

<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> <hr/> <p>Prerequisite: Level 4 in a HLTH plan (Major or Joint Honours) or KINE plan</p> <hr/> <p>Exclusion: Winter 2024 Topic ID: Ecological Embodiment (A. Reid)</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>Course Texts:</p> <p>Course notes will be placed on onQ.</p>								
<p>Learning Outcomes:</p> <ul style="list-style-type: none"> • A fuller understanding of the conditions that shape mental health and how it is distributed and lived; • Familiarity with some of the dominant explanations for rising anxiety and the capacity to evaluate such theories; • Hands-on experience with collaborative, interdisciplinary research on the social world; • Insight into the relationship among embodied feelings, personal experiences, and political forces; • Comfort with complexity, contradiction, disagreement, and uncertainty. 		<p>Course Evaluation:</p> <table> <tr> <td>In-class reflections</td> <td>25%</td> </tr> <tr> <td>Group presentation/facilitation</td> <td>25%</td> </tr> <tr> <td>Research project</td> <td>30%</td> </tr> <tr> <td>Final reflection</td> <td>20%</td> </tr> </table>	In-class reflections	25%	Group presentation/facilitation	25%	Research project	30%	Final reflection	20%
In-class reflections	25%									
Group presentation/facilitation	25%									
Research project	30%									
Final reflection	20%									

Course Outline	
TBD	