

## PSYC 4330 A : COMMUNITY MENTAL HEALTH AND WELL-BEING

Instructor	Dr. Craig Bennell
Term	Fall 2024/Winter 2025
Course Delivery	In-Person
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Office Location	Loeb A505
Office Hours	By appointment

### COURSE DESCRIPTION/INSTRUCTORS STATEMENT

This course focuses on applying concepts of mental health and well-being to the various student services that Carleton offers. You will be able to take what you have learned in the seminar portion of the course and apply it to one of the approved placements for the duration of the course. Applying your academic knowledge is known as experiential learning.

You will have an opportunity to engage with the discipline outside the classroom to develop professional skills that are associated with success in the workplace and increase your awareness of, and sensitivity to, the mental health and well-being of those around you.

The seminar portion of the course will take place in the classroom 3 hours a week at the designated time. The experiential learning portion will take place in an approved service department for 3 hours a week at a time that may vary from the specified class time.

### EVALUATION

Attendance and participation (including roundtable discussion): 5%  
Active engagement assignments (3% each, 5 assignments): 15%  
Reflection papers (2% each; 5 papers required): 10%  
Supervisor's mid-year evaluation: 20%  
Supervisor's final evaluation: 40%  
Debriefing report: 10%

### TEXT

Light, R.J. & Jegla, A. (2022). *Becoming Great Universities: Small Steps for Sustained Excellence*. Princeton, NJ: Princeton University Press.