

In Progress

Please note that this Unit Profile is still in progress. The content below is subject to change.



PSYC20042 *Building Wellbeing and Resilience: Interconnected Factors*

Term 1 - 2027

Profile information current as at 07/09/2026 09:35 pm

All details in this unit profile for PSYC20042 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 interconnected factors and complex systems that impact wellbeing and resilience at an individual and societal level. At the individual level, you will examine the interplay between mental processes, emotions, and physiology, and assess how to positively influence these areas. You will also evaluate the importance of factors such as sleep, nutrition and diet, exercise, social support, fun, play, and creativity. At a societal level, you will evaluate the impact on wellbeing and resilience of factors such as education, health systems, societal norms and values, and the impact of built and natural environments. Within this interconnected factors framework, you will draw on evidence-based research, tools, approaches, and models, to promote wellbeing and resilience interventions.

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 1 - 2027

- 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

Information for Class and Assessment Overview has not been released yet.
This information will be available on Monday 11 January 2027

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
- Academic Progression Policy and Procedure
- Student Refund and Credit Balance Policy and Procedure
- 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 SUTE

Feedback

While students valued assessment variety, some felt overwhelmed by multiple unfamiliar writing styles in the same unit.

Recommendation

Provide additional exemplars and guidance to support students learning new formats.

Feedback from SUTE

Feedback

Some students felt the weekly content was too heavy in volume, and questioned the recency of some resources. They suggested use of more efficient formats such as images, flowcharts, and mind maps to show interconnectedness of ideas.

Recommendation

The teaching team will revisit the unit content to investigate avenues for contemporary updates, streamlining and incorporating visual summaries.

Feedback from SUTE

Feedback

Some students raised discrepancies around scheduled tutorials and the online planner, which created some confusion.

Recommendation

Check for alignment with University scheduling systems, and ensure up-to-date details are communicated with students at the start of term.

Unit Learning Outcomes

Information for Unit Learning Outcomes has not been released yet.
This information will be available on Monday 11 January 2027

Alignment of Learning Outcomes, Assessment and Graduate Attributes

Information for Alignment of Learning Outcomes, Assessment and Graduate Attributes has not been released yet.
This information will be available on Monday 11 January 2027

Textbooks and Resources

Information for Textbooks and Resources has not been released yet.
This information will be available on Monday 15 February 2027

Academic Integrity Statement

Information for Academic Integrity Statement has not been released yet.
This unit profile has not yet been finalised.