



PSYC20040 Wellbeing Initiatives: Local and Global Scales

Term 2 - 2021

Profile information current as at 19/04/2024 02:44 am

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 community, national and global settings. 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 a wellbeing initiative for a local application.

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 - 2021

- 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: 20%

2. **Written Assessment**

Weighting: 30%

3. **Practical Assessment**

Weighting: 50%

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 Moodle student evaluations.

Feedback

Students found the assessments interesting and enjoyed the opportunity to be creative and pursue their area of interest.

Recommendation

Maintain the creative assessments which provide an opportunity to look at a topic of interest to the student.

Feedback from Moodle student evaluations.

Feedback

The focus on wellbeing at a community and systems-level is important and valuable learning.

Recommendation

Maintain the focus on community and systems-level wellbeing.

Feedback from Moodle student evaluations.

Feedback

Further support for the technology-related aspects of the unit would be beneficial for those students who are hesitant in taking up new technology.

Recommendation

Provide further resources on how to use technology such as Powerpoint and Pinterest.

Unit Learning Outcomes

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

1. Evaluate local, national and international wellbeing and resilience programs.
2. Apply evidence-based research, and generic principles of wellbeing and resilience programs, to the design of a small-scale wellbeing project.
3. Demonstrate communication skills which convey a compelling and persuasive argument for an innovative small-scale wellbeing program.

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 - 20%	•		
2 - Written Assessment - 30%	•	•	•
3 - Practical Assessment - 50%		•	•

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 - 20%	○	○		○				
2 - Written Assessment - 30%	○	○		○	○			
3 - Practical Assessment - 50%	○	○	○	○		○		

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 - 12 Jul 2021

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

Week 2 - 19 Jul 2021

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

Week 3 - 26 Jul 2021

Module/Topic	Chapter	Events and Submissions/Topic
Community placemaking	Please see selected readings and activities on Moodle	Zoom tutorial: Week 3 Thursday (29 July 2021) 6:30-8:00pm AEST

Week 4 - 02 Aug 2021

Module/Topic	Chapter	Events and Submissions/Topic
Wellbeing initiatives from governments and international organisations	Please see selected readings and activities on Moodle	Assessment 1 Curation of wellbeing initiatives Due: Week 4 Monday (2 Aug 2021) 5:00 pm AEST

Week 5 - 09 Aug 2021

Module/Topic	Chapter	Events and Submissions/Topic
Indigenous wellbeing initiatives	Please see selected readings and activities on Moodle	Zoom Tutorial: Week 5 Thursday 12 August 2021) 6:30-8:00 pm AEST

Vacation Week - 16 Aug 2021

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

Week 6 - 23 Aug 2021

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

Week 7 - 30 Aug 2021

Module/Topic	Chapter	Events and Submissions/Topic
Social enterprises/social innovation	Please see selected readings and activities on Moodle	Zoom Tutorial: Week 7 Thursday (2 September 2021) 6:30-8:00 pm AEST Assessment 2 Critically evaluating wellbeing initiatives Due: Week 7 Monday (30 Aug 2021) 5:00 pm AEST

Week 8 - 06 Sep 2021

Module/Topic	Chapter	Events and Submissions/Topic
Wellbeing initiatives from educational institutions	Please see selected readings and activities on Moodle	

Week 9 - 13 Sep 2021

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

Week 10 - 20 Sep 2021

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

Week 11 - 27 Sep 2021

Module/Topic	Chapter	Events and Submissions/Topic
Initiatives from aid and welfare organisations	Please see selected readings and activities on Moodle	Assessment 3 Designing a small-scale community wellbeing initiative Due: Week 11 Monday (27 Sept 2021) 5:00 pm AEST

Week 12 - 04 Oct 2021

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

Review/Exam Week - 11 Oct 2021

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

Exam Week - 18 Oct 2021

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

Assessment Tasks

1 Assessment 1 Curation of wellbeing initiatives

Assessment Type

Online resource/s

Task Description

In Assessment 1, you are required to choose an environmental/social issue.

1. You will write a 250 (10%+/-) summary of the issue. This will include a summary of research (correctly referenced) that outline key aspects of the issue e.g. who it affects, how many people it affects, what are its impacts on people.
2. You will identify and describe 10 existing wellbeing initiatives that respond to this issue. You will Use a curating platform (e.g. Pinterest) or word document to display hyperlinked images of the web pages for your curated 10 wellbeing initiatives.

AND you will include a short (no more than 50 words) summary of each initiative. This is to be written in your own words. It is not a cut and paste from the website.

Assessment Due Date

Week 4 Monday (2 Aug 2021) 5:00 pm AEST

Return Date to Students

Vacation Week Monday (16 Aug 2021)

Weighting

20%

Assessment Criteria

The assessment is graded on:

1. Relevance, comprehensiveness and clear summary of the issue
2. Relevance of the chosen initiatives in the curation to the issue
3. Presentation of curation

Referencing Style

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

Submission

Online

Submission Instructions

The assessment will be submitted through Moodle.

Learning Outcomes Assessed

- Evaluate local, national and international wellbeing and resilience programs.

Graduate Attributes

- Knowledge
- Communication
- Research

2 Assessment 2 Critically evaluating wellbeing initiatives

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.

1. For two of the initiatives from Assessment 1, list the program elements (e.g. free classes in mindfulness, mentoring by local business owners, a community garden)
2. For each program element, identify and summarise the research support for the efficacy/outcomes of this activity. Use quality peer-reviewed empirical journal articles for this part of your assessment.
3. Critique and discuss any relevant shortcomings of the initiatives based on your findings.
4. Suggest any improvements/additions/modifications that could be made to the two initiatives so that they better meet their proposed outcomes.

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 (30 Aug 2021) 5:00 pm AEST

Return Date to Students

Week 9 Monday (13 Sept 2021)

Weighting

30%

Minimum mark or grade

50%

Assessment Criteria

The assessment will be evaluated on:

1. Accuracy and clarity in identifying of program elements
2. Critical review of relevant research findings
3. Critical evaluation of program elements
4. Written comprehension, referencing and adherence to word limit

You need to achieve a minimum grade of 50% for this assessment in order to pass the Unit.

Referencing Style

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

Submission

Online

Submission Instructions

The assessment will be submitted online through Moodle.

Learning Outcomes Assessed

- Evaluate local, national and international wellbeing and resilience programs.
- Apply evidence-based research, and generic principles of wellbeing and resilience programs, to the design of a small-scale wellbeing project.
- Demonstrate communication skills which convey a compelling and persuasive argument for an innovative small-scale wellbeing program.

Graduate Attributes

- Knowledge
- Communication
- Research
- Self-management

3 Assessment 3 Designing a small-scale community wellbeing initiative

Assessment Type

Practical Assessment

Task Description

In Assessment 3, you will design a small-scale wellbeing initiative that could be implemented in your community.

You will 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 how it will run and why it will help to build wellbeing.

Your short presentation in 'film' format must include:

1. The proposed name of your initiative
2. An outline of the social/environmental issue and its impacts on wellbeing (what is it, who is impacted, in what ways)
3. An outline of the existing research on what can improve the wellbeing of people impacted by this social/environmental issue (e.g. what do we know works to improve social connectedness, mental health, efforts

- to recycle, community divisions, young people disengaged from a community/employment)
4. An outline of your program/initiative (what it is, what it addresses, and how)
 5. For the 'how' part, you will detail each element of your initiative, what it will do and the research to support your inclusion of this element (i.e. we know this can work because...)
 6. Provide a reference list of all research, image and sound sources either as part of your film or in a separate document (its probably easier to make this the last slide in your film though).

As this is a 'film' (even if it's done in Powerpoint), please use creative ways to present your initiative - animation, images, music.

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.

Assessment Due Date

Week 11 Monday (27 Sept 2021) 5:00 pm AEST

Return Date to Students

Review/Exam Week Monday (11 Oct 2021)

Weighting

50%

Minimum mark or grade

50%

Assessment Criteria

The assessment will be evaluated on:

1. Critical use of research to develop an evidence-based program
2. Quality of program - innovation, applicability, relevance
3. Quality of presentation
4. Adherence to referencing and time limit requirements

You need to achieve a minimum grade of 50% in this assessment in order to pass this Unit.

Referencing Style

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

Submission

Online

Submission Instructions

The assessment will be submitted through Moodle.

Learning Outcomes Assessed

- Apply evidence-based research, and generic principles of wellbeing and resilience programs, to the design of a small-scale wellbeing project.
- Demonstrate communication skills which convey a compelling and persuasive argument for an innovative small-scale wellbeing program.

Graduate Attributes

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

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