



PSYC20040 Wellbeing Initiatives: Local and Global Scales

Term 2 - 2020

Profile information current as at 20/04/2024 11:47 pm

All details in this unit profile for PSYC20040 have been officially approved by CQUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

General Information

Overview

In this unit, you will examine and critique wellbeing and resilience initiatives, in small and large populations. Initiatives will include not-for-profit organisations, social innovation enterprises, local and state government projects, intentional communities and cooperatives, and global wellbeing and resilience movements. You will research and evaluate successful and unsuccessful city/urban, and rural-based initiatives, and apply that knowledge to design wellbeing initiatives for medium and large-scale applications.

Details

Career Level: *Postgraduate*

Unit Level: *Level 8*

Credit Points: 6

Student Contribution Band: 10

Fraction of Full-Time Student Load: 0.125

Pre-requisites or Co-requisites

There are no requisites for this unit.

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

Offerings For Term 2 - 2020

- Online

Attendance Requirements

All on-campus students are expected to attend scheduled classes - in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

Class and Assessment Overview

Recommended Student Time Commitment

Each 6-credit Postgraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

Class Timetable

[Regional Campuses](#)

Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

[Metropolitan Campuses](#)

Adelaide, Brisbane, Melbourne, Perth, Sydney

Assessment Overview

1. **Online resource/s**

Weighting: 10%

2. **Written Assessment**

Weighting: 30%

3. **Presentation**

Weighting: 50%

4. **Reflective Practice Assignment**

Weighting: 10%

Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the [University's Grades and Results Policy](#) for more details of interim results and final grades.

CQUniversity Policies

All University policies are available on the [CQUniversity Policy site](#).

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

Previous Student Feedback

Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

Feedback from Student Evaluations

Feedback

Creating a short film was a new skill for a number of students.

Recommendation

Include in the unit resources a tutorial specifically on how to include audio in Power Point.

Feedback from Student Evaluations

Feedback

Some students felt that tutorials should have more focus on unit content rather than assessments.

Recommendation

Include a tutorial using activities and exercises to explore unit content in small groups.

Feedback from Student Evaluations

Feedback

Students reflected that they enjoyed the opportunity to engage with real-world local and global issues.

Recommendation

Continue the focus on real-world issues through the unit content and assessments.

Unit Learning Outcomes

On successful completion of this unit, you will be able to:

1. Research and critique multi-faceted local and international applications of wellbeing and resilience programs.
2. Apply evidence-based research, and generic principles of wellbeing and resilience programs, to the design of small- to medium-scale, and multi-faceted, large-scale, wellbeing and resilience projects.
3. Apply reflective practice principles for personal and professional development.

Alignment of Learning Outcomes, Assessment and Graduate Attributes



Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes		
	1	2	3
1 - Online resource/s - 10%	•		
2 - Written Assessment - 30%	•	•	
3 - Presentation - 50%		•	
4 - Reflective Practice Assignment - 10%			•

Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes		
	1	2	3
1 - Knowledge	○	○	○
2 - Communication	○	○	○
3 - Cognitive, technical and creative skills		○	
4 - Research	○	○	
5 - Self-management	○	○	○
6 - Ethical and Professional Responsibility		○	○
7 - Leadership		○	
8 - Aboriginal and Torres Strait Islander Cultures			

Alignment of Assessment Tasks to Graduate Attributes

Assessment Tasks	Graduate Attributes							
	1	2	3	4	5	6	7	8
1 - Online resource/s - 10%	○	○	○	○	○			
2 - Written Assessment - 30%	○	○	○	○	○	○		
3 - Presentation - 50%	○	○	○	○	○	○		
4 - Reflective Practice Assignment - 10%	○	○			○			

Textbooks and Resources

Textbooks

There are no required textbooks.

IT Resources

You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)

Referencing Style

All submissions for this unit must use the referencing style: [American Psychological Association 7th Edition \(APA 7th edition\)](#)

For further information, see the Assessment Tasks.

Teaching Contacts

Danielle Every Unit Coordinator
d.every@cqu.edu.au

Schedule

Week 1 - 13 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic
Ecological and social challenges affecting wellbeing	Please see selected readings and activities on Moodle	

Week 2 - 20 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic
Community initiated wellbeing and resilience	Please see selected readings and activities on Moodle	

Week 3 - 27 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic
Community placemaking	Please see selected readings and activities on Moodle	Zoom Tutorial: Week 3 Thursday (30 July 2020) 6:30-7:30 pm AEST

Week 4 - 03 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
Wellbeing initiatives from governments and international organisations	Please see selected readings and activities on Moodle	Assessment One Due: Week 4 Monday (3 Aug 2020) 5:00 pm AEST

Week 5 - 10 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
Indigenous wellbeing initiatives	Please see selected readings and activities on Moodle	

Vacation Week - 17 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
No module/topics this week		

Week 6 - 24 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
Social connectedness initiatives	Please see selected readings and activities on Moodle	

Week 7 - 31 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
Social enterprises/social innovation	Please see selected readings and activities on Moodle	Assessment Two Due: Week 7 Monday (31 Aug 2020) 5:00 pm AEST

Week 8 - 07 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic

Wellbeing initiatives from educational institutions

Please see selected readings and activities on Moodle

Zoom Tutorial: Week 8 Thursday (10 September 2020) 6:30-7:30 pm AEST

Week 9 - 14 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Food and wellbeing initiatives	Please see selected readings and activities on Moodle	

Week 10 - 21 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Music and creative arts wellbeing initiatives	Please see selected readings and activities on Moodle	

Week 11 - 28 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Initiatives from aid and welfare organisations	Please see selected readings and activities on Moodle	Assessment Three Due: Week 11 Monday (28 Sept 2020) 5:00 pm AEST

Week 12 - 05 Oct 2020

Module/Topic	Chapter	Events and Submissions/Topic
Further initiatives on wellbeing and resilience	Please see selected readings and activities on Moodle	Assessment Four Due: Week 12 Tuesday (6 Oct 2020) 5:00 pm AEST

Review/Exam Week - 12 Oct 2020

Module/Topic	Chapter	Events and Submissions/Topic
There are no examinations for this unit.		

Exam Week - 19 Oct 2020

Module/Topic	Chapter	Events and Submissions/Topic
There are no examinations for this unit.		

Assessment Tasks

1 Assessment One

Assessment Type

Online resource/s

Task Description

In Assessment 1, you are required to choose an environmental/social issue covered in the unit material and source 10 wellbeing/resilience initiatives that respond to this issue.

1. Source, research and curate a minimum of 10 wellbeing and resilience initiatives at local and global scales on a particular environmental/social issue.
2. Use a curating platform or word document to display the websites of the initiatives.

Further task details, including examples of curation, will be available on the unit Moodle site.

Assessment Due Date

Week 4 Monday (3 Aug 2020) 5:00 pm AEST

Return Date to Students

Vacation Week Monday (17 Aug 2020)

Feedback and grade for this assessment will be provided within 2 weeks of submission.

Weighting

10%

Assessment Criteria

You will be assessed on:

- the relevance of the environmental/social issue to wellbeing/resilience
- adhering the guidelines provided on Moodle for curating and displaying the initiatives

Detailed information regarding assessment requirements and criteria for assessment can be found in the Unit and Assessment Guide on Moodle

Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Submission Instructions

This assessment will be submitted online through Moodle. A submission portal will be provided in the Assessment section of the unit Moodle site.

Learning Outcomes Assessed

- Research and critique multi-faceted local and international applications of wellbeing and resilience programs.

Graduate Attributes

- Knowledge
- Communication
- Cognitive, technical and creative skills
- Research
- Self-management

2 Assessment Two

Assessment Type

Written Assessment

Task Description

For Assessment 2, you will choose two of the initiatives curated in Assessment 1 and then you will identify and critically evaluate the elements of these two initiatives. Assessment 2 has two parts.

Part 1:

For two of the initiatives, list the program elements (e.g. free classes in mindfulness, mentoring by local business owners, a community garden)

For each of these program elements, identify their intended wellbeing/resilience outcomes (e.g. social connectedness, social inclusion, physical health, mental health, reducing carbon emissions, zero waste)

Part 2:

For each program element:

- Identify and summarise the research support for the efficacy/outcomes of this activity. Use quality peer-reviewed theoretical and/or empirical journal articles for this part of your assessment.
- Critique and discuss any relevant shortcomings of the initiatives using this peer-reviewed literature.
- Suggest any improvements/additions/modifications that could be made to the two initiatives so that they better meet their proposed outcomes.

Further task details will be available on the unit Moodle site.

WORD LIMIT: 1,500 +/- 10% This word limit includes in-text citations but excludes any reference section. Meeting the word count is included as a marking criteria in your marking rubric on Moodle. See the Psychology Word Count Information document for a rationale for using this type of word limit restriction.

Assessment Due Date

Week 7 Monday (31 Aug 2020) 5:00 pm AEST

Return Date to Students

Week 9 Monday (14 Sept 2020)

Feedback and grade for this assessment will be provided within 2 weeks of submission.

Weighting

30%

Minimum mark or grade

50%

Assessment Criteria

The work will be assessed on:

- The critical thinking applied to identify the program elements and the wellbeing outcomes they are trying to achieve
- Quality of the supporting summary of theoretical and research evidence for each element
- The level of critique of any shortcomings in the two initiatives.
- Suggestions for improvements/additions/modifications for the initiatives
- Overall comprehension, clarity and quality of writing, including adhering to word limits
- Adherence to APA referencing style

Detailed information regarding assessment requirements and criteria for assessment can be found in the Unit and Assessment Guide on Moodle.

In order to pass the unit, you will need to score at least 50% in this assessment.

Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Submission Instructions

This assessment will be submitted online through Moodle. A submission portal will be provided in the Assessment section of the unit Moodle site.

Learning Outcomes Assessed

- Research and critique multi-faceted local and international applications of wellbeing and resilience programs.
- Apply evidence-based research, and generic principles of wellbeing and resilience programs, to the design of small- to medium-scale, and multi-faceted, large-scale, wellbeing and resilience projects.

Graduate Attributes

- Knowledge
- Communication
- Cognitive, technical and creative skills
- Research
- Self-management
- Ethical and Professional Responsibility

3 Assessment Three

Assessment Type

Presentation

Task Description

In Assessment 3, you will design a wellbeing initiative that uses a variety of activities to enhance wellbeing in your chosen area.

Present your initiative in a recording of a short presentation in a 'film' format (there are a number of ways to do this, one way is to use Powerpoint with audio recordings). The presentation will outline the issue, existing research on wellbeing initiatives that address this issue, and your proposed program and why it will help to build wellbeing.

LENGTH: Your short film will be a minimum of 9 and a maximum of 10 minutes in length. Meeting the time limit for the presentation is included as a marking criteria in your marking rubric on Moodle. See the Psychology Word Count Information document for a rationale for using this type of restriction.

Detailed information regarding assessment requirements and criteria for assessment can be found in the Unit and Assessment Guide on Moodle.

Assessment Due Date

Week 11 Monday (28 Sept 2020) 5:00 pm AEST

This assessment will be submitted online through Moodle. A submission portal will be provided in the Assessment section of the unit Moodle site.

Return Date to Students

Review/Exam Week Monday (12 Oct 2020)

Feedback and grade for this assessment will be provided within 2 weeks of submission.

Weighting

50%

Minimum mark or grade

50%

Assessment Criteria

The work will be assessed on:

- The quality of your proposed program
- Evidence of critical thinking in the choice and applications of wellbeing/resilience elements and their relationship to existing evidence-based theory and research
- The quality and creativity of the short film
- Adherence to APA referencing style
- Adherence to the time limit

Detailed information regarding assessment requirements and criteria for assessment can be found in the Unit and Assessment Guide on Moodle.

In order to pass the unit, you will need to score a minimum of 50% in this assessment.

Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Submission Instructions

This assessment will be submitted online through Moodle. A submission portal will be provided in the Assessment section of the unit Moodle site.

Learning Outcomes Assessed

- Apply evidence-based research, and generic principles of wellbeing and resilience programs, to the design of small- to medium-scale, and multi-faceted, large-scale, wellbeing and resilience projects.

Graduate Attributes

- Knowledge
- Communication
- Cognitive, technical and creative skills
- Research
- Self-management
- Ethical and Professional Responsibility

4 Assessment Four

Assessment Type

Reflective Practice Assignment

Task Description

In Assessment 4, you will write a short reflection on your insights and ongoing development of knowledge and skills in local and global wellbeing initiatives.

Your reflection will document:

- your growing understanding of how to design local/global wellbeing initiatives
- evaluation of changes in perceptions, beliefs, and behaviour

Further task details will be available on the unit Moodle site.

WORD LIMIT: 300 words (+/- 10%). Meeting the word count is included as a marking criteria in your marking rubric on Moodle. See the Psychology Word Count Information document for a rationale for using this type of word limit restriction.

Assessment Due Date

Week 12 Tuesday (6 Oct 2020) 5:00 pm AEST

Submitted in Moodle via an Assessment portal. Details will be provided in the Assessment Guide.

Return Date to Students

Exam Week Monday (19 Oct 2020)

Feedback and grade for this assessment will be provided within 2 weeks of submission.

Weighting

10%

Assessment Criteria

Detailed information regarding assessment requirements and criteria for assessment can be found in the Unit and Assessment Guide on Moodle.

You will be assessed on:

- Self-reflection and examination of your own learning
- Self-reflection on change processes, challenges, and personal development
- Adherence to the word limit

Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Submission Instructions

Submitted in Moodle via an Assessment portal. Details will be provided in the Assessment Guide.

Learning Outcomes Assessed

- Apply reflective practice principles for personal and professional development.

Graduate Attributes

- Knowledge
- Communication
- Self-management

Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the [Student Academic Integrity Policy and Procedure](#). This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

What is a breach of academic integrity?

A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

Why is academic integrity important?

A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

Where can I get assistance?

For academic advice and guidance, the [Academic Learning Centre \(ALC\)](#) can support you in becoming confident in completing assessments with integrity and of high standard.

What can you do to act with integrity?



Be Honest

If your assessment task is done by someone else, it would be dishonest of you to claim it as your own



Seek Help

If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)



Produce Original Work

Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem