

Cross Currents: Thinking About Resilience
UNAS 3348 Section 01 | Fall 2023 | M 4:30-5:45 pm | Stokes S205

Instructors | Office hours by appointment

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Course Description

Thinking About Resilience is a seminar course designed to provide students an opportunity to learn about and explore the quality of resilience through an approach which creates a space for students to develop their own competencies in this area - through research and practical activities that build individual strengths and foster social connections to empower stress management and increase resilience. The following building blocks of resilience will be incorporated into each class meeting: active coping, building on strengths, and cultivating connections. The seminar format will allow for students to learn about resilience while engaging in activities and dialogue designed to move students from theory to practice.

Course Objectives

Upon completion of this course, students will be able to:

- Analyze individual strengths;
- Utilize health-promoting stress management strategies;
- Foster a sense of community across lines of difference;
- Promote individual resilience;
- Negotiate a social support network of mentors, role models, and peers.

Required Materials

- Chandler, Genevieve E. *Positive Practices: From Stress to Strength* (2Trees, LLC, 2021). This is a digital document. Purchase at <https://www.2treesresilience.com/product-page/posi-ive-prac-ices-from-stress-to-strength>
- Clifton Strengths for Students, Top 5 (online strengths assessment). Purchase and complete at <https://store.gallup.com/p/en-us/10265/cliftonstrengths-for-students-top-5>

Course Requirements

Attendance

- Students are required to attend all classes and to arrive on time for class. Students who miss class will be required to complete all coursework assigned during that class period. **Students who miss three classes will be unable to pass the course.**

Participation

- This class is designed in a way that requires active participation on the part of each student. This includes participation in active coping exercises, written exercises, and providing feedback to others.

Assignments

- Students will be expected to complete an individualized strengths assessment and complete assigned readings. Written assignments are detailed on Canvas. Students are expected to complete all assignments on time.

Grading

At the end of the semester, each student will be assigned a final grade of a Pass or Fail based on the Instructors' assessment of attendance, participation, and completion of assignments.

● In-class structured writing and feedback	20
● Strength Assessment and Strength Plan Components	15
● Weekly Positive Practices Reflection Homework	15
● Class Discussion / Participation	20
● Meeting and Reflection with a Mentor	10
● Final Presentation	<u>20</u>
Total	100

Academic Integrity

It is your responsibility, as a student, to be familiar with the University's policy on academic integrity. We expect each student in this course to complete independent work and appropriately document work which is not your own:

https://www.bc.edu/content/bc-web/academics/sites/university-catalog/policies-procedures.html#tab-academic_integrity_policies

Disabilities and Request for Accommodations

We are committed to supporting the learning of all students in this class. If you have already registered with the [Connors Family Learning Center](#) (learning disabilities and ADHD) or [Disability Services](#) (all other disabilities) and have your letter of accommodations, please meet with us early in the course to discuss, plan, and implement your accommodations in the course. If you have or think you have a disability but are not registered, the Connors Family Learning Center and Disability Services websites provide information on the registration process.

Course Schedule and Assignments

**All assignments should be uploaded to Canvas by the deadline.
Any in-class reflective writing should be uploaded to Canvas by Tuesday nights.**

Class 1 - August 28

- Topic: Introduction
- Homework for next week:
 - Positive Practices Book – Read the Introduction and Chapter 1
 - Submit the prompted writing exercise from Chapter 1
 - Pre-Assessment Survey (completed in-class)

Class 2 - September 11

- Topic: Honing Your Resilience
- Homework for next week:
 - Positive Practices Book – Choose a Chapter from Section 1: Start with Strengths (Chapters 2-13) to read
 - Submit the prompted writing exercise from the chapter you chose to read
 - Submit In-Class Writing Prompt to Canvas

Class 3 - September 18

- Topic: Building Strengths
- Homework for next week:
 - Positive Practices Book – Choose another chapter in Section 1 to read.
 - Submit the prompted writing exercise from the chapter you chose to read
 - Complete the StrengthsQuest assessment
 - Submit In-Class Writing Prompt to Canvas

Class 4 - September 25

- Topic: Strengths, continued
- Homework for next week:
 - Positive Practices Book – Choose a chapter from Section 2: Take the Lead (Chapters 14-25) to read
 - Submit the prompted writing exercise from the chapter you chose to read
 - Upload your 5 strengths and a definition of each from StrengthsQuest
 - Complete the Strength Plan for all 5 strengths and upload this
 - Submit In-Class Writing Prompt to Canvas

Class 5 - October 2

- Topic: Resilience
- Homework for next week:
 - Positive Practices Book – Choose another chapter in Section 2 to read.
 - Submit the prompted writing exercise from the chapter you chose to read
 - Submit In-Class Writing Prompt to Canvas

Class 6 - Tuesday, October 10 *(Tuesday after Fall Break is a Monday Class Schedule)*

- Topic: Leadership
- Homework for next class:
 - Positive Practices Book – Choose a chapter from Section 3: Lift your Heart (Chapters 26-38) to read
 - Submit the prompted writing exercise from the chapter you chose to read
 - Choose one of your 5 strengths to put into action this week. Write a brief reflection on this experience
 - Submit In-Class Writing Prompt to Canvas

Class 7 - October 16

- Topic: The Neurobiology of Stress
- Homework for next week:
 - Positive Practices Book – Choose another chapter in Section 3 to read.
 - Submit the prompted writing exercise from the chapter you chose to read
 - Meeting and Reflection with a Mentor Assignment
 - Submit In-Class Writing Prompt to Canvas

Class 8 - October 23

- Topic: Stress, Health, Adversity, and Resilience
- Homework for next week:
 - Positive Practices Book – Choose one chapter from Section 4: Cultivate Connection (Chapters 39-46) to read
 - Submit the prompted writing exercise from the chapter you chose to read
 - Submit In-Class Writing Prompt to Canvas

Class 9 - October 30

- Topic: Automatic Thinking
- Homework for next class:
 - Positive Practices Book – Choose another chapter in Section 4 to read.
 - Submit the prompted writing exercise from the chapter you chose to read
 - Fill out the Automatic Thinking chart with another example (on Canvas)
 - Submit In-Class Writing Prompt to Canvas

Class 10 - November 6

- Topic: Connections
- Homework for next week:
 - Positive Practices Book – Choose one chapter from Section 5: Create the Environment (Chapters 47-52) to read
 - Submit the prompted writing exercise from the chapter you chose to read
 - Start thinking about your final presentation
 - Submit In-Class Writing Prompt to Canvas

Class 11 - November 13

- Topic: Self-Compassion
- Homework for next week:
 - Positive Practices Book – Choose one new chapter from any section to read.
 - Submit the prompted writing exercise from the chapter you chose to read
 - Work on final presentation
 - Submit In-Class Writing Prompt to Canvas

NO CLASS NOVEMBER 20 - HAPPY THANKSGIVING!

Class 12 - November 27

- Final Presentations: Seeing Your Own Resilience
- Homework for next week:
 - Final Resilience Reflection (in response to a provided prompt)

Class 13 - December 4

- Final Presentations: Seeing Your Own Resilience
- Post-Course Assessment