PSYX2222

Psychological Health and Wellbeing

Session 1, Online-flexible 2025

School of Psychological Sciences

Contents

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General Information

Unit convenor and teaching staff
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Lecturer
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Credit points
10

Prerequisites
40cps including (PSYU1100 or PSYX1100) or (PSYU1101 or PSYX1101 or PSYU1104 or PSYX1104 or PSYC104 or PSYX104) or (PSYU1102 or PSYX1102 or PSYU1105 or PSYX1105 or PSYC105 or PSYX105)

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 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, groups, and communities (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.

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. 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:

Number of days (hours) late	Total Possible Marks	Deduction	Raw mark	Final mark
1 day (1-24 hours)	100	5	75	70
2 days (24-48 hours)	100	10	75	65
3 days (48-72 hours)	100	15	75	60
7 days (144-168 hours)	100	35	75	40

| >7 days (>168 hours) | 100 | - | 75 | 0 |

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.

Assessment Tasks

Name	Weighting	Hurdle	Due
Course Capability Reflection	0%	No	During Week 3 Tutorial
Recorded simulation/role play	40%	No	04/05/2025
Written Reflection on Simulation/ Role Play	30%	No	25/05/2025
Online invigilated examination	30%	No	Please see University Exam Timetable

Course Capability Reflection

Assessment Type [1]: Portfolio
Indicative Time on Task [2]: 10 hours
Due: **During Week 3 Tutorial**
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, groups, and communities (Capability 3: Citizen).
- Demonstrate effective interpersonal skills and collaboration in teams through ethical and reflective scholarship (Capability 4: Professional).

Recorded simulation/role play

Assessment Type [1]: Simulation/role play
Indicative Time on Task [2]: 30 hours
Due: **04/05/2025**
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, groups, and communities (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: **25/05/2025**
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 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, groups, and communities (Capability 3: Citizen).
- Demonstrate effective interpersonal skills and collaboration in teams through ethical and reflective scholarship (Capability 4: Professional).

Online invigilated examination

Assessment Type [1]: Examination
Indicative Time on Task [2]: 30 hours
Due: **Please see University Exam Timetable**
Weighting: **30%**

You will complete a summative final exam covering the unit's content under formal examination conditions.

On successful completion you will be able to:

- Analyse, critique, and discuss topics 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, groups, and communities (Capability 3: Citizen).
- Demonstrate effective interpersonal skills and collaboration in teams through ethical and reflective scholarship (Capability 4: Professional).

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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

This unit will include online activities consisting of pre-recorded lectures, asynchronous tutorial activities, and other material provided through the iLearn page. Details can be found on the iLearn site for this unit.

Recommended Readings:

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.

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 connect.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/

Academic Success

Academic Success 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 the Service Connect Portal, 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.

Inclusion & 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 2025.02 of the Handbook