

PITT 0130: Wellness and Resilience – Through the Lenses of Diaries
Spring 2024 Course Syllabus

Course Information

Credit Hours: 3	Instructor: Professor David Jeffrey
	Email: davidjeffrey@scupi.cn
	Office: Zone 3 - Room 320A
	Tel (Main Office): 28-6259-6919
	Office hours: Wednesdays 13:50 – 18:25
	Prerequisites: None

Course time and place:
Wednesdays from 8:15 – 11:55 in
Classroom 201, Zone 4

Required Text:

Course pack prepared by the instructor.

Hacker, D. & Sommers, N. (2017). *A writer's reference* (9th ed.). Boston, New York: Bedford/St. Martin's.

Course Description

The purpose of this course is to assist undergraduate students to acquire an authentic sense of self-awareness through which they attain a sense of wellness and resilience that will enable them to both survive and thrive within the challenges of scholarly endeavor. The students will write diaries in digital format based on free and honest accounts of their experiences in the academic environment, and the diary entries will be analyzed for personal insights.

Course Objectives

Through writing diaries and analyzing their entries for personal insights, deeper states of self-awareness and their interconnectedness with the academic environment will be awakened. This, in turn, will give rise to shifts in perspectives away from that which is predominantly negative in orientation. In doing so, fears will become transformed into aspirations, and challenges into opportunities. It will also cultivate among the students a compassion for themselves and for others, as well as to becoming lifelong scholars who contribute towards a harmonious and tolerant world.

Student Learning Outcomes

With successful completion of this course, students will:

- Be able to write introspective diaries in digital format.
- Be able to analyze their diary entries in ways that provide insights which enhance the resilience to survive the challenges of the academic environment.
- Be able to acquire an authentic self-awareness that enables them to thrive as creative scholars.
- Be able to present their diary-derived insights in a 2,500-word essay in English academic writing using APA formatting as well as in the form of a poster presentation.

Assignments and Evaluation:

You will be evaluated in many activities according to the grading policy. Activities include:

Assignment	Course Outcome	Percent of final grade
ASSIGNMENT 1 2,500-word diary study	A 2,500-word diary study	20%
ASSIGNMENT 2 2,500-word reflection essay	A 2,500-word stand-alone reflection paper in APA format	50%
ASSIGNMENT 3 Poster presentation	A poster presentation on students' research project	10%
ASSIGNMENT 4 Participation	This includes attendance, homework, and in-class activities. It will be graded holistically.	20%

Schedule:

<i>Week</i>	<i>Topic(s)</i>	<i>Materials</i>	<i>Major Assignments</i>
Week 1	Course introduction, the basics of a diary study and its benefits	Syllabus, course pack and articles published by instructor	Self-introductions
Week 2	Overview of the literature on diary studies. How to read, write, and analyze diary entries	Course pack and articles published by instructor	Summaries of the most important aspects of diary studies
Week 3	Beginning the diary study	Course pack provided by instructor	Beginning the diary study
Week 4	Continuation of the diary study	Course pack provided by instructor	Continuation of the diary study
Week 5	Continuation of the diary study	Course pack provided by instructor	Continuation of the diary study
Week 6	Workshop on the discovery of insights based on diarized thought patterns within the entries of the diary study	Course pack provided by instructor on ways to discover thought patterns within diarized entries	Workshop on the discovery of diary-derived insights
Week 7	Beginning the 2,500-word reflection essay based on the insights derived from the diary study	Course pack and instruction manual of how to write academic essays	Beginning the 2,500-word reflection essay based on the insights derived from the diary study

Week 8	Continuation of the 2,500-word reflection essay	Course pack and instruction manual of how to write academic essays. Peer review forms	Continuation of the 2,500-word reflection essay
Week 9	Creation of posters to present the insights derived from both the diary study and the reflection essay	http://hsp.berkeley.edu/sites/default/files/ScientificPosters.pdf	Draft poster
Week 10	Poster presentations to share the insights derived from the first diary	Poster grading rubric	Present posters
Week 11	Continuation of the poster presentations	Poster grading rubric	Present Posters
Week 12	Submission of the final draft of 2,500-word essay	Final checklist for academic writing assignments	Submission of the final draft of 2,500-word essay

Note: Scheduled assignments, lectures, materials, and activities may be subject to change based on the needs of the class at the instructor's discretion.

Attendance Policy

Full attendance is essential. Each unexcused absence will result in the loss of half a letter grade from the final grade. According to new Sichuan University policy guidelines, students with more than 4 absences (irrespective of whether these are excused absences or not) will automatically fail the course.

Participation

The final grade will also be significantly affected by students' attendance and participation. Participation will be assessed holistically throughout the semester. Late attendance, use of electronic devices without the instructor's permission, non-participation in the online/in-class activities will all be negatively reflected in your grades.

Student Responsibility

For students, it is your responsibility to keep track of your assignments, the due dates as well as additional information announced by the instructor. It is also your responsibility to ask me if you need clarification.

A Note Concerning Plagiarism, Translator, and AI Use:

Students in this course must follow the SCUPI Honor Code. This includes not getting help from inside or outside sources to do one's work without the professor's permission. This includes not copying the words of another and presenting those words as one's own work. The class adopts a zero-tolerance policy towards plagiarism, translator use, and all forms of AI use. The professor has powerful software that is very effective in determining whether an assignment has been plagiarized, translated, or written (either in whole or in part) by Artificial Intelligence (AI). Any assignment found in transgression of this rule will be automatically disqualified, and a F grade will be assigned. All papers, including the diaries, must be written in English and in your own words. Also, any paper that is written in Chinese and then

processed through an online translator will be considered unacceptable, and for this a F grade will also be assigned. If you are unsure of the meaning of the above, it is of absolute and vital importance that you ask your instructor for clarity.

Student Use of Electronic Technology Policy:

Students must use electronic technology (including cell phones, laptops, tablets, and iPads) in appropriate ways during classes. Out of respect, cell phones should generally be turned off or on silent and stored out of sight. They should not be used during classroom activities unless the instructor has given permission. Electronic devices are forbidden during quizzes, tests or other in-class graded assignments, unless the instructor has given permission.

Technology use in this class is meant to improve the learning environment for all students. Please be respectful of your instructor and classmates and use the technology appropriately.

If you have questions about what this means, please talk to your individual instructor.

Recording:

To ensure the free and open discussion of ideas, students may NOT record classroom lectures, discussions, and/or activities without the advance permission of the instructor, and any such recording properly recorded in advance can be used solely for the student's own private study.

Any reposting of recorded course materials may result in expulsion from course.

Overall Student Responsibilities:

Students are responsible for the assignments in their classes. Assignments include in-class activities, quizzes, tests, homework, and any other work related to classes.

- If you are absent from class, you should try to contact one of the students in your class to find out what work was missed.
- If you cannot find out from another student about what work you have missed, when you return to class you must talk to your instructors about the missed work and if/when you can make up the work. You are responsible for talking to your professor; your professor is not responsible for reminding you about missed work.
- If you are absent from class on the due date of an assignment, you must hand in the assignment on the day that you return to class or on a date decided with your professor.
- If you know you will be absent, talk to your professor before you leave or email your professor to find out about the work that you will miss while you are away.
- If you have not been absent from class and you want to hand in an assignment late, you must first discuss the reason with your professor before or on the due date. Do not assume that your professor will accept late assignments. Also, you may lose points for late work based on your professor's discretion.
- If you and your professor arrange to meet to discuss an assignment and you miss that meeting, you may receive an F grade for that assignment.

Participation:

Active participation is crucial for language learning. Participating in class makes you an engaged learner of English. In this class, participation means:

- arriving to class on time
- attending class regularly
- staying on task (including appropriate use of technology)
- completing all homework on time

- actively listening to your classmates and professor when they speak in class
- asking questions
- bringing all class materials
- actively and constructively participating in class activities
- being prepared to answer questions
- using English in class