

**Sociology 493H1F LEC0101
Fall 2018
Mental Health and Education**

Prof. La Touche 725 Spadina Avenue, Rm. 270 Office Hours: By appointment Email: rachel.latouche@utoronto.ca Email response hours: Monday-Friday 9am-6pm	Location: FE – Room 41 Class Time: Thursday 2pm-4pm Web Page: https://q.utoronto.ca/
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Course Description

In this course, we will interrogate how institutions of higher education structure the mental health experiences and outcomes of those within them – both faculty and students. In the process, we will critically evaluate what institutional role colleges and universities have (or perhaps should have) in ensuring mental wellness on campus.

The prerequisite to take this course is 1.0 SOC FCE at the 300+ level. Students without this prerequisite can be removed at any time without notice.

Course Goals

In this course, you will become familiar with:

- socio-structural explanations for the onset, experience, and consequences of varying mental health
- mental health issues in the modern-day university
- strengths and limitations of the institutional response to mental health issues on campus
- policy reports/proposals aimed at improving mental health on the university campus

Requirements and Grading

Memos (see instruction sheet)	30%
Test 1 –	20%
Class Participation	15%
Term Paper and In-class Presentation (see instruction sheet)	35%
TOTAL	100%

Required Readings

Goffman, E. (1990). *Asylums: Essays on the social situation of mental patients and other inmates*. New York: Doubleday.

All course readings will be made available on the course website – Quercus. You are expected to complete the assigned readings prior to each class. Since this class is held as a seminar, we will spend a significant proportion of our time critically engaging in the assigned texts. On average, you can expect to read approximately 45-50 pages of material, although some weeks will exceed this. For information on how course readings are related to your class participation, see the section on “Participation” below.

Week	Date	Course Schedule	
1	Sep 6	Introduction & Course Outline	No Readings
2	Sep 13	Higher Ed: Total Institution?	Asylums Chapter 1 (by September 20 th)
3	Sep 20	Higher Ed: Total Institution? Readings:	Asylums Chapter 1 (by September 20 th)
4	Sep 27	Socio-Structural Approaches to Higher ED	Readings: Stecker (2004) & TBD
5	Oct 4	Socio-Structural Approaches to Mental Health	Readings: TBD
6	Oct 11	Student Mental Health	Readings: Excerpt from Mechanic (1978) & TBD (intersectionality, qualitative)
7	Oct 18	TEST 1	
8	Oct 25	Making Sense of Chaos: Student Mental Health	Readings: Blanco et al. (2008) Eisenberg et al. (2013)
9	Nov 1	Making Sense of Chaos: The Stress Process Model	Thoits (1995)
10	Nov 8	READING WEEK	
11	Nov 15	Social Support & Help Seeking	Cutrona and Russell (1990) Eisenberg et al. (2007) Rook (1984)
12	Nov 22	Higher Ed: The Institutional Response	Readings: TBD
13	Nov 29	ORAL PRESENTATIONS FINAL PAPER DUE	

Course Policies

Attendance and Preparation

Attendance is mandatory. Students are responsible for all material presented in class. Students who are unable to attend class on a given day are responsible for obtaining notes on all material covered, including discussion material and course announcements. In addition, students are expected to complete all assigned readings in advance of the class period for which they are assigned.

Participation

This class is a seminar and the success of a seminar depends on everyone's participation in the discussion of course material. Please do your best to keep up with the readings each week, you will take away much more from the course as a result. Your class participation grade will be based on: A) active participation in class discussions (written and/or verbal) and B) attendance. Class attendance is mandatory and absences require valid documentation.

Course Website

The course website on Quercus is available at <https://q.utoronto.ca/>. The site will contain the course syllabus, reading and writing resources, links of interest and course announcements. Students are responsible for the content of all course materials.

Email

When emailing your professor, please use your utoronto.ca address. Please also include "SOC493" and a brief description in the subject line, so your email can be easily prioritized. Emails will typically be answered within 72 hours, during the workweek (i.e. Monday through Friday, between 9am-6pm). Keep in mind that for simple questions, email is the preferred method of communication. However, for longer questions, students should schedule an appointment with the professor.

Office Hours

Professor La Touche's office hours are by appointment. This is to ensure students registered for this seminar get one-on-one consultation with her. However, arrangements for "group" office hours can be made if requested. You may use office hours as an opportunity to explore ideas and experiences related to the course material, discuss plans for a career in Sociology, or other course and career related matters. If you wish to schedule an appointment with Professor La Touche, please email her directly (rachel.latouche@utoronto.ca). In your email, include details about the nature of your meeting request and a list of dates/times when you are available. You will typically receive a response within 72 hours.

Late Assignments (Please read carefully!!)

Unless otherwise specified, all assignments are due online **before the beginning of class (i.e. by 2pm)** on the due date provided. Late assignments will be penalized 5 percentage points per day, including weekend days. **Late assignments will not be accepted via email.** Work handed in late should be put in the fourth-year mailbox in Room 225 in the Sociology Department (725 Spadina Avenue), Monday-Friday 9:00am-5:00pm, after it is date-stamped

(date-stamp machine is located in Room 225), and the instructor notified that it has been submitted.

Missed Tests/Exams (Please read carefully!!)

Students who miss a test/exam will be assigned a grade of 0. However, students may have an absence excused with proper documentation in the case of illness or unforeseen personal circumstance. Proper documentation consists of a “**Verification of Student Illness or Injury Form**” or a **doctor’s note**, completed by a medical practitioner **on or before the day of the test** (you may find the form at www.illnessverification.utoronto.ca). All documentation must be received via email or in a sealed envelope addressed to the **instructor within six calendar days of the test (i.e. by the Wednesday following the test)**. If documentation is received and deemed sufficient, a make-up test will be scheduled for one week from the original test date. All makeup tests are held and a time amenable to instructor and student. Students who do not attend the scheduled make-up test will receive a grade of 0.

Re-Grading Assignments

All requests for re-grading the course assignments should be made to Professor La Touche within **one week** of the date when the assignments are returned to the class. A short memo that clearly states specific reasons to justify the request and backs up these reasons with evidence from your assignment must be submitted to the Professor. No re-grading requests will be considered if they are submitted more than one week after the assignments are returned to the class. This deadline applies to all students including those who missed the class when the assignments were returned.

Turnitin.com

Normally, students will be required to submit their course essays to Turnitin.com for review of textual similarity and detection of possible plagiarism. In doing so, students will allow their assignments to be included as source documents in the Turnitin.com reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University’s use of the Turnitin.com service are described at <http://www.teaching.utoronto.ca/teaching/academicintegrity/turnitin/conditions-use.htm>

Assignments not submitted through *Turnitin* will receive a grade of zero (0%) **unless a student instead provides, along with their assignment**, sufficient secondary material (e.g., reading notes, outlines of the paper, rough drafts of the final draft, etc.) to establish that the paper they submitted was truly their own. The alternative (not submitting via *Turnitin*) is in place because, strictly speaking, using *Turnitin* is voluntary for students at the University of Toronto.

Writing Centres (<http://www.writing.utoronto.ca/writing-centres/arts-and-science>)

All students are encouraged to visit and make use of the available writing centres. Writing tutors may help you brainstorm ideas, develop a thesis, structure and organize your paper, present your evidence effectively, argue logically, cite appropriately and express yourself clearly and concisely. However, proofreading and copyediting for spelling, grammar, or format are not within the primary scope of the writing centres.

Accessibility

The University of Toronto is committed to accessibility. If you require accommodations or have any accessibility concerns, please visit <http://studentlife.utoronto.ca/accessibility> as soon as possible. If you are registered with Accessibility Services, please forward your accommodations paperwork to Professor La Touche within the first two weeks of the course so that arrangements can be made.

Academic Integrity/Academic Misconduct

The University of Toronto treats academic integrity and academic misconduct very seriously. To participate honestly, respectfully, responsibly, and fairly in the academic community at U of T, you should familiarize yourself with the University of Toronto's Code of Behaviour on Academic Matters

(<http://www.governingcouncil.utoronto.ca/Assets/Governing+Council+Digital+Assets/Policies/PDF/ppjun011995.pdf>).

In addition, students should acquaint themselves with the rules concerning plagiarism and other forms of academic misconduct, including but not limited to:

- Using someone else's ideas or words without appropriate acknowledgement.
- Copying material word-for-word from a source without quotation marks.
- Including references to sources that you did not use.
- Obtaining or providing unauthorized assistance on any assignment including (e.g.) working in groups on assignments that are supposed to be individual work
- Lending your work to a classmate who submits it as his/her own.
- Letting someone else look at your answers on a test.
- Falsifying or altering any documentation required by the University.

Student Contacts

You are responsible for all material presented in class, including announcements. If you are unable to attend class, you should obtain notes from a classmate. Write down the contact information for two of your classmates below in case you need notes.

Name: _____	Name: _____
E-mail: _____	E-mail: _____
Phone: _____	Phone: _____
Other: _____	Other: _____