



PSYX2222

Psychological Health and Wellbeing

Session 1, Online-flexible 2024

School of Psychological Sciences

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Disclaimer

Macquarie University has taken all reasonable measures to ensure the information in this publication is accurate and up-to-date. However, the information may change or become out-dated as a result of change in University policies, procedures or rules. The University reserves the right to make changes to any information in this publication without notice. Users of this publication are advised to check the website version of this publication [or the relevant faculty or department] before acting on any information in this publication.

General Information

Unit convenor and teaching staff

Convenor (main contact)

Lynlee Howard-Payne

lynlee.howard-payne@mq.edu.au

Contact via Email

AHH Level 3

Please see iLearn for details

Credit points

10

Prerequisites

PSYU1101 or PSYX1101 or PSYU1102 or PSYX1102

Corequisites

Co-badged status

Unit description

The aim of this unit is to introduce historical and contemporary psychological principles and approaches regarding health and wellbeing. Using evidence-based approaches to promote the application of academic integrity and ethical standards to study, research, and future practice, you will acquire the knowledge and skills necessary to contribute positively to the advancement of the health and wellbeing of individuals, groups, and communities. You will develop essential reflective practice and communication skills that can be applied to diverse contexts to maintain their personal and professional resilience when responding to challenges and opportunities during uncertain times.

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: Analyse, critique, and discuss topics of and research relating to health and wellbeing (Capability 1: Scientist and Scholar).

ULO2: Communicate a breadth of understanding of topics in health and wellbeing utilising written and spoken modes to convey thoughtful, scientifically driven information

(Capability 2: Practitioner).

ULO3: Apply psychology knowledge and skills for positive impact at the foundational level of competency in a manner that is reflexive, culturally appropriate, and sensitive to the diversity of individuals (Capability 3: Citizen).

ULO4: Demonstrate effective interpersonal skills and collaboration in teams through ethical and reflective scholarship (Capability 4: Professional).

General Assessment Information

Grade descriptors and other information concerning grading are contained in the [Macquarie University Assessment Policy](#).

All final grades are determined by a grading committee, in accordance with the Macquarie University Assessment Policy, and are not the sole responsibility of the Unit Convenor.

Students will be awarded a final grade and a mark which must correspond to the grade descriptors specified in the [Assessment Procedure](#) (clause 128).

To pass this unit, you must demonstrate sufficient evidence of achievement of the learning outcomes, meet any ungraded requirements, and achieve a final mark of 50 or better.

The final exam for this unit will take place on Macquarie University campus. Students are expected to make themselves available for the final exam, at the date and time set by the University, in line with the Assessment Policy and Procedure. **Sitting the final exam is compulsory in order to be eligible to pass the unit.** Any student who does not attempt the final exam will be granted a Fail Absent grade.

Further details for each assessment task will be available on iLearn.

Late Submissions

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. No further submissions will be accepted after the marked assignments are returned and feedback is released to students. 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 example:

Due date	Received	Days late	Total Possible Marks	Deduction	Raw mark	Final mark
Friday 14th	Monday 17th	3	100	15	75	60
Friday 14th	Friday 21st	7	100	35	75	40
Friday 14th	Monday 24th	10	100	-	75	0

Late submission of time sensitive tasks, such as timetabled tests/exams, scheduled performance assessments/presentations, scheduled practical assessments/labs, will be addressed by the unit convenor in a Special consideration application.

Word count penalty

5% of the total possible mark will be deducted per 100 words over the word limit for the assessment task. An additional 99 words beyond the limit can be written without penalty.

Special Consideration

If you are unable to complete an assessment task on or by the specified date due circumstances that are unexpected, unavoidable, significantly disruptive and beyond your control, you may apply for special consideration in accordance with the [special consideration policy](#). Applications for special consideration must be supported by appropriate evidence and submitted via ask.mq.edu.au.

Assessment Tasks

Name	Weighting	Hurdle	Due
Recorded simulation/role play	40%	No	Week 8 Sunday 14 April by 11:55pm
Written Reflection on Simulation/ Role Play	30%	No	Week 8 Sunday 14 April by 11:55pm
Course Capability Reflection	0%	No	Week 12 Sunday 26 April by 11:55pm
Final Exam	30%	No	Please see University Exam Timetable

Recorded simulation/role play

Assessment Type ¹: Simulation/role play

Indicative Time on Task ²: 30 hours

Due: **Week 8 Sunday 14 April by 11:55pm**

Weighting: **40%**

You will submit an audiovisual recorded simulation/role play demonstrating effective communication skills.

On successful completion you will be able to:

- Communicate a breadth of understanding of topics in health and wellbeing utilising written and spoken modes to convey thoughtful, scientifically driven information (Capability 2: Practitioner).
- Apply psychology knowledge and skills for positive impact at the foundational level of competency in a manner that is reflexive, culturally appropriate, and sensitive to the diversity of individuals (Capability 3: Citizen).
- Demonstrate effective interpersonal skills and collaboration in teams through ethical and reflective scholarship (Capability 4: Professional).

Written Reflection on Simulation/Role Play

Assessment Type **1**: Reflective Writing

Indicative Time on Task **2**: 20 hours

Due: **Week 8 Sunday 14 April by 11:55pm**

Weighting: **30%**

You will submit a short written reflection on self-identified strengths and limitations of your communication skills in your recorded simulation/role and propose an evidence-based strategy for improving upon your identified limitations.

On successful completion you will be able to:

- Analyse, critique, and discuss topics of and research relating to health and wellbeing (Capability 1: Scientist and Scholar).
- Communicate a breadth of understanding of topics in health and wellbeing utilising written and spoken modes to convey thoughtful, scientifically driven information (Capability 2: Practitioner).
- Apply psychology knowledge and skills for positive impact at the foundational level of competency in a manner that is reflexive, culturally appropriate, and sensitive to the diversity of individuals (Capability 3: Citizen).
- Demonstrate effective interpersonal skills and collaboration in teams through ethical and reflective scholarship (Capability 4: Professional).

Course Capability Reflection

Assessment Type **1**: Portfolio

Indicative Time on Task **2**: 10 hours

Due: **Week 12 Sunday 26 April by 11:55pm**

Weighting: **0%**

You will complete an exercise to reflect, with evidence, on how this unit has further developed your capabilities and psychological literacy, including development towards your personal and professional goals.

On successful completion you will be able to:

- Apply psychology knowledge and skills for positive impact at the foundational level of competency in a manner that is reflexive, culturally appropriate, and sensitive to the diversity of individuals (Capability 3: Citizen).
- Demonstrate effective interpersonal skills and collaboration in teams through ethical and reflective scholarship (Capability 4: Professional).

Final Exam

Assessment Type ¹: Examination

Indicative Time on Task ²: 30 hours

Due: **Please see University Exam Timetable**

Weighting: **30%**

You will sit the final examination held within the University's formal exam period, in accordance with relevant requirements.

On successful completion you will be able to:

- Analyse, critique, and discuss topics of and research relating to health and wellbeing (Capability 1: Scientist and Scholar).
- Communicate a breadth of understanding of topics in health and wellbeing utilising written and spoken modes to convey thoughtful, scientifically driven information (Capability 2: Practitioner).
- Apply psychology knowledge and skills for positive impact at the foundational level of competency in a manner that is reflexive, culturally appropriate, and sensitive to the diversity of individuals (Capability 3: Citizen).
- Demonstrate effective interpersonal skills and collaboration in teams through ethical and reflective scholarship (Capability 4: Professional).

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

As a student enrolled in this unit, you will engage in a range of learning activities, including weekly 2-hr lectures (delivered live on-campus, which you are welcome to attend if you are able to, but as an OUA student you can also access the Echo360 captured lecture shortly after the lecture has been processed). However, please do not attend on-campus lectures if you are unwell or have any cold and flu-like symptoms - please see the Unit FAQs as necessary. Whilst these lectures can be viewed synchronously (or asynchronously) via Echo360, please note the lecturer does not have a teaching assistant for support and so the discussion/chat box on Echo360 will not be monitored during the lecture. Additionally, you will engage with weekly asynchronous 90-min tutorials (Week 2-13), weekly readings, and weekly online discussion forums, which really give you the opportunity to engage with the entire student cohort (PSYU and OUA/PSYX). Your OUA tutors will be available for weekly Zoom-based consultations to best support you during the semester. Details can be found on the iLearn site for this unit. The final exam for this unit will be completed online via iLearn. For general information on unit versions, see this website <https://students.mq.edu.au/study/enrolling/choosing-units>.

Required Reading

There is no prescribed textbook for this unit - please see iLearn and Leganto for access to the required weekly readings.

Technology Used

Active participation in the learning activities throughout the unit will require students to have access to a tablet, laptop, or similar device. Students who do not own their own laptop computer may borrow one from the university library.

Unit Schedule

Week	Lectures	Tutorials
One	Introduction to health and wellbeing (LHP)	No tutorial
Two	Evidence-based practice (LHP)	Interpersonal communication 1
Three	Interpersonal skills: effective communication and reflection (LHP)	Interpersonal communication 2
Four	Diversity and inclusion: understanding and working with diverse groups (LHP)	Interpersonal communication 3

Five	Stress, coping, and resilience: types, causes, effects, and practical strategies (Alissa)	Interpersonal communication 4
Six	Grit, perseverance, and achievement: factors that influence success and overcoming challenges (Alissa)	Interpersonal communication 5
Seven	Positive psychology and flourishing: the science of wellbeing and happiness (Kerry)	Interpersonal communication 6
Eight	Mindfulness, meditation, and self-care: principles and practices for mental and physical health (Alissa)	Simulation/Role Play & Written Reflection Q & A
Recess period: 15-28 April		
Nine	Psychotherapeutic interventions I (LHP)	EBP and the wellness industry
Ten	Psychotherapeutic interventions II (LHP)	Embracing and celebrating diversity
Eleven	Behavioural pathogens (unhealthy eating) and behavioural immunogens (nutrition) (Dick)	Portfolio development
Twelve	Community and social connection: building and maintaining positive social networks and environments (Rachel)	Portfolio development
Thirteen	Review, reflection, and consolidation (LHP)	Portfolio Showcase & Global Feedback
Exam period: 3-21 June		

Policies and Procedures

Macquarie University policies and procedures are accessible from [Policy Central \(https://policies.mq.edu.au\)](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 \(https://students.mq.edu.au/support/study/policies\)](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 \(https://policies.mq.edu.au\)](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.

Changes from Previous Offering

None - new unit designed and developed by Dr Lynlee Howard-Payne

Inclusion and Diversity

Social inclusion at Macquarie University is about giving everyone who has the potential to benefit from higher education the opportunity to study at university, participate in campus life and flourish in their chosen field. The University has made significant moves to promote an equitable, diverse and exciting campus community for the benefit of staff and students. It is your responsibility to contribute towards the development of an inclusive culture and practice in the areas of learning and teaching, research, and service orientation and delivery. As a member of the Macquarie University community, you must not discriminate against or harass others based on their sex, gender, race, marital status, carers' responsibilities, disability, sexual orientation, age, political conviction, or religious belief. All staff and students are expected to display appropriate behaviour that is conducive to a healthy learning environment for everyone.

Professionalism

In the Faculty of Medicine, Health and Human Sciences, professionalism is a key capability embedded in all our courses.

As part of developing professionalism, students are expected to attend all small group interactive sessions including clinical, practical, laboratory, work-integrated learning (e.g., PACE placements), and team-based learning activities. Some learning activities are recorded (e.g., face-to-face lectures), however you are encouraged to avoid relying upon such material as they

do not recreate the whole learning experience and technical issues can and do occur. As an adult learner, we respect your decision to choose how you engage with your learning, but we would remind you that the learning opportunities we create for you have been done so to enable your success, and that by not engaging you may impact your ability to successfully complete this unit. We equally expect that you show respect for the academic staff who have worked hard to develop meaningful activities and prioritise your learning by communicating with them in advance if you are unable to attend a small group interactive session.

Another dimension of professionalism is having respect for your peers. It is the right of every student to learn in an environment that is free of disruption and distraction. Please arrive to all learning activities on time, and if you are unavoidably detained, please join activity as quietly as possible to minimise disruption. Phones and other electronic devices that produce noise and other distractions must be turned off prior to entering class. Where your own device (e.g., laptop) is being used for class-related activities, you are asked to close down all other applications to avoid distraction to you and others. Please treat your fellow students with the utmost respect. If you are uncomfortable participating in any specific activity, please let the relevant academic know.

Unit information based on version 2024.01 of the [Handbook](#)