PITT 0130 Elective: Wellness and Resilience – Through the Lenses of Diaries
Fall 2024 Course Syllabus
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Course Information

Instructor:	Professor David Jeffrey
Email:	davidjeffrey@scupi.cn
Office:	106B Jiang'an South Campus
Office hours:	Fridays 14:00 – 17:00
Classroom:	3 – 103 (OLD building)
Day and time:	Mondays 13:50 – 16:25
Prerequisites:	None
Credit Hours:	3

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 teach undergraduate students skills for having resilience in the face of commonly experienced stressors and difficulties. Stated simply, resilience is the ability to both survive and thrive. Resilience is not only about your ability to positively adapt in the face of adverse or challenging circumstances (that is, survive), but it is also about learning the positive skills, strategies and routines that enable you to live a happy, fulfilling, and successful life (in other words, thrive). This course will provide you with a personalized set of strategies and skills for self-care and optimize your academic and social experiences while at SCUPI and beyond. You will write your diaries in digital format based on free and honest accounts of your experiences in the academic environment, and you will analyze your diary entries for deeper insights. In doing so, you will discover perspectives that will lead to more authentic states of self-awareness. Upon the foundation of these more authentic states of self-awareness, you will gain a sense of wellness and resilience which will transform your fears into aspirations, and your challenges into opportunities. It will also cultivate an appreciation for becoming lifelong scholars, as well as to becoming a person who contributes toward a more compassionate 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 2,000-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 Writing diary entries	Writing the diary entries	20%
ASSIGNMENT 2 2,000-word reflection essay	A 2,000-word reflection paper in APA format on personal insights derived from the diaries	50%
ASSIGNMENT 3 Poster presentation	A poster presentation on personal insights derived from the diaries	10%
ASSIGNMENT 4 Participation	Includes attendance, punctuality, homework, and in-class activities. It will be graded holistically.	20%

Schedule:

Week	Topic(s)	Materials	Major Assignments
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	Diary Entry 1
Week 3	Beginning the diary study	Course pack provided by instructor	Diary Entry 2
Week 4	Continuation of the diary study	Course pack provided by instructor	Diary Entry 3
Week 5	Continuation of the diary study	Course pack provided by instructor	Diary Entry 4
Week 6	Continuation of the diary study	Course pack provided by instructor	Diary Entry 5
Week 7	Continuation of the diary study	Course pack provided by instructor	Diary Entry 6
Week 8	Continuation of the diary study	Course pack provided by instructor	Diary Entry 7

Week 9	Continuation of the diary study	Course pack provided by instructor	Diary Entry 8
Week 10	Continuation of the diary study	Course pack provided by instructor	Diary Entry 9
Week 11	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 patters within diarized entries	Workshop on the discovery of diary-derived insights
Week 12	Beginning the 2,000-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 2,000-word reflection essay based on the insights derived from the diary study
Week 13	Continuation of the 2,000-word reflection essay	Course pack and instruction manual of how to write academic essays. Peer review forms	Continuation of the 2,000-word reflection essay
Week 14	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 15	Poster presentations to share the insights derived from the first diary	Poster grading rubric	Present posters
Week 16	Continuation of the poster presentations	Poster grading rubric	Present Posters
Week 17	Submission of the final draft of 2,000-word essay	Final checklist for academic writing assignments	Submission of the final draft of 2,000-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
After two unexcused absences, students will lose 3 points or half a letter grade from their 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 be greatly affected by students' attendance and participation. For each part of a class period missed, a student will receive a deduction of half the point value of a full absence for that day. 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: The class adopts a zero-tolerance policy towards plagiarism, translator, and AI use. You should never copy the words of another and present those words as your own work. The instructor has access to 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 also be considered unacceptable. 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.

Make-up Policy for Missed Assignments and Tests:
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 teacher; your teacher 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 and be prepared to make up tests the day that you return to class or on a date decided with your teacher.

- If you know you will be absent, talk to your teacher before you leave or email your teacher 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 teacher before or on the due date. Do not assume that your teacher will accept late assignments. Also, you may lose points for late work based on teacher discretion.
- If you and your teacher arrange to meet so that you can make up an assignment and you miss that meeting, you may receive a "0" for that assignment.

SCUPI Honor Code:
Students in this course must follow the SCUPI Honor Code. This includes:
- must not get help from anyone to do his/her work without the teacher's permission.
- must not get help from any outside sources to do his/her work without the teacher's permission.
- must not copy the words of another and present those words as his/her own work.

Participating in these activities can result in an F. Turning in work that is not your own can result in an F.

Writing Center Policy on Plagiarism: first instance will result in a failing grade with option of re-writing the assignment; a second instance will result in failure of assignment and meeting with Writing Center director and no option for re-writing the assignment; a third instance will result in failure in the course and referral to university officials for Honor Code violation.

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
- staying on task (including appropriate use of technology)
- actively listening to your classmates and teacher when they speak in class
- asking questions

- bringing all class materials

- attending class regularly
- completing all homework on time

- actively and constructively participating in class activities

- being prepared to answer questions
- using English in class

Student Responsibility

This syllabus is a contract between you and the instructor. It is the first place you should look for answers to your questions about course requirements, expectations, and policies. By enrolling in this course, you are agreeing to adhere to the requirements, expectations and policies outlined in this syllabus, including sections on the SCUPI Honor Code. Students who fail to submit their work on time or miss more than 4 classes could receive a failing grade and may not graduate.