

**BRESCIA UNIVERSITY COLLEGE**  
**DEPARTMENT OF SOCIOLOGY**  
Sociology of Mental Health  
Sociology 3346F  
Fall, 2018

**Instructor:** Dr. Yvonne Asare-Bediako

**Office:** UH 356

**Office Hours:** Thursdays 5:30pm to 6:30pm (or by appointment)

**Email:** ynyinak@uwo.ca (not through owl, please)

**Class:** Thursdays, 6:30 p.m. to 9:30 p.m.

**Location:** BR-202

## **COURSE DESCRIPTION**

From a sociological perspective, this course explores the social aspects of mental health and illness, examining the connection between social structure/processes and mental health outcomes. The main themes that will be considered include sociological approaches to mental health and illness, social factors and mental illness, the meaning, experience and social consequences of mental illness, as well as mental health care systems.

**Antirequisite(s):** Sociology 3385F/G, if taken at Brescia in 2014-15

**Prerequisites(s):** 1.0 from Sociology courses at the 1000 level, and third or fourth year standing in a module in Sociology.

**IMPORTANT NOTE:** You are responsible for ensuring that you have successfully completed all course prerequisites. If you do not have the requisites for this course, and you do not have written special permission from your Dean to enroll in this course, you will be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

## **LEARNING OUTCOMES**

**By the end of this course the student will be able to,**

- Understand and distinguish the different perspectives on mental health and illness “Brescia competency – critical thinking”
- Identify and understand the import of social status and location on mental health, mental health outcomes and mental health care “Brescia competency – inquiry and analysis”

- Discuss and promote mental health and mental health care issues at the local, national and global levels “Brescia competency – social awareness and engagement” Develop written and oral communication skills through class presentations and written assignments “Brescia competency – communication”
- Critically evaluate, analyze and discuss current literature on mental health “Brescia competency – inquiry and analysis”

### **REQUIRED TEXT(S)**

- Elliot Goldner, Emily Jenkins, Jessica Prairie, Dan Bilsker. (2011). A Concise Introduction to Mental Health in Canada. Canadian Scholar’ Press.
- Academic journals and online articles.

### **METHOD OF EVALUATION**

Your final grades will include: participation (20%), term-paper (20%), mid-term (25%) and final exam (35%)

**Participation:** Each student will be required to do a 15 to 20-minute presentation and present a one-page critical paper on an article they have selected. Depending on the weekly slot selected, each student must choose an article related to the reading(s)/topic for that week. Presentations will be worth 10%, and the critical paper, 5% of your final grade. A 5% grade will also be awarded for participation in in-class and online discussions.

**Research-paper:** Each student is required to write an 8 – 10 page paper on a topic related to the sociology of mental health. Students will be expected to demonstrate an understanding of the course materials, and to incorporate theories and approaches discussed in class. Further details about the paper will be provided during the course of the semester. The final paper is worth 20% of your final course grade.

**NOTE!** A HARD COPY of assignments must be submitted at the BEGINNING OF CLASS on the specified due date. Unless otherwise stated or permitted, electronic submissions will be awarded a grade of 0, and late submissions will be penalized at a rate of 10% per day.

Late Assignment (Hard Copy) Drop Off Box. There will be a locked box located outside the Dean's Office. The box will be cleared daily at 4 p.m. Anything submitted after 4 p.m. will therefore be considered as submitted the next day.

**Mid-term and Final Exam:** Both exams will consist of multiple-choice, short answer and short essay questions covering the lectures, films, and reading assignments. You are responsible for all the material in the assigned chapters and readings even if this material is not covered in class. The final exam is **cumulative**, but will be largely based on materials covered after the mid-term. The midterm and final exam are worth 25% and 35% of your final grade, respectively.

## **EVALUATION BREAKDOWN**

Mid-term Exam: =25%

Presentation/Critical Paper = 15%

Participation in In-class and online discussion = 5%

Term Paper = 20%

Final Exam: 35%

## **HOW TO CONTACT ME**

I will be available to respond to questions regarding the course, requirements and materials during office hours. You are also welcome to communicate with me through email. I request, however, that you refrain from emailing me with questions that have already being addressed online, by this course outline and in class. Only urgent enquiries will receive attention and a response within 48 hours of receipt. All non-urgent enquiries can be addressed in class or during office hours.

## **ATTENDANCE AND CLASSROOM ENVIRONMENT**

Students are encouraged to attend class regularly, pay attention and to participate in all in-class and out-of-class discussions and assignments or activities.

## **LAPTOPS AND MOBILE PHONE POLICY**

Laptops will be permitted in class if they are only being used for notetaking. Students found using laptops for activities not related to this class will be told to put the laptop away and not be allowed to use the laptop for the rest of the class. All cell phones must be turned off at the beginning of class. Phone use and texting are not permitted during class.

## **HOW TO GET IMPORTANT INFORMATION**

Sakai OWL (<http://owl.uwo.ca>) will be used to post course information, content, reminders, and important instructions regarding deadlines, expectations, requirements, etc. It is expected that you check OWL regularly to ensure that you are kept up to date on new and revised course content. During the course, I will post or email additional content and/or materials that may aid in your learning and understanding of course topics.

## TOPICAL OUTLINE

**\*Supplementary Readings (SR) (Will be posted on OWL)**

<b>Date</b>	<b>Topic</b>	<b>Readings</b>
Sept 6	Introduction, Syllabus and Course Overview	
Sept 13	Mental Health and Illness: History and Origins	Chpt. 1
Sept 20	Perspectives on Mental Health and Illness	Chpts. 2-3, SR
Sept 27	Stress and Mental Health: Understanding the Stress Process	SR
Oct 4	Prevalence and Patterns of Mental Illness	
Oct 11	<b>FALL READING WEEK</b>	Chpt. 4, SR
Oct 18	<b>MIDTERM EXAM</b>	
Oct 25	Socioeconomic Inequalities and Mental Health	SR
Nov 1	Social Antecedents of Mental Illness	Chpts. 7-10, SR
Nov 8	Institutional Antecedents of Mental Illness	Chpt. 6, SR
Nov 15	Mental Health among Special/Specific Populations	Chpt. 5, SR
Nov 22	Social Consequences of Mental Illness	SR
Nov 29	Mental Health Policy and Treatment	Chpts. 11-15
Dec 6	<b>REVIEW/RESEARCH PAPERS DUE</b>	
Dec. 10 – 21	<b>FINAL EXAMS</b>	

## 2018-19 BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

### POLICY REGARDING MAKEUP EXAMS AND EXTENSIONS OF DEADLINES

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation **must** be made through an Academic Advisor and include supporting documentation.

Academic accommodation for illness will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete her academic responsibilities. Minor ailments typically treated by over-the-counter medications will not normally be accommodated.

Students must submit their documentation along with a request for relief specifying the nature of the accommodation being requested no later than two business days after the date specified for resuming responsibilities. In cases where there might be an extended absence or serious issue, students should submit their documentation promptly and consult their Academic Advisor for advice during their recovery period. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Appropriate academic accommodation will be determined by the Dean's Office/Academic Advisor in consultation with the student's instructor(s). Academic accommodation may include extension of deadlines, waiver of attendance requirements for classes/labs/tutorials, arranging Special Exams or Incompletes, re-weighting course requirements, or granting late withdrawals without academic penalty

Please note that personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are **not** grounds for academic accommodation.

A UWO Student Medical Certificate (SMC) is **required** if a student is seeking academic accommodation on medical grounds. This documentation should be obtained at the time of the initial consultation with the physician/nurse practitioner or walk-in clinic. A SMC can be downloaded from: [http://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/medicalform.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf) . The student must request documentation sufficient to demonstrate that her ability to meet academic responsibilities was seriously affected. Please note that under University Senate regulations documentation stating simply that the student "was seen for a medical reason" or "was ill" is **not** adequate to support a request for academic accommodation.

The full policy on requesting accommodation due to illness can be viewed at: [http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_12](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12)

### ACADEMIC CONCERNS

If you feel that you have a medical or personal challenge that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. Retroactive requests for academic accommodation on medical or compassionate grounds are not normally considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult your Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines (refer to the Registrar's website, <http://brescia.uwo.ca/academics/registrar-services/> or the list of official sessional dates in the Academic Calendar, see the Sessional Dates tab at <http://www.westerncalendar.uwo.ca/index.cfm?SelectedCalendar=Live&ArchiveID=> ). You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. *Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.*

## ABSENCES

**Short Absences:** If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment.

Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

**Extended Absences:** If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work and arrange academic accommodations, if appropriate and warranted.

It is important to note that the Academic Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory

([http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#SubHeading\\_68](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#SubHeading_68) ).

## 7.SCHOLASTIC OFFENCES

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at: [http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_20](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_20) .

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Note that such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is being sought in another course in the University or elsewhere. Students are advised to consult the section on Scholastic Discipline for Undergraduate Students in the Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Academic Dean's Office, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

### **Plagiarism:**

Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence.

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).

### **Computer-marked Tests/exams:**

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

## **5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS**

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal is to be sent to the School Chair. If the response of the Chair is considered unsatisfactory to the student, she may then submit a written appeal to the Office of the Dean. If the student is not satisfied with the decision of the Dean, she may appeal to the Senate Review Board Academic (SRBA), if there are sufficient grounds for the appeal. For information on academic appeals you can consult your Academic Advisor or see the Student Academic Appeals – Undergraduate in the Academic Calendar

[http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_14](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_14).

Note that final course marks are not official until the Academic Dean has reviewed and signed the final grade report for the course. If course marks deviate from acceptable and appropriate standards, the Academic Dean may require grades to be adjusted to align them with accepted grading practices.

## **6. PREREQUISITES**

Unless you have either the prerequisites for a course or written special permission from the Dean to enroll in it, you will be removed from the course and it will be deleted from your record. This decision

may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisite(s).

## **7. SUPPORT**

### **Support Services**

The Brescia University College Registrar's website, with a link to Academic Advisors, is at <http://brescia.uwo.ca/academics/registrar-services/> . The website for the Student Development Centre at Western is <http://www.sdc.uwo.ca/> .

### **Mental Health and Wellness**

Students may experience a range of issues that can cause barriers to your learning, such as increased anxiety, feeling overwhelmed, feeling down or lost, difficulty concentrating and/or lack of motivation. Services are available to assist you with addressing these and other concerns you may be experiencing. You can learn more about mental health and wellness at Brescia at <http://brescia.uwo.ca/life/mental-health-wellness/> . Students who are in emotional/mental distress should refer to Health and Wellness at Western, [http://uwo.ca/health/mental\\_wellbeing/index.html](http://uwo.ca/health/mental_wellbeing/index.html), for information about how to obtain help for yourself or others.

### **Sexual Violence**

All members of the Brescia University College community have a right to work and study in an environment that is free from any form of sexual violence. Brescia University College recognizes that the prevention of, and response to, Sexual Violence is of particular importance in the university environment. Sexual Violence is strictly prohibited and unacceptable and will not be tolerated. Brescia is committed to preventing Sexual Violence and creating a safe space for anyone in the Brescia community who has experienced Sexual Violence.

If you or someone you know has experienced any form of Sexual Violence, you may access resources at <http://brescia.uwo.ca/life/sexual-violence/>.

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Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy and the Academic Handbook of Senate Regulations. This document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate of the University of Western Ontario.