

COURSE

Instructor	Joanna Pozzulo, Ph.D.
Term	Fall
Course Delivery	In-person
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Office Location	Loeb A529
Office Hours	Tues. 11:30-12:30

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

This course focuses on applying concepts of mental health and well-being to a “population” within the Carleton community to support and improve well-being. You will apply evidence-based knowledge of well-being to develop a knowledge mobilization plan/activity (that will be implemented and evaluated in PSYC 5905) to improve the well-being of the population selected. Note, this course is capstone course for the Mental Health and Well-Being concentration for the MA in psychology.

EVALUATION (SUBJECT TO CHANGE)

Attendance, participation, active engagement (15%)

Annotated bibliography (35%)

Knowledge mobilization plan (35%)

Group presentation and roundtable discussion (15%)

TEXT

Light, R. J. & Jegla, A. (2022). *Becoming great universities: Small steps for sustained excellence*. Princeton University Press.

Murphy, M. C. (2024). *Cultures of growth: How the new science of mindset can transform individuals, teams, and organizations*. Simon & Schuster.