (UHS) provides a full service primary health clinic for students, and coordinates healthy student and campus initiatives. <u>www.uvic.ca/services/health/</u>

Centre for Accessible Learning:

The CAL staff are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations/w.uvic.ca/services/cal/The sooner you let us know your needs, the quickeewan 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. <u>www.uvic.ca/services/indigenous/students/programming/elders/</u>

Mental Health Supports and Services:

Mental health supports and services are available to students from all areas of the UVic community:<u>www.uvic.ca/mentalhealth/undergraduate</u>/