

CLASS SYLLABUS



COURSE TITLE: HLTH 113 – Creativity and Health
CLASS SECTION: D01
TERM: F2021
COURSE CREDITS: 3
DELIVERY METHOD(S): Synchronous

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.
Learn more about Camosun's [Territorial Acknowledgement](#).

<https://camosun.ca/about/covid-19-updates>

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.

INSTRUCTOR DETAILS

NAME: Asha Rao
EMAIL: RaoA@camosun.ca
OFFICE: ONLINE synchronous
HOURS: Wednesday noon- 1pm

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

In this introductory course, the connection between physical, emotional and social health and creativity are explored. Students will explore academic research which provides the foundation to examine how music, visual arts, movement based creative expression and expressive writing strengthen therapeutic insights and skills. This course will be of interest to those who have a desire to learn about the creative process and the ways in which those processes can be used to shift from detached concern to empathetic engagement. Students will learn how to open the space for patients or clients to enhance their personal and professional health and wellness.

PREREQUISITE(S): **One of:** C in English 12; C in English First Peoples 12; C in ENGL 091 and ENGL 093; C in ENGL 092; C in ENGL 103; C in ENGL 142; C in ELD 092; C in ELD 097; C in ELD 103
CO-REQUISITE(S): Click or tap here to enter text.
PRE/CO-REQUISITE(S): Click or tap here to enter text.

COURSE DELIVERY

ACTIVITY	HOURS / WEEK	# OF WEEKS	ACTIVITY HOURS
Lecture			
Seminar			
Lab / Collaborative Learning			
Supervised Field Practice			
Workplace Integrated Learning			
Online Synchronous	3	14	
	TOTAL HOURS		42

COURSE LEARNING OUTCOMES

Upon successful completion of this course a student will be able to:

- a) identify elements that can be attributed to the construct of creativity
- b) describe the concept of creativity and its impact on health, learning and professional life.
- c) recognize barriers to creativity and develop a plan of change
- d) apply knowledge of a variety of modalities that support the capacity for personal and professional creativity.
- e) integrate knowledge of the concepts of creativity and contemporary modalities into a personal action plan that fosters a culture of creativity.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Readings and Media on D2L

Art Supply Kit- Purchased through Camosun Bookstore

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
1	Introduction to course Group Activities and Creations	Read Course Outline and Assignments Contemplative Worksheet #1 Introduction Video/Audio Clip Both Due: Sept.12
2	What is Health? What is Creativity? Cultural Connections, Competence and Humility	Readings and Media Posted on D2L Contemplative Worksheet #2 Due: Sept.17

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
3	Challenges in Creativity Creative blocks	Readings and Media Posted on D2L Contemplative Worksheet #3 Due: Sept.24
4	Learning Workshops Final Project Exploration	Library Workshop Video Workshop Personal Creativity Plan Introduction to PATH for final assignment Contemplative Worksheet #4 Due: Oct. 1
5	Role of Empathy Compassion Vulnerability	Readings and Media Posted on D2L Contemplative Worksheet #5: Due : Oct.8
6	Creativity as medicine, community and belonging GUEST	Readings and Media Posted on D2L Contemplative Worksheet #6 Due : Oct. 15
7	Visual Expression- Visual Arts and Craft	Readings and Media Posted on D2L Contemplative Worksheet #7 Due: Oct.22 Creativity Experience: Oct. 24
8	Music and Sound	Readings and Media Posted on D2L RESEARCH DUE: Oct.30 Video Presentation DUE: Oct.31 Contemplative Worksheet #8 Due: Oct. 29
9	Presentations and Discussions	IN CLASS PRESENTATIONS and DISCUSSIONS Nov. 3

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
10	Written Expression	Readings and Media Posted on D2L Contemplative Worksheet #9 Due: Nov.12
11	Health in Motion- Dance/Movement GUEST	Readings and Media Posted on D2L Contemplative Worksheet #10 Due: Nov. 19
12	Inspired by Nature	Readings and Media Posted on D2L Contemplative Worksheet #11 Due: Nov.26
13	Drama, Performance and Play GUEST	Readings and Media Posted on D2L Personal Creativity Plan Paper and Visual both Due: Dec. 5
14	Group Creation Reflections	Readings and Media Posted on D2L Contemplative Reflection#12 Due: Dec.8

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced noticed is required. Deadlines scan be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

STUDENT EVALUATION

DESCRIPTION	WEIGHTING
Contemplative Worksheets	25
Creativity Experience	10
Research Report and Video Presentation/Discussion	25
Personal Creativity Plan- Paper and Visual	40
TOTAL	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information. <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

- This is an applied, experiential and multi-sensory course which includes activities and discussion in each class. Students are expected to attend and participate in all classes and activities. Attendance and participation is part of assessment criteria for many of the assignments.
- This course is offered online-synchronously or in-person. In order to offer the same learning experience and course expectations, during online synchronous classes, students are required to have their videos turned on for any/all class or small group discussions, experiential activities, guest speakers, demonstrations, video and discussion presentations as well as other activities. It is the student's responsibility to ensure they have a reliable wifi connection and the tools to have video, as well as a space to fully engage with the creative activities.
- To receive a final grade in this course, students must complete and submit all assignments.
- Students may request an extension for an assignment prior to the due date. Instructors will only grant extensions in exceptional circumstances, and the length of the extension is determined by the instructor. Assignments submitted after a due date that did not receive an extension by the instructor, will receive a deduction of 5% per day. Note: No late assignments will be accepted after the final week of classes.
- Unless otherwise stated in the assignment expectations, all assignments should be submitted to the designated D2L dropbox by the due date and follow APA Guidelines (7th Ed.) for citations, writing, and formatting.

SCHOOL OR DEPARTMENTAL INFORMATION

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STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](http://camosun.ca/services/accessible-learning/) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures" (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized

Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-370-3841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.