

<p>Course Name: HLTH 497/3.0</p> <p>Special Topics in Health Studies Winter 2025 Topic: Anxiety, Precarity and Social Change</p> <p>Full Title: Anxious Times: Mental Health and Social Change in an Age of Precarity</p>	<p>Course Instructor: Dr. Samantha King</p>	<p>Contact Hours: Lectures: 1 x 3 hrs / 12 weeks</p>
<p>Course Description:</p> <p>Why are we so anxious and what can we do about it? This seminar explores the social and economic roots of anxiety as a subset of the broader mental health crisis. Our goal is to understand how systemic issues such as the cost of living, the climate crisis, war and genocide, healthcare collapse, social media culture, and academic competitiveness manifest physically and emotionally, in ways that feel individual. Our goal will be to map the problem and then to consider how we can harness our knowledge, our collective resources, and our interdependence to counter mass anxiety.</p>		<p>Prerequisite: Level 4 in a HLTH plan (Major or Joint Honours) or KINE plan</p>
<p>Learning Outcomes:</p> <p>TBD</p>		<p>Exclusion: Winter 2024 Topic ID: Ecological Embodiment (A. Reid)</p>
<p>Course Texts:</p> <p>Course notes will be placed on onQ.</p>		<p>Course Evaluation:</p> <p>TBD</p>
<p>Course Outline</p>		
<p>TBD</p>		