

Cross Currents: Thinking About Resilience
UNAS 3348 Section 01 | Fall 2023 | W 4:30-5:45 pm | Stokes 103N

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. 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. *Posi+ive Prac+ices: 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 a one-page reflection paper prior to the next class meeting. **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 below. 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.

Evaluation Components:

| | |
|--|-----------|
| • In-class structured writing and feedback | 25 |
| • Strength assessment and strength plan | 10 |
| • Weekly positive practices homework and writing | 20 |
| • Class discussion | 25 |
| • 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 [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

*Please note: this seminar begins the first full week of classes (the week of August 28).

All written homework assignments are due by 6pm on the Tuesday before the next class meeting. These should be uploaded to the course Canvas site.

Class 1 (August 30)

- Topic: Introduction, Pre-Assessment
- Homework for next week:
 - Upload in-class writing assignment (within 24 hours)
 - *Positive Practices* – Introduction, Chapter 1
 - Writing Assignment – Submit the prompted writing exercise in Chapter 1

Class 2 (September 6)

- Topic: Honing Your Resilience
- Homework for next week:
 - Upload in-class writing assignment (within 24 hours)
 - *Positive Practices* – Section 1: Start with Strengths. Choose one chapter from this section (Chapters 2-13) to read. Follow instructions in the chapter.
 - Writing Assignment – Submit the prompted writing exercise from the chapter you chose to read

Class 3 (September 13)

- Topic: Building Strengths
- Homework for next week:
 - Upload in-class writing assignment (within 24 hours)
 - *Positive Practices* – Choose another chapter in Section 1 to read.
 - Writing Assignment – Submit the prompted writing exercise from the chapter you chose to read
 - Complete the StrengthsQuest assessment and upload your 5 strengths and a definition of each from StrengthsQuest (due before the next class)

Class 4 (September 20)

- Topic: Strengths, continued
- Homework for next week:
 - Upload in-class writing assignment (within 24 hours)
 - *Positive Practices* – Section 2: Take the Lead. Choose one chapter from this section (Chapters 14-25) to read.
 - Writing Assignment – Submit the prompted writing exercise from the chapter you chose to read
 - Complete the Strength Plan for all 5 strengths and upload this (due before the next class)

Class 5 (September 27)

- Topic: Resilience
- Homework for next week:
 - Upload in-class writing assignment (within 24 hours)
 - *Positive Practices* – Choose another chapter in Section 2 to read.
 - Writing Assignment – 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 (due before the next class).

Class 6 (October 4)

- Topic: Leadership
- Homework for next class:
 - Upload in-class writing assignment (within 24 hours)
 - *Positive Practices* – Section 3: Lift your Heart. Choose one chapter from this section (Chapters 26-38) to read.
 - Writing Assignment – 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 (due before the next class).

Class 7 (October 11)

- Topic: The Neurobiology of Stress
- Homework for next week:
 - Upload in-class writing assignment (within 24 hours)
 - *Positive Practices* – Choose another chapter in Section 3 to read.
 - Writing Assignment – 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 (due before the next class)

Class 8 (October 18)

- Topic: Stress, Health, Adversity, and Resilience
- Homework for next week:
 - Upload in-class writing assignment (within 24 hours)
 - *Positive Practices* – Section 4: Cultivate Connection. Choose one chapter from this section (Chapters 39-46) to read.
 - Writing Assignment – 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 (due before the next class)

Class 9 (October 25)

- Topic: Automatic Thinking
- Homework for next class:
 - Upload in-class writing assignment (within 24 hours)
 - *Positive Practices* – Choose another chapter in Section 4 to read.
 - Writing Assignment – 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 (due before the next class)
 - Fill out the Automatic Thinking chart with another example.

Class 10 (November 1)

- Topic: Connections
- Homework for next week:
 - Upload in-class writing assignment (within 24 hours)
 - *Positive Practices* – Section 5: Create the environment. Choose one chapter from this section (Chapters 47-52) to read.
 - Writing Assignment – 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 (due before the next class)
 - Start thinking about your final presentation.

Class 11 (November 8)

- Topic: Self-Compassion
- Homework for next week:
 - Upload in-class writing assignment (within 24 hours)
 - *Positive Practices* – Choose one new chapter from any section to read.
 - Writing Assignment – 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 (due before the next class)

Class 12 (November 15)

- Topic: Belonging
- Upload in-class writing assignment (within 24 hours)
- *Positive Practices* – Choose one new chapter from any section to read.
- Writing Assignment – 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 (due before the next class)
- Work on final presentation.

NO CLASS NOVEMBER 22: Thanksgiving Break

Class 13 (November 29)

- Final Presentations: Seeing your own Resilience
- Homework for next week: Write a final resilience reflection in response to a prompt (provided separately)

Class 14 – (December 6)

- Final Presentations: Seeing your own Resilience
- Post-course Survey

Class 15 – Finals Week: if needed