

# PSYC73: Mental Health and Wellness Laboratory

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## Winter 2022

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*Pronounced (yoo-'LIE'-zik)*

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### COURSE OVERVIEW

Class time and location:

Thursdays 1-3pm (IC326)\*

\*Online synchronous via Zoom until January 31, 2022 (this may change depending on COVID situation and university policy)

**Zoom information: Meeting ID: 830 2740 6117**

**Passcode: WELLNESS**

#### Course Objective:

The university experience is an exciting and stressful time for everyone. The increased freedom and independence is both exciting and daunting, leading many students to struggle in new ways or with emotions that seem to have increased in intensity. Conversely, research has shown that individuals who develop and use mental health and wellness strategies are more likely to be effective in their job roles, involved in strong relationships, physically and mentally healthy, and satisfied with their lives overall. The purpose of this course is to teach strategies for having resilience in the face of commonly experienced stressors and difficulties in order to help you live a happy, fulfilling, and successful life (in other words, *thrive*). This course will provide you with a personalized set of strategies and skills for self-care and optimize your academic and social experiences while at the University of Toronto Scarborough and beyond. Utilizing lectures, readings, videos, discussion forums, practice exercises, group work and coaching, we aim to assist and encourage you in meeting the learning outcomes while developing your more resilient and skillful self.

#### Learning Outcomes:

- Directly practice a variety of mental health and wellness skills, habits, and routines that are focused on the goals of minimizing stress and optimizing well-being.
- Describe why intentionally 'practicing' these skills is critical to developing the fluency to use and reap the benefits from them, as well as teach these skills to others.
- Develop a resilience toolbox of skills and strategies that serves as the vehicle on your roadmap for your future, both in terms of personal development and careers in the clinical psychology/mental health workforce.

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## COURSE LOGISTICS

### Quercus:

Powerpoint slides, reading assignments, homework assignments, and diary cards, in addition to all other course-related materials (e.g., syllabus), can be found on Quercus. Course announcements can be found on Quercus and will be automatically link to your University of Toronto email address. Please ensure that you are checking both Quercus and your University of Toronto email regularly.

### Office Hours: Tuesdays at 10am (January 18-April 5)

Office hours are conducted in drop-in format through Zoom for the entirety of the semester (please use classroom link above). You will be held in the waiting room until it is your turn to speak to the professor. Office hours should be used exclusively for course-related matters.

### Behavioural Expectations

For both remote and in-person classes, please be on time, pay attention, do not use your cell phone, or use your computer for non-class activities (e.g., Netflix, emails). This is a laboratory class – while it is not a “traditional” lab like you might see in a chemistry or neuroscience course, consider you and your classmates as both the experimenters and experiments! Together we will test out and practice different skills, so your attention, maturity, and respect are vital to everyone having an enjoyable and fruitful lab experience.

Remotely attending class and office hours requires the student to participate from a location offering reasonable privacy and noise level for classroom participation (which includes both discussion and experiential learning). Students must turn on their camera and microphone and their Zoom name must reflect their preferred name plus last name.

### Trigger Warning and Mental Health Subject Matter

While we will discuss and practice emotion, mental health, and wellness skills and strategies, *this course is not a therapeutic intervention.* Class time and office hours are not to be used to discuss personal mental health matters (either regarding the student or someone known to the student). Neither the professor or the teaching assistant will provide mental health advice and will instead refer the student to the Health and Wellness Centre on campus.

That being said, our discussions will often touch on difficult emotions, experiences, and behaviours. Students will be expected to write about and/or share personal experiences as part of the class. Some of the assignments and/or experiential exercises may be triggering to some students. Feel free to review the syllabus and reach out to the professor for ways to approach the class in a healthy way. Please note that there are multiple resources offered to students, including several via the Health and Wellness Centre (<https://www.utoronto.ca/hwc/>), as well as external services like helplines: Distress Centre (416-408-HELP), Good2Talk (866-925-5454). In addition, if you are currently experience a physical or mental health issue that will significantly interfere with your ability to participate in this class, you should seek out AccessAbility consultations as soon as possible so your grade is not affected.

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## Grading

### Attendance/Participation: (Worth 20% of final grade)

Students are expected to attend every class, whether they be offered on Zoom or in-person. Remember, this is a lab course and you must be present to participate in experiential learning. Students can miss one class without penalty. After that, missed classes will result in loss of points toward your final grade (to understand the policy on allowable absences, please refer to the missed term work policy below). If you miss class, please inform the professor as soon as possible. Note, you are responsible for reviewing class materials, completing the homework, and obtaining notes from a classmate if you cannot attend class for any reason.

The second component to this evaluation involves the quality of classroom participation throughout the experiential learning in the course. Students are expected to come prepared having completed the weekly reading and video assignment before class, as these readings/videos are necessary for class discussion. Students are also expected to fully participate in all experiential elements of the class. Students will be assigned 1, 2, or 3 points per attended class for minimal, adequate, or excellent classroom participation.

### Weekly Homework: Due each Tuesday by 11:59pm (Worth 30% of final grade)

Homework assignments consist of a 3-4 page reflection (double spaced, 12 point font, 1 inch margins) that will differ each week and will generally include the following key components: 1) Skills Practice Reflection; 2) Class Activity Reflection; 3) Reflection on Gratitude Journaling; 4) Lecture and Reading Reflection.

### Diary Cards: Due each Thursday by 1:00pm (Worth 20% of final grade)

Starting in Week 3 of the course, you will be expected to track your skills practice through the use of a Diary Card (a brief chart). There are different versions of this card posted for each week that adds new skills you have learned to the card; please be sure to turn in the correct week's card in order to get full credit.

### Final Exam: (Worth 30% of final grade)

There will be a comprehensive exam during finals week. This will include a 50 multiple-choice and true/false questions. This will be a 90 minutes, open notes test.

## Course Details

	<b>Topic</b>	<b>Assignments and Dates</b>
Lesson 1	Introduction to Mental Health and Wellness Lab <ul style="list-style-type: none"> <li>• Course goals</li> <li>• Class requirements</li> <li>• Define stress, emotion, mental health, wellness, and resilience</li> </ul>	<b>Class:</b> January 13
Week 2	Awareness and Empowerment through Mindfulness-Based Practice <ul style="list-style-type: none"> <li>• Benefits of mindfulness</li> </ul>	<b>Homework #1 due:</b> January 18 <b>Class:</b> January 20  <b>**Don't forget to start your first diary card! **</b>
Week 3	Values Clarification and Commitment <ul style="list-style-type: none"> <li>• What matters most to you</li> <li>• How to live within your values</li> </ul>	<b>Homework #2 due:</b> January 25 <b>Diary card due:</b> January 27 <b>Class:</b> January 27
Week 4	Habits, Willpower, and Distress Tolerance <ul style="list-style-type: none"> <li>• How to withstand difficult experiences</li> <li>• How to be healthy and kind to yourself</li> </ul>	<b>Homework #3 due:</b> February 1 <b>Diary card due:</b> February 3 <b>Class:</b> February 3
Week 5	Reality Acceptance Skills <ul style="list-style-type: none"> <li>• Gratitude</li> </ul>	<b>Homework #4 due:</b> February 8 <b>Diary card due:</b> February 10 <b>Class:</b> February 10
Week 6	Choosing your Attention and Practicing Gratitude <ul style="list-style-type: none"> <li>• Attending to positive aspects of life</li> </ul>	<b>Homework #5 due:</b> February 15 <b>Diary card due:</b> February 17 <b>Class:</b> February 17
Week 7	Model of Emotion: Identifying Targets for Interventions and Cultivating Positive Emotions <ul style="list-style-type: none"> <li>• Reducing vulnerability to negative emotions</li> </ul>	<b>Homework #6 due:</b> March 1 <b>Diary card due:</b> March 3 <b>Class:</b> March 3
Week 8	Identifying Unhelpful Thoughts and Changing them to Helpful Thoughts <ul style="list-style-type: none"> <li>• Cognitive restructuring</li> </ul>	<b>Homework #7 due:</b> March 8 <b>Diary card due:</b> March 10 <b>Class:</b> March 10
Week 9	Managing Intense Negative Emotions <ul style="list-style-type: none"> <li>• Research-based strategies to reduce the intensity of negative emotions</li> </ul>	<b>Homework #8 due:</b> March 15 <b>Diary card due:</b> March 17 <b>Class:</b> March 17
Week 10	Developing Interpersonal Effectiveness Skills <ul style="list-style-type: none"> <li>• Effective communication</li> <li>• Asking for something you need</li> <li>• Building relationships</li> <li>• Maintaining self-respect</li> </ul>	<b>Homework #9 due:</b> March 22 <b>Diary card due:</b> March 24 <b>Class:</b> March 24

Week 11	Balancing Options and Intensity in Interpersonal Effectiveness Skills <ul style="list-style-type: none"> <li>• How to build authentic relationships</li> </ul>	<b>Homework #10 due:</b> March 29 <b>Diary card due:</b> March 31 <b>Class:</b> March 31
Week 12	Therapeutic Lifestyle Changes <ul style="list-style-type: none"> <li>• Promoting relaxing and recreational activities</li> <li>• Engaging in religious or spiritual activities</li> </ul>	<b>Homework #11 due:</b> April 5 <b>Diary card due:</b> April 7 <b>Class:</b> April 7

**EXTRA CREDIT**

**1. Submit a final homework assignment (Homework #12) by April 12 to replace a missed/lower graded homework assignment.**

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**2. Submit final Diary Card to receive an extra 1 point on your final exam.**

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## Course and Departmental Policies

### Submission of Coursework:

All coursework should be submitted via Quercus as a file attachment. No assignments should be sent via email to the professor or teaching assistant. Students will be required to submit their course written assignments and essays to the University's plagiarism detection tool for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their essays to be included as source documents in the tool's reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University's use of this tool are described on the Centre for Teaching Support & Innovation web site (<https://uoft.me/pdt-faq>).

### Equity, Diversity, and Inclusion:

The University of Toronto is committed to equity, human rights and respect for diversity. All members of the learning environment in this course should strive to create an atmosphere of mutual respect where all members of our community can express themselves, engage with each other, and respect one another's differences. The University of Toronto does not condone discrimination or harassment against any persons or communities.

### AccessAbility Services:

Students with diverse learning styles and needs are welcome in this course. In particular, if you have a disability/health consideration that may require accommodations, you should contact AccessAbility Services as soon as possible. AccessAbility Services staff are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations 416-287-7560 or email [ability@utsc.utoronto.ca](mailto:ability@utsc.utoronto.ca).

### Syllabus Changes:

The professor may make changes to the course syllabus based on pacing and needs of the class, or other unexpected events. These will not impair your ability to succeed in the class, and you will be notified when this occurs through Quercus.

### Course Materials and Access:

This course is limited to registered students only. Allowing unregistered students or other people access to the class or any class-related materials is not permitted. As outlined in the Provost's guidelines on Appropriate Use of Information and Communication Technology, for reasons of privacy as well as protection of copyright, distributing video or audio recordings from this class is prohibited unless written permission has been granted by the professor or for students with specific accommodations to do so. In this course, you are permitted to download materials for your own academic use, but you should not copy, share, or use them for any other purpose without the explicit permission of the professor.

### Email Communication:

Please keep your emails professional, concise, and clear: start with an informative title that includes the course name and some detail on your question (i.e., "PSYC73 - question about Mindfulness"). Emails to the professor should address her as "Dr. Uliaszek" or "Professor Uliaszek". The most effective emails are short, focused on a single question, and demonstrate some effort on your part to explain your understanding or where you are stuck.

### Academic Integrity:

The University of Toronto's [Code of Behaviour on Academic Matters](#) outlines the behaviours that constitute academic dishonesty and the processes for addressing academic offences. The University treats cases of cheating and plagiarism very seriously. Potential offences include, but are not limited to:

- Using someone else's ideas or words without appropriate acknowledgement;
- Submitting your own work in more than one course without the permission of the instructor;
- Making up sources or facts;
- Obtaining or providing unauthorized assistance on any assignment (including using paid services offering "editing" that significantly alter the content/language of your assignments);
- Using or possessing unauthorized aids;
- Communicating with others to jointly determine answers;
- Obtaining the test items in advance;
- Misrepresenting your identity;
- When you knew or ought to have known you were doing it.

All suspected cases of academic dishonesty will be investigated following procedures outlined in the Code of Behaviour on Academic Matters. If you have questions or concerns about what constitutes appropriate academic behaviour, please reach out to the professor or teaching assistant as soon as possible. If you require assistance with your writing, take your draft to UTSC's Writing Centre or (if applicable) the English Language Development Centre. Please review this [website](#) for tips on how not plagiarize.

### Course Late Work Policy:

Homework assignments will be deducted by 10% for each day they are late (starting at 12:01am on Wednesdays). Diary cards, which are due Thursdays at 1pm, will be accepted until Sunday, but will result in a loss of points if late. **Extensions are only granted via the policy detailed in the next section. DO NOT EMAIL THE PROFESSOR TO ASK FOR AN EXTENSION ON ANY ASSIGNMENT OUTSIDE OF THESE PARAMETERS.**

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## Psychology Department Missed Term Work Policy: Winter 2022

For missed term work (assignments and term tests) due to illness, emergency, or other mitigating circumstances, please follow the procedures outlined below.

- The following reasons are not considered sufficient for missed term work: travel for leisure, weddings, personal commitments, work commitments, human error.
- Missed Final Exams are handled by the Registrar's Office and should be declared on eService: <http://www.utoronto.ca/registrar/missing-examination>
- Instructors cannot accept term work any later than five business days after the last day of class. Beyond this date, you would need to file a petition with the Registrar's Office: <https://www.utoronto.ca/registrar/term-work>

### **Accommodations for Illness or Emergency:**

For missed work due to ILLNESS OR EMERGENCY, complete the following **three-step** process:

1. Complete the [Request for Missed Term Work Accommodations Form](#)
2. **Declare your absence** on **ACORN** (Profile & Settings > Absence Declaration)
3. **Email both the Request for Missed Term Work Accommodations Form AND a screenshot of your Self-Declared Absence on ACORN** to the email address provided by your instructor on the course syllabus **WITHIN 2 BUSINESS DAYS** of the missed work.

*Note:* If you are unable to submit your documents within 2-business days, **you must still email your instructor within the 2-business day window** to explain the nature of the delay, and when you will be able to provide your documents. Exceptions to the documentation deadline will only be made under **exceptional circumstances**.

*Note:* For this semester, we do not require any additional supporting documentation (e.g. medical notes) to support your missed term work accommodation request.

### **Accommodations for Academic Conflicts:**

For missed term work due to an ACADEMIC CONFLICT (i.e. two midterms scheduled at the same time), please complete the following process:

1. Complete the [Request for Missed Term Work Accommodations Form](#), choosing "Other" and explaining the conflict in the space provided.
2. Take screenshots of your course homepages that demonstrate the conflict.
3. Email the form and screenshots to your course instructor **at least two weeks (10 business days) before the date of the activity**, or as soon as possible if it was not possible to identify the conflict earlier.

*Note:* Multiple assignments due on the same day are not considered conflicts. Accommodations may only be possible in the case of quizzes and tests that are both scheduled during the same discrete period. Back-to-back tests/quizzes are not considered conflicts.

*Note:* Students are responsible for keeping their course timetables conflict-free. Students who choose to register in two synchronous courses with overlapping lecture/tutorial/lab schedules will not be accommodated.

### **Accommodations for Religious Conflicts:**

For missed term work due to a RELIGIOUS CONFLICT, please complete the following process:



1. Complete the [Request for Missed Term Work Accommodations Form](#), choosing “Other” and noting “Religious conflict” in the space provided.
2. Email the form to your course instructor **at least two weeks (10 business days) before the date of the activity**, or as soon as possible if it was not possible to identify the conflict earlier.

### **Accommodations for Students Registered with AccessAbility Services:**

For missed **TERM TESTS** due to ACCESSABILITY REASONS:

- **Contact your AccessAbility consultant** and have them email your instructor detailing accommodations required.

For missed **ASSIGNMENTS** due to ACCESSABILITY REASONS:

- If your desired accommodation is **within the scope** of your Accommodation Letter (e.g. your letter includes “extensions of up to 7 days” and you need 3 days):
  1. Complete the [Request for Missed Term Work Accommodations Form](#).
  2. Email the form and your **Accommodation Letter** to your instructor, specifying how many days extension you are requesting.
- If your desired accommodation is **outside the scope** of your Accommodation Letter (e.g. your letter includes “extensions of up to 7 days” but you need more time than that):
  1. **Contact your AccessAbility consultant** and have them email your instructor detailing the accommodations required.

### **Accommodation Procedure:**

After submitting your documentation, you will receive a response from your instructor or TA. This form does not guarantee that you will be accommodated. The course instructor reserves the right to decide what accommodations (if any) will be made. Failure to adhere to any aspect of this policy may result in a denial of your request for accommodation. **You are responsible for checking your official U of T email and Quercus course announcements daily**, as accommodations may be time-critical.

For missed assignments, **do not wait for an instructor response to resume work on your assignment**. Extension accommodations may be as short as one business day, depending on the nature of the illness/emergency. You should complete your assignment as soon as you are able and email it your instructor.

For an anticipated event (e.g. scheduled surgery or an illness with a prolonged recovery period), submit a [Verification of Illness Form](#) completed by your doctor, AND this form to your instructor if you would like to request accommodations in advance of the assignment deadline or midterm date. **Declare your future absence on ACORN (absences can be declared up to 14 days in the future)**.

### **Missed Accommodations**

If an accommodation is granted but a continued illness/emergency prevents you from meeting the requirements of your accommodation, you must repeat the missed term work procedure to request additional accommodations. **Please make it clear in your subject line that you are requesting a second accommodation**. For example, if you are given an extension but are still sick and need more time, or if you miss a make-up midterm, you must submit another request ‘Missed Term Work Accommodations’ form and declare your extended absence on ACORN. \*\*\*Note: In the case of a missed make-up test, an opportunity to write a second make-up test may not be provided.