# GMBA8102

## Build Personal Resilience

Coursera term 3, Online-scheduled-weekday 2024

*Department of Management*

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General Information

Unit convenor and teaching staff
Paul Nesbit
paul.nesbit@mq.edu.au

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 to deal with stress and to enhance resilience.

General Assessment Information
The following late penalty clause for written assignments can be inserted in this section.

Late Assessment Submission Penalty (written 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 apply for Special Consideration.

Assessment Tasks

<table>
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<tr>
<th>Name</th>
<th>Weighting</th>
<th>Hurdle</th>
<th>Due</th>
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<tr>
<td>Workplace Stress</td>
<td>40%</td>
<td>No</td>
<td>Monday 20th May</td>
</tr>
<tr>
<td>Action Plan</td>
<td>60%</td>
<td>No</td>
<td>Saturday 8th June</td>
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Workplace Stress
Assessment Type: Reflective Writing
Indicative Time on Task: 9 hours
Due: Monday 20th May
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
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** 1: Reflective Writing  
**Indicative Time on Task** 2: 15 hours  
**Due:** **Saturday 8th June**  
**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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1 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.

2 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**

Refer to Coursera for details of delivery.
Policies and Procedures
Macquarie University policies and procedures are accessible from Policy Central (https://policies.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 or if you are a Global MBA student contact 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 Advocacy provides independent advice on MQ policies, procedures, and processes

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/.

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.

Unit information based on version 2024.01R of the Handbook