

COU107e Mental Health and Wellness

Level: 1

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY SEMESTER

E-Learning: BLENDED - Learning is done MAINLY online using interactive study materials in Canvas. Students receive guidance and support from online instructors via discussion forums and emails. This is supplemented with SOME face-to-face sessions. If the course has an exam component, this will be administered on-campus.

Synopsis:

This course introduces students to the concepts of mental health and wellness by taking a multifaceted approach. Students will learn about the ingredients of positive mental health, risk factors to mitigate against poor mental health, and protective factors to develop good mental health. Common mental health problems in Singapore will be discussed, including measures for mental health promotion.

Topics:

- What is well-being?
- Elements of well-being
- Building wellness skills
- Managing stress
- Mental and emotional health
- Developing healthy relationships
- Resilience training
- The physically healthy life-style
- Nutritional wellness
- Flourishing
- A new concept of success
- Health and wellness through the life span

Textbooks:

Robinson, J. and Mc Cormick, D.J.: Concepts in Health and Wellness (eText) Cengage
ISBN-13: 9789814773058

Learning Outcome:

- Interpret the concept of mental health (B3)
- Discuss the multifaceted approach to living that promotes wellness in all areas of life (B4)
- Delineate the key tenets of positive psychology (B4)
- Examine common mental health problems in Singapore (B4)
- Apply various aspects of wellness to promote physical health and fitness, good nutrition and positive stress-management (B3)
- Appraise the importance of psychological self-care (personal and professional) (B4)
- Demonstrate how to employ a strengths-based approach in mental health promotion based on positive psychology concepts (B3)
- Determine the impact of poor mental health and wellness on one's life (B3)

Assessment Strategies (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	PRE-CLASS QUIZ 1	5
	PRE-CLASS QUIZ 2	5
	TUTOR-MARKED ASSIGNMENT 1	40
Overall Examinable Components	Written Exam	50
Total		100