Health, Attitude & Behaviour (In Transforming Self) -
“HABITS”
HTH SCI 2J03, Term 1, 2017/2018

The 2J03 Team: (all contacts available on LearnLink)

Instructors/Co-ordinators:
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Experiential & Theoretical Application Tutorial Teaching Assistants:
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Learning Objectives
1. To explore and understand self and others within the context of wellness and wellbeing, and to consider these concepts from a variety of perspectives including the future.
2. To demonstrate knowledge and application of specific principles in three areas; daily living, applied drama, and recreation & leisure as a way of achieving wellness.
3. To explore the concept of disconnecting to reconnect and the impact of technology on wellbeing.
4. To demonstrate a continued commitment to growth in these areas by establishing routines which contribute to a healthy lifestyle.
Introduction

A strong understanding of oneself and a clear application of that knowledge in daily interactions is a large component of effective learning. As Health Sciences students, this well-roundedness is essential to an ever-growing set of skills.

This course will change the focus of learning from concepts and disciplines to one of self-awareness and understanding. Thus it will begin to bridge the often-forgotten gap in understanding oneself and others and relating this new understanding to disciplinary content and real life. Bring an open mind and a reflective attitude and be ready to unlearn and re-learn the subject many believe that you are already experts in – the subject of yourselves and your wellbeing!

Course Details

In this course, health, attitude, and behaviour will be examined through interprofessional perspectives using three different pathways: Daily Living, Recreation & Leisure, and Applied Drama. Each of these pathways will be investigated in lectures, Experiential Tutorials (ETs), and Theoretical Application Tutorials (TATs). Since the concepts of TATs and ETs are relatively new, the outline below explains each component in greater detail.

I. Lecture

Lectures will take place on a weekly basis and will provide the theoretical framework of the three pathways from an interprofessional perspective.

II. Theoretical Application Tutorial (TAT)

You will create groups within each TAT in the first week of class. Each week, one group will be responsible to facilitate a Learning & Discussion (L&D) moment in the TAT to engage and discuss the readings/concepts with their peers. Facilitators will assign readings each week and they will be posted in LearnLink on the Friday before the next TAT. The format of the in-TAT activity is up to each group to create and lead.

The second half of the semester, within your tutorial, your groups will use the Institute for the Future (IFTF) toolkit to further explore the pathways. Details to follow in lectures and TATs.

You will also be completing a final group project. The final project will be shared in a fun and interactive format. Further details about this project will be shared with you in lectures and TATs as the course progresses.

III. Experiential Tutorial (ET)
Experiential Tutorials will allow you to practice and apply knowledge gained in each of the three pathways.

Schedule

Please refer to Appendix Table 1 to view the Class Calendar for the semester.

In Summary...

...Lecture
- Time: Thursdays from 10:30 AM - 11:20 AM.
- Location: MDCL 1309.
- NO lecture during the week of the Hike in Paradise, as the Hike will take place during this time.

...Theoretical Application Tutorial (TAT)
- Time: Thursdays from 11:30 AM - 12:20 PM.
- Location: Consult Appendix Table 2 using your tutorial number as assigned by the Registrar to determine your TAT location and TA assignment for the TAT.
- NO TAT tutorials during the week of the Hike in Paradise, as the Hike will take place during this time.

...Experiential Tutorial (ET)
- This is the tutorial number assigned to you by the Registrar.
- Time & location: Consult Appendix Table 2 using your tutorial number as assigned by the Registrar to determine your ET location or check your Course Timetable for ET location, time, and day.

Hike in Paradise

The Hike will take place on October 5\textsuperscript{th}, 2017 from 10:30 AM – 12:20 PM. Please note that attendance at the trip is mandatory (with exceptions for accommodations or extenuating circumstances) and predicted to be enjoyable. If due to any unavoidable circumstances you are unable to participate in the field trip, please let the facilitators know. There will be no lectures or TATs on October 5th, as the Hike will take place during the regularly scheduled lecture and TAT time. However, the TATs will be held in place of ETs during the regular ET tutorial time slot for this week only. Details to follow in class.

Evaluation
Effective learning is more about setting clear goals and meeting them. You must demonstrate mastery of the core concepts presented in class. You are required to set and meet high-level goals for all three components and demonstrate this accomplishment in your Mastery Portfolio. The portfolio will be described in more detail in class and it will be due in the next academic year. Pieces of work completed during the semester will be part of your Mastery Portfolio.

Please note that the terms “high level performance” and “mastery” are not simply abstract goals. Your grade will be based on your attendance, performance, reflections and Mastery Portfolio. You will receive feedback from your peers and TAs. This year, we are setting an overall grade of 90% as the minimum level of mastery. This level of mastery will result in a transcript grade of ‘pass’.

Attendance
Attendance at all lectures and tutorials (ETs and TATs) is mandatory. In the event of an illness, a personal emergency or extenuating circumstances, please contact the relevant instructor responsible for the missed lecture or tutorial. Alternative assignment(s) for missed work will be determined on a case-by-case basis.

Authors’ Contributions and Group Annotated Bibliography
An Authors’ Contributions is a brief and informative summary of the input of each group member. This sheet must:
   i. Detail every group members’ specific contributions to the group’s work.
   ii. Be signed by each member and submitted to your TA

Your TAT group for the final project must submit:
   iii. A final Authors’ Contributions demonstrating efforts towards the group’s final project. More details to follow.
   iv. A Group Annotated Bibliography
      A Group Annotated Bibliography is a brief and informative summary of the contents of resources, consistently referenced using a style of your choice.

Mastery Portfolio
There are multiple components to the Mastery Portfolio.

1. Your Plan and Evidence of Implementation and Growth
   You must identify an area, skill or health habit that you would like to further develop. This goal may be linked to one of the three pathways explored in the course or to another pathway that is of interest/connection to you. More details to follow.

2. Reflections
You are expected to submit a minimum of six reflections for the course. Prompts will be posted on Learnlink.

1) Friday, September 29th, 2017 by 5:30PM 
2) Friday, November 10th, 2017 by 5:30PM 
3) Friday, December 8th, by 5:30PM 
4) Friday, January 26th, 2018 by 5:30PM 
5) Friday, March 9th, 2018 by 5:30PM 
6) Friday, April 6th, 2018 by 5:30PM 

You are welcome to submit more if you would like. Writing these reflections is an opportunity for each of you to stop and reflect on how the lecture, ETs, and TATs are connected to each other and in relation to your self.

3. Annotated Bibliography

(As noted above) An Annotated Bibliography is a brief and informative summary of the contents of resources, consistently referenced using a style of your choice. Throughout the semester, you will be exposed to a variety of literature on the term’s topics. In order to provide evidence of your learning, engagement and exploration throughout the course, you are required to submit an annotated bibliography as part of your Mastery Portfolio:

The individual annotated bibliography (separate from the group annotated bibliography for the group project outlined above) should showcase both your in-term learning, as well as any additional literature that informed your Mastery Portfolio.

Feedback

There will be opportunities for both formal and informal feedback from peers, TAs, and instructors.

Academic Integrity

Academic integrity is the fundamental code by which we all abide. In the event you are in doubt, and are about to consider activities that may deviate from this code, please refer to the Academic Integrity Policy, specifically Appendix 3, located at http://www.mcmaster.ca/policy/Students-AcademicStudies/AcademicIntegrity.pdf.

Resources:

Teaching Assistants:

Teaching Assistants will be involved with lectures, Experiential Tutorials, and TATs, and they are available for guidance throughout the term.

Readings:
*Reading list is subject to change.

**Following is a list of required readings:**


Excerpts from *Play: How It Shapes the Brain, Opens Imagination and Invigorates the Soul* by Stuart Brown (Penguin Group, New York, 2009).


**Highly suggested readings:**


Rossiter, Kate, et al. “Staging the Data: Theatre as a tool for analysis and knowledge transfer in health research”, Social Science and Medicine. 66(1), 2008: 130-146. [Available online]


September 18th, 2017
