



# GMBA8102

## Build Personal Resilience

Coursera term 6, Online-scheduled-weekday 2022

*Department of Management*

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#### **Disclaimer**

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## General Information

Unit convenor and teaching staff

Patrick Garcia

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Credit points

5

Prerequisites

Admission to GMBA or GradCertGlobalBusPrac

Corequisites

Co-badged status

Unit description

Pressures associated with globalisation and advances in information and communication technology have resulted in a 24x7 work environment characterised by rapid change, increasing sense of competition, and an explosion in access to communication and information. These pressures can lead to feelings of stress about being overloaded with work and information processing, which not only reduces performance but can also lead to a reduced sense of meaning and purpose about life as well as physical and mental health problems. This course will focus on the nature of contemporary stressors facing leaders in today's work environments and the approaches one can use to deal with this situation. In particular the issue of building your personal resilience - your capacity to withstand and cope with stress - will be explored. Underpinning resilience and management of stress is a set of strategies that relate to how you manage yourself, how you motivate yourself at work, and how you organise your work and time. Additionally, resilience is impacted by one's health, and the extent and quality of social relationships dimensions. Understanding the nature of stress and how to deal with stress and building your resilience are essential skills for leaders and play a vital role in managing the demands you face at work in changing the work environment.

## Important Academic Dates

Information about important academic dates including deadlines for withdrawing from units are available at <https://www.mq.edu.au/study/calendar-of-dates>

## Learning Outcomes

On successful completion of this unit, you will be able to:

**ULO1:** Critically evaluate the nature of work stress and resilience.

**ULO2:** Reflect on personal sources of stress in the extent of personal resilience.

**ULO3:** Apply strategies deal with stress and to enhance resilience.

## General Assessment Information

### Late submissions of assessments

Unless a Special Consideration request has been submitted and approved, a 5% penalty (of the total possible mark) will be applied each day a written assessment is not submitted, up until the 7th day (including weekends). After the 7th day, a grade of '0' will be awarded even if the assessment is submitted. Submission time for all written assessments is set at 11.55pm. A 1-hour grace period is provided to students who experience a technical concern.

For any late submissions of time-sensitive tasks, such as scheduled tests/exams, performance assessments/presentations, and/or scheduled practical assessments/labs, students need to submit an application for [Special Consideration](#).

### Special Consideration

To request an extension on the due date/time for a timed or non-timed assessment task, you must submit a Special Consideration application. An application for Special Consideration does not guarantee approval.

The approved extension date for a student becomes the new due date for that student. The late submission penalties above then apply as of the new due date.

### Word limits

Anything beyond a stated assessment word limit (other than your reference list) may not be marked. Seek any further clarification from the unit convenor.

## Assessment Tasks

Name	Weighting	Hurdle	Due
<a href="#"><u>Workplace Stress</u></a>	40%	No	1/11/2022, 11:55pm (AEDT)
<a href="#"><u>Action Plan</u></a>	60%	No	24/11/2022, 11:55pm (AEDT)

### Workplace Stress

Assessment Type <sup>1</sup>: Reflective Writing

Indicative Time on Task <sup>2</sup>: 9 hours

Due: **1/11/2022, 11:55pm (AEDT)**

Weighting: **40%**

Length: max 1,000 words (excl. references) Task type: Reflective writing Groupwork: No Task: In

this assignment, you will critically evaluate the nature of work stress in your current (or past) role using the presented overarching model. You need to demonstrate your understanding of the stress and resilience framework by establishing stressors (causes of stress) that are currently present in your work life and identifying your reactions. Please refer to the section Resources - Assessment Information in your online unit for detailed information on this assignment as well as the marking criteria. You will be asked to submit your completed task via the Assignment submission link in your online unit.

On successful completion you will be able to:

- Critically evaluate the nature of work stress and resilience.
- Reflect on personal sources of stress in the extent of personal resilience.

## Action Plan

Assessment Type <sup>1</sup>: Reflective Writing

Indicative Time on Task <sup>2</sup>: 15 hours

Due: **24/11/2022, 11:55pm (AEDT)**

Weighting: **60%**

Length: max 1,800 - 2,000 words (excl. references) Task type: Reflective writing Groupwork: No Task: In this assignment, you will develop and apply strategies to enhance resilience in a variety of stressful situations when managing yourself and your team in your current (or past) role. First, you need to critically reflect on the current stress management practices you employ to manage stress that you identified in your Assessment. Second, you need to develop an action plan that will help enhance your resilience approach as well as enable you to keep progress in growing your resilience.

On successful completion you will be able to:

- Reflect on personal sources of stress in the extent of personal resilience.
- Apply strategies deal with stress and to enhance resilience.

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<sup>1</sup> If you need help with your assignment, please contact:

- the academic teaching staff in your unit for guidance in understanding or completing this type of assessment
- the [Writing Centre](#) for academic skills support.

<sup>2</sup> Indicative time-on-task is an estimate of the time required for completion of the assessment

task and is subject to individual variation

## Delivery and Resources

Please refer to the unit content on Coursera.

## Unit Schedule

Refer to the timetable information on the [GMBA website](#) or [MQ Timetable Portal](#) for Live Event session timings. Please note the timetable can be subject to change. See your Coursera unit for a detailed Live Event schedule.

Live Events will take place via Zoom each week starting in Week 1 and ending in Week 6. The links to the events will be active from 10 minutes prior to the scheduled time and are available via *Live Events* in the left-hand navigation menu in your Coursera unit.

You will need to use your Macquarie University student Zoom account to access the Live Events.

Attending the Live Event each week is an opportunity to engage with the unit content, your Unit Convenor, and classmates. Students are strongly advised to attend the Live Events. Recordings will be made available in the unit contents on Coursera shortly after the event.

## Policies and Procedures

Macquarie University policies and procedures are accessible from [Policy Central](#) (<https://policies.s.mq.edu.au>). Students should be aware of the following policies in particular with regard to Learning and Teaching:

- [Academic Appeals Policy](#)
- [Academic Integrity Policy](#)
- [Academic Progression Policy](#)
- [Assessment Policy](#)
- [Fitness to Practice Procedure](#)
- [Assessment Procedure](#)
- [Complaints Resolution Procedure for Students and Members of the Public](#)
- [Special Consideration Policy](#)

Students seeking more policy resources can visit [Student Policies](#) (<https://students.mq.edu.au/support/study/policies>). It is your one-stop-shop for the key policies you need to know about throughout your undergraduate student journey.

To find other policies relating to Teaching and Learning, visit [Policy Central](#) (<https://policies.mq.edu.au>) and use the [search tool](#).

## Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: <https://students.mq.edu.au/admin/other-resources/student-conduct>

## Results

Results published on platform other than [eStudent](#), (eg. iLearn, Coursera etc.) or released directly by your Unit Convenor, are not confirmed as they are subject to final approval by the University. Once approved, final results will be sent to your student email address and will be made available in [eStudent](#). For more information visit [ask.mq.edu.au](http://ask.mq.edu.au) or if you are a Global MBA student contact [globalmba.support@mq.edu.au](mailto:globalmba.support@mq.edu.au)

## Academic Integrity

At Macquarie, we believe [academic integrity](#) – honesty, respect, trust, responsibility, fairness and courage – is at the core of learning, teaching and research. We recognise that meeting the expectations required to complete your assessments can be challenging. So, we offer you a range of resources and services to help you reach your potential, including free [online writing and maths support](#), [academic skills development](#) and [wellbeing consultations](#).

## Student Support

Macquarie University provides a range of support services for students. For details, visit <http://students.mq.edu.au/support/>

## The Writing Centre

[The Writing Centre](#) provides resources to develop your English language proficiency, academic writing, and communication skills.

- [Workshops](#)
- [Chat with a WriteWISE peer writing leader](#)
- [Access StudyWISE](#)
- [Upload an assignment to Studiosity](#)
- [Complete the Academic Integrity Module](#)

The Library provides online and face to face support to help you find and use relevant information resources.

- [Subject and Research Guides](#)
- [Ask a Librarian](#)

## Student Services and Support

Macquarie University offers a range of [Student Support Services](#) including:

- [IT Support](#)
- [Accessibility and disability support](#) with study
- Mental health [support](#)
- [Safety support](#) to respond to bullying, harassment, sexual harassment and sexual assault

- [Social support including information about finances, tenancy and legal issues](#)

## Student Enquiries

Got a question? Ask us via [AskMQ](#), or contact [Service Connect](#).

## IT Help

For help with University computer systems and technology, visit [http://www.mq.edu.au/about\\_us/offices\\_and\\_units/information\\_technology/help/](http://www.mq.edu.au/about_us/offices_and_units/information_technology/help/).

When using the University's IT, you must adhere to the [Acceptable Use of IT Resources Policy](#). The policy applies to all who connect to the MQ network including students.