

PSYC 4330 A : COMMUNITY MENTAL HEALTH AND WELL-BEING

Instructor	Dr. Craig Bennell
Term	Fall/Winter
Course Delivery	In Person with online components
Email Address	craig.bennell@carleton.ca
Office Location	Loeb Building A505
Office Hours	By appointment

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

This course focuses on applying concepts of mental health, well-being, and health promotion to the various support services 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 service departments 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 your professional skills that are associated with success in the workplace and increase your awareness of and sensitivity to the mental health, well-being, of those around you and applying the fundamentals of health promotion to improve the Carleton community.

The seminar portion of the course will take place in the virtual 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 (F2F) at a time that may vary from the specified class time.

EVALUATION (SUBJECT TO CHANGE)

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.