

Inspire 3EL3 – C01
Coping with COVID and Stress:
Building Resilience and Mindfulness Knowledge and Skills
Spring Intersession 2020

Course schedule: First lecture is on May 4th and is live (will also be recorded and posted).

Subsequent lectures (pre-recorded) and online content will be posted each Monday on A2L for students to view.

Mindfulness sessions: Students will register for one of three mindfulness session times during/after the first Monday May 4th session and will be informed of group assignment by Thursday May 7th.

Mindfulness sessions will be held via Zoom during Weeks 2, 3, 4, and 5 of the course.

Location(s): Virtual Classroom*

*Please see handout on A2L about 'Netiquette' in online courses

Instructor information: Dr. Catharine Munn

Email: munnc@mcmaster.ca

Virtual office hours: Thursday 9-10 AM

Co-instructor: Dr. Tracy Prowse

Email: prowset@mcmaster.ca

Virtual office hours: Wednesday 3-4 PM

Teaching Assistant: Annie Xu

Email: xua7@mcmaster.ca

Virtual office hours: Friday 2-3 PM

KORU facilitators: Jill Axisa: axisaji@mcmaster.ca

Nikki Carter: contact@valleycentreforcounselling.com

Course Description:

This INSPIRE course uses experiential and blended learning approaches to help students develop resilience and mindfulness skills in university. Through this course, students will develop the awareness, knowledge, and skills they need to bounce back from and adapt to common challenges they may face during their undergraduate years, and some of the new challenges associated with the COVID pandemic. Challenges discussed will include: COVID, quarantine and illness, stress and distress, academic and personal failure, worry and anxiety, grief and sadness, loneliness and relationship difficulties, among others. Through various media and activities (articles, stories, films, narratives, self-monitoring), and a structured 4-session mindfulness curriculum (taught in small online groups and designed to teach mindfulness meditation to post-secondary students), students can discover paths to success, meaning and personal growth in their university years.

This is a blended learning course. Part of the course schedule each week will be designated for on-line learning, either completing on-line modules about mental health and wellness or watching assigned

videos. The second part of this course each week will be one 2-hour, in person (virtual) session for 4 weeks where students will learn and practice mindfulness meditation under the guidance of trained practitioners.

Course Objectives:

1. Explore and describe the common challenges and pitfalls encountered during university that can interfere with a successful, meaningful university experience.
2. Develop a suite of skills and strategies to cope with these challenges, and apply these strategies through awareness and skill-building exercises inside and outside the classroom.
3. Build deeper knowledge and skills related to Mindfulness Meditation, one approach to managing stress, through four 2-hour experiential sessions led by trained facilitators.

Required Texts:

Rogers, H. (2016) *The mindful twenty-something: Life skills to handle stress... & everything else.* New Harbinger Publications, Inc.

*This book is available as a free e-book through the [McMaster University Library](#).

Other required readings and videos will be assigned each week.

Course Assessments:

10% - Attendance/Participation. In order to get the most out of this experiential course, it is essential that students be present for all 4 Mac Mindfulness sessions to complete the mindfulness meditation training. Students are expected to: attend all 4 Mac Mindfulness sessions and complete 4 brief weekly practice logs in order to receive maximum participation marks. The weekly logs will be submitted through the KORU online platform. Instructions on how to submit reflections on the KORU platform will be provided during the first week and in the first mindfulness session (Week 2). Students are expected to check e-mails coming from The Center for Koru Mindfulness as well as A2L.

10% - 2 Mindfulness Reflections. Students will be asked to write two 300 to 400 word reflections, the first prior to the start of the first Mindfulness session about their prior experiences, expectations, hopes and worries about the Mindfulness Meditation component AND the second at the end of the 4 weeks of Mindfulness sessions discussing their perspectives and experiences with the KORU mindfulness exercises and activities practiced in or between sessions. Reflections will be submitted through Avenue to Learn. See course schedule below for due dates.

40% - 4 Weekly Reflections on Multi-media Content or Activity Tracking. Students are asked to write a total of 4 reflections, each 300 to 400 words of 2 types: 1. Students can choose to write a reflection on one (or more, combined) of the multi-media pieces (article, film, video) assigned during the week and to discuss whether/what they found helpful, unhelpful and/or valuable about the approach, perspective or technique; 2. Students will be tracking many activities throughout the course and can submit reflections on their observations of their habits/behaviours and whether/how/why/what they

could/will consider changing about that behaviour. Weekly reflections will be submitted through Avenue to Learn.

30% - Research Paper. Students will write a short, 1500-2500 word research paper (plus references) citing peer-reviewed literature on a topic identified by the student in advance, in one of three main areas: 1. A concept (e.g., resilience, mindset, meaning) discussed in the course and the research as it applies to post-secondary students or emerging adults; 2. A challenge discussed in the course and the scope and consequences for post-secondary students/young adults (e.g., loneliness, anxiety); or 3. An approach or treatment used to address a challenge (e.g., mindfulness, cognitive behaviour therapy, exercise, change in social media use) and the evidence for use or application in post-secondary students or emerging adults. Students must submit their proposed research topic to Dr. Prowse for approval by May 25th. Details on format will be provided.

10% - Course Evaluation and Feedback – At the end of the course, we would invite detailed feedback on the course, its content, and what we can do to make it more relevant/useful for students. 10% will be assigned upon completion.

Course Schedule

*Note – students must sign up for **one** of **three** Mindfulness sessions and **attend that scheduled session for the duration of the course.** There is a maximum of 15 students per session and attendance will be taken each week. Details on sign up will be shared on May 4th and on A2L.

Schedule	Topic
Week 1	
Monday May 4 2:00-3:00pm (Zoom)	Overview of Course and Concepts Live lecture via Zoom link (also recorded and will be posted on A2L)
Multi-media Content (Posted on A2L)	Required Reading: Rogers (2016) The Mindful Twenty-Something. Part 1 (e-book listed above as free link through McMaster Libraries). Professor Hippo-on-Campus Modules 1 and 2 (A2L) 1 Article (A2L)
Friday May 8	REGISTER for one of three Mac Mindfulness sessions (Google Doc will be available on A2L on Monday May 4 during/following lecture)
Week 2	
Monday May 11 Recorded lecture (posted on A2L)	COVID as a stressor, challenge and opportunity for learning and growth <i>Mindfulness Reflection 1 due on Monday (by 11:59 PM)</i> <i>(i.e., prior to starting first mindfulness session)</i>
Multi-media Content (Posted on A2L)	Posted Monday May 11th on A2L Required Reading: Rogers (2016) The Mindful Twenty-Something. Part 2 (e-book listed above as free link through McMaster Libraries). Themes: Stress, Resilience, Coping, Mindset, Mindfulness

	Tracking Activity: Emotion/Mood
Tues May 12, Wed May 13 OR Thurs May 14 Mac Mindfulness (via Zoom Link)	Mac Mindfulness Session 1 Experiential session with 1 facilitator and 15 students per group
Week 3	
Monday May 18 Recorded lecture (Posted on A2L)	Difficult Emotions <i>Weekly Reflection 1 due on Monday (by 11:59 PM)</i>
Multi-media Content (Posted on A2L)	Posted Monday May 18th on A2L Themes: Emotions, Mental Health, Mental Illness, Emotional Intelligence, Social-Emotional Learning. Required Reading: Rogers (2016) The Mindful Twenty-Something. Part 3 (e-book listed above as free link through McMaster Libraries). Tracking Activity: Sleep and Exercise
Tues May 19, Wed May 20 OR Thurs May 21 Mac Mindfulness (via Zoom Link)	Mac Mindfulness Session 2 Experiential session with 1 facilitator and 15 students per group
Week 4	
Monday May 25 Recorded lecture (Posted on A2L)	Academic challenges and failures <i>Weekly Reflection 2 due on Monday (by 11:59pm)</i> <i>Submit proposed research paper topic to Dr. Prowse (by 11:59 PM)</i>
Multi-media Content (Posted on A2L)	Posted Monday May 25th on A2L Themes: goal setting, routines, sleep, procrastination Required Reading: Rogers (2016) The Mindful Twenty-Something. Part 4 (e-book listed above as free link through McMaster Libraries). Tracking Activity: Cognitions
Tues May 26, Wed May 27 or Thurs May 28 Mac Mindfulness (via Zoom Link)	Mac Mindfulness Session 3 Experiential session with 1 facilitator and 15 students per group
Week 5	
Monday June 1 Recorded lecture (Posted on A2L)	Anxiety and Worry <i>Weekly reflection 3 due on Monday (by 11:59pm)</i>
Multi-media Content (Posted on A2L)	Posted Monday June 1st on A2L Themes: Uncertainty, Thoughts/Cognitions Required Reading: Rogers (2016) The Mindful Twenty-Something. Part 5 (e-book listed above as free link through McMaster Libraries).

	Tracking Activity: Social Media Use and Other Social Contact
Tues Jun 2, Wed Jun 3, or Thurs Jun 4	Mac Mindfulness Session 4 (FINAL Session) Experiential session with 1 facilitator and 15 students per group
Week 6	
Monday June 8 Recorded Lecture (Posted on A2L)	Social Isolation and Loneliness <i>Weekly reflection 4 due on Monday (by 11:59pm)</i> <i>Mindfulness Reflection 2 due on Friday (by 11:59pm)</i>
Multi-media Content (Posted on A2L)	Posted Monday June 8th on A2L Themes: Quarantine, Social Networks, Impact of Social Media, Relationships
Week 7	
Monday June 15 Recorded Lecture (Posted on A2L)	Wrap up: Success and Meaning
Multi-media Content (Posted on A2L)	Themes: Meaning, Defining Success, Values
Wednesday June 17 Thursday June 18	<i>Submit research paper (30% of final grade)</i> <i>Complete course evaluation and feedback (10% of final grade)</i>

Extreme Circumstances

The instructors and university reserve the right to **modify elements of the course during the term**. The university may change the dates and deadlines for any or all courses in extreme circumstances. If either type of modification becomes necessary, reasonable notice and communication with the students will be given with explanation and the opportunity to comment on changes. **It is the responsibility of the student to check his/her McMaster email and course websites weekly during the term and to note any changes.** Changes will be communicated through regular McMaster communication channels, such as McMaster Daily News, A2L, and/or McMaster email.

University Policies:

Requests for Relief for Missed Academic Term Work - McMaster Student Absence Form (MSAF)

The MSAF is an on-line self-reporting tool for reporting missed academic work. The MSAF gives you the ability to request consideration for missed work (**worth less than 25% of the final grade**) due to illness, injury or personal issues **lasting 3 days or less**. You must use the tool on MOSAIC to report your absence. This form should be filled out as soon as possible after your absence. It is YOUR responsibility to **follow up with your instructor** immediately (within 48 hours of submitting the MSAF) in person or by email regarding the nature of the relief that may be possible for the missed work. Whether consideration is given for missed work, and the type of consideration provide, is the decision of the instructor. Students should review and follow the Academic Regulation in the Undergraduate Calendar [Requests for Relief for Missed Academic Term Work](#).

MSAF Limitations: You may submit only 1 MSAF per term without supporting documentation. The MSAF cannot be used for academic work that has already been completed or attempted. An MSAF cannot be used for any final examination.

For medical or personal situations **lasting more than three calendar days**, and/or for missed academic work **worth 25% or more of the final grade**, and/or for any request for relief in a term where the MSAF has been used previously in that term, students must report to their Faculty Office to discuss their situation and will be required to provide appropriate supporting documentation.

Academic Integrity

You are expected to exhibit honesty and use ethical behaviour in all aspects of the learning process. Academic credentials you earn are rooted in principles of honesty and academic integrity. Academic dishonesty is to knowingly act or fail to act in a way that results or could result in unearned academic credit or advantage. This behaviour can result in serious consequences, e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript (notation reads: “Grade of F assigned for academic dishonesty”), and/or suspension or expulsion from the university. It is your responsibility to understand what constitutes academic dishonesty. For information on the various types of academic dishonesty please refer to the Academic Integrity Policy, located at the [McMaster Academic Integrity Website](#).

The following illustrates only three forms of academic dishonesty:

- Plagiarism, e.g. the submission of work that is not one’s own or for which other credit has been obtained.
- Improper collaboration in group work.
- Copying or using unauthorized aids in tests and examinations.

Student Accessibility Services (SAS)

Students who require academic accommodations must contact Student Accessibility Services (SAS) to make arrangements with a Program Coordinator. Academic accommodations must be arranged for each term of study. Student Accessibility Services can be contacted by phone at 905-525-9140 ext. 28652, or by email at sas@mcmaster.ca. For further information, consult McMaster University’s Policy for [Academic Accommodation for Students with Disabilities](#)

For more information, visit: [the SAS Website](#).

Online and Electronic Course Components - Avenue to Learn (A2L) and KORU Mindfulness platform

In this course we will be using Avenue to Learn (“Avenue”) for the online components of the course. We will also be using the platform provided by The Centre for Koru Mindfulness (<https://korumindfulness.org>) to organize and facilitate the mindfulness sessions and in order to provide resources to support mindfulness practices. Their privacy policy is linked here: <https://korumindfulness.org/privacy-policy/>

Students should be aware that when they access the electronic components of this course, private information such as first and last names, usernames for the McMaster e-mail accounts, and program affiliation, may become apparent to all other students in the same course. The available information is

dependent on the technology used. Continuation in this course will be deemed consent to this disclosure. If you have any questions or concerns about such disclosure, please discuss this with the course instructors

Academic accommodation for Religious, Indigenous, or Spiritual Observances Statement (RISO)

Students requiring academic accommodation based on religious, indigenous or spiritual observances should follow the procedures set out in the RISO policy. Students requiring a RISO accommodation should submit their request to their Faculty Office normally within 10 working days of the beginning of term in which they anticipate a need for accommodation, or to the Registrar's Office prior to their examinations. Students should also contact their instructors as soon as possible to make alternative arrangements for classes, assignments, and tests.

AODA

If you require this information in an alternative/accessible format, please contact: Dr. Catharine Munn (munn@mcmaster.ca) or Dr. Tracy Prowse (prowse@mcmaster.ca)

ADDITIONAL INFORMATION

Diversity and Inclusion:

We are committed to respecting, supporting, and celebrating the diversity of all students in this course. If you have comments, concerns or questions about this, particularly if you are not feeling welcome or comfortable in this course for any reason, please speak to or e-mail Dr. Munn or Dr. Prowse at any time. If you have experienced harassment or discrimination on campus, you are encouraged to consider contacting either one of the intake offices below that address these issues with students on campus.

- Student Support & Case Management Office (SSCM), Student Affairs (Students)
<https://sscm.mcmaster.ca>
- Human Rights & Dispute Resolution Program (HRDR), Equity and Inclusion Office (All Community Members)
<https://equity.mcmaster.ca/human-rights>

Students with Disabilities:

We welcome students with disabilities in this course and encourage you to inform one of the instructors (Munn or Prowse) if your accessibility needs are not being met or can be better met. I also encourage you to contact the Student Accessibility Service if you require or think you could benefit from academic accommodations. McMaster Student Accessibility Services (SAS) supports students who have a disability or disorder with their academic and disability-related needs. MUSC B107 | ext. 28652 | sas.mcmaster.ca.

Key Health and Mental Health Resources:

Some of the course content can elicit strong or difficult emotions or reactions. Please contact Dr. Munn or Dr. Prowse if this is influencing your participation or consider accessing the resources noted below.

Recommended McMaster Resources:

McMaster Student Navigators <https://www.facebook.com/macstudentnav/>
Student Wellness Centre <https://www.wellness.mcmaster.ca>

Student Accessibility Services <https://www.sas.mcmaster.ca>

Online or Virtual Resources:

Good2Talk: 1-866-925-5454 (free professional and confidential support for students in Ontario)

RealCampus: Text 647-494-8383 or Call 1-877-390-7325 (for Undergraduate Students, online, phone, or in-person support through counselling or consultation. www.realcampus.ca/mcmaster)

EmpowerMe: 1 (844) 741-6389 (for Graduate Students, online or phone life coaching)
<https://www.gsamcmaster.org/empower-me/>

McMaster Security Services: 905-522-4135 (or 911 for off-campus emergencies)