

<b>SOCI 493.7 TOPICS IN THE SOCIOLOGY OF WORK (WORK AND HEALTH)</b>			
Pre/Co-Requisites	Sociology 313 and 393		
Instructor:	Dr. Jean E. Wallace	Lecture Location:	Live synchronous via Zoom
Phone:	403-220-6515	Lecture Days/Time:	Tuesday/Thursday 3:30-4:45 pm MST
Email:	jwallace@ucalgary.ca	Office:	Social Sciences 914
Instructor Email Policy:	Feel free to contact me by email at any time. Please put the course number and section in your email's subject line, and include a proper salutation, your full name, student ID, and a proper closing in the body of your email. I do not answer emails over the weekend. Please take that into account when emailing me questions about upcoming readings or assignments.		

### Course Description

There are many aspects of the work experience that negatively impact employee health and there are many different ways to respond to these unhealthy work situations. This course will examine mental health issues, such as job stress and burnout, as well as individual coping strategies and organizational responses to promote healthy workplaces.

### Course Objectives/Learning Outcomes

At the end of this course, students will:

- understand the importance of the sociology in explaining employee health including the substantive, cross disciplinary and practical implications of the research area.
- be able to effectively present, interpret, and critique qualitative and quantitative research findings on employee health from a sociological perspective.
- be more familiar with published research in the sociology of work and health.
- be able to identify sources and symptoms of stress in themselves.
- be able to apply the tools and resources acquired in this course to manage stress.

### Course Format

**This course will involve live, synchronous remote learning where students are required to attend the classes scheduled on Tuesdays and Thursdays from 3:30-4:45 pm MST via Zoom.** Most of the lecture materials complement the readings but do not duplicate them. Both are necessary to meet the learning objectives of the course. You will be graded for participating in the class discussions. The class discussions will not be recorded or posted on D2L.

You are invited to send me questions in advance of the zoom classes via email or raise them during our class time. I will also post questions for discussion in advance of each class. You will also be expected to participate in small group work exercises during class time.

This format of teaching and learning is still different for most of us. It can be stressful and uncertain. I have posted two small documents on helpful tips for taking online courses. Please check them out and feel free to share advice and/or ask questions on the Discussion Board about any of challenges of this learning experience.

### **Required Textbooks, Readings, Materials, Electronic Resources**

There is no textbook for this course. Please refer to the reading list where the required readings are listed by topic and date with links to the articles. The links are also posted on D2L in the relevant module and it is your responsibility to locate and download all articles from the University of Calgary library. You should read the required readings prior to their designated class and have those articles available to you during class for review and discussion. Summary Power Point outlines will be available on D2L prior to the relevant class. **Every student is expected to bring electronic or paper versions of the readings and Wellness Workbook to every class as we will be discussing them in class.**

### **Grading Scale**

Letter grades will be assigned and submitted to the registrar based on the following scale:

Grade	Percent range	Grade Point Value	Description
A+	96 – 100%	4.0	Outstanding performance
A	90 – 95.99%	4.0	Excellent performance
A-	85 – 89.99%	3.7	Approaching excellent performance
B+	80 – 84.99%	3.3	Exceeding good performance
B	75 – 79.99%	3.0	Good performance
B-	70 – 74.99%	2.7	Approaching good performance
C+	67 – 69.99%	2.3	Exceeding satisfactory performance
C	63 – 66.99%	2.0	Satisfactory performance
C-	59 – 62.99%	1.7	Approaching satisfactory performance
D+	55 – 58.99%	1.3	Marginal pass. Insufficient preparation for subsequent courses in the same subject
D	50 – 54.99%	1.0	Minimal Pass. Insufficient preparation for subsequent courses in the same subject.
F	<50%	0	Failure. Did not meet course requirements.

### **Learning Technologies and Requirements**

The following learning technologies are used in this course: a variety of features on **D2L** (e.g., Dropbox, quizzes, surveys), **Zoom**, and **Power Point** presentations. The D2L site for this course which contains relevant class resources and materials. In order to successfully engage in your learning experiences in this course, you will need reliable access to the following technology:

- A computer with a supported operating system, as well as the latest security, and malware updates;
- A current and updated web browser;
- Webcam (built-in or external);
- Microphone and speaker (built-in or external), or headset with microphone;
- Current antivirus and/or firewall software enabled;
- Broadband internet connection.

Most current laptops will have a built-in webcam, speaker and microphone.

### **Schedule of Lectures and Readings**

Please refer to the Reading List posted on D2L that contains the schedule of lecture topics and readings.

**Methods of Assessment & Grading Weights: Refer to specific assignments on D2L for more details.**

Component	Due Date	Weight
<b>Class Discussions/ Reflective Memos</b>	10 weeks from Sept. 13 <sup>th</sup> to Nov. 24 <sup>th</sup> Best of 10 weekly grades over 20 classes for 1% each	10%
<b>Assignment #1</b> Self-Care Plan	Due: Sept. 9 <sup>th</sup> (5:00pm)	5%
<b>Assignment #2</b> Explanations	Due: Oct. 7 <sup>th</sup> (5:00pm) <i>Flex Date: Oct. 14<sup>th</sup> (5:00pm)</i>	15%
<b>Assignment #3</b> Kindness	Due: Nov. 4 <sup>th</sup> (5:00pm) <i>Flex Date: Nov. 11<sup>th</sup> (5:00pm)</i>	15%
<b>Assignment #4</b> Positive Reflections	Due: Nov. 25 <sup>th</sup> (5:00pm) <i>Flex Date: Dec. 2 (5:00pm)</i>	15%
<b>Assignment #5</b> Recovery	In-Class Presentations Nov. 24 <sup>th</sup> or 29 <sup>th</sup> or Dec. 1 <sup>st</sup> or 6 <sup>th</sup> Paper Due: Same day as In-Class Presentation <i>Flex Date: One week after presentation date (5:00pm)</i>	15%
<b>Peer Assessment</b> In-Class Presentation	Assessment of 2 student Recovery presentations for 2 classes that you're not presenting in (2 x 2.5% each) Due: Nov. 24 <sup>th</sup> or 29 <sup>th</sup> or Dec. 1 <sup>st</sup> or 6 <sup>th</sup> (6:00pm) that day	5%
<b>Final Project</b> Stress Portfolio	Due: Dec. 9 <sup>th</sup> (5:00 pm) <i>Flex Date: Dec. 12<sup>th</sup> (5:00pm)</i>	20%
Total		100%

**Late Policies**

In acknowledging the challenges associated with stress and coping, I want to be flexible to accommodate students who are overwhelmed and having difficulty getting assignments in on time, but I need to set some time limits so that your progress in the course isn't hindered and so I can offer timely feedback and assessments. You can hand in one or more assignments on the original due date listed in the course syllabus and receive a bonus reward of 1% for each one. If you hand everything in on time you can add a maximum of 5% to your final grade. If you hand in everything after the original due date but before the flex deadline you will not be penalized.

Here is an example of how the system will work for Assignment 2 (Explanations) due on October 7<sup>th</sup> at 5:00pm via D2L. If handed in by 5:00pm on October 7, you will receive a 1% bonus added to your final grade. Otherwise, you have until Thursday October 14<sup>th</sup> 5:00pm via D2L -- no negotiations or explanations needed and no penalties.

Please note for Assignment #5 (Recovery), I cannot offer flex days on the in-class presentations themselves or your handout. I can, however, offer flex days for when you submit the written component. Also, please note I cannot offer an extension longer than December 12<sup>th</sup> for your Final Project (Stress Portfolio) as I need time to get my grading completed and submitted on time.

Assignment submission folders on D2L will close one week after the flex deadline. Assignments submitted after the flex deadline will receive a late penalty of 5% per day, including weekend days.

### **Final Exam Information**

There is no Final Exam in this course.

### **Students May be Audio or Video Recorded**

Students may be audio or video recorded for lesson capture, assessment of student learning, and/or self-assessment of teaching practice instructor.

### **Libraries & Cultural Resources**

To contact your librarian or find out about the resources and services available to sociology students go to the Sociology Library guide: <https://library.ucalgary.ca/guides/sociology>

To access the main Library website, go to: <https://library.ucalgary.ca>

## **IMPORTANT POLICIES AND INFORMATION**

### **Absence From a Mid-term Examination**

Students who are absent from a scheduled term test or quiz for legitimate reasons are responsible for contacting the instructor via email within 48 hours of the missed test to discuss alternative arrangements. A copy of that email may be requested as proof of the attempt to contact the instructor.

**Deferred Term Work Form:** Deferral of term work past the end of a term requires a form to be filled out by the student and submitted, along with any supporting documentation, to the instructor. The form is available at: [https://live-ucalgary.ucalgary.ca/sites/default/files/teams/14/P22\\_deferral-of-term-work\\_lapseGrade.pdf](https://live-ucalgary.ucalgary.ca/sites/default/files/teams/14/P22_deferral-of-term-work_lapseGrade.pdf)

Once an extension date has been agreed between instructor and student, the instructor will email the form to the Faculty of Arts Program Information Centre ([ascarts@ucalgary.ca](mailto:ascarts@ucalgary.ca)) for approval by the Associate Dean.

### **Deferral of a Final Examination**

Deferral of a final examination can be granted for reasons of illness, domestic affliction, and unforeseen circumstances, as well as to those with three (3) final exams scheduled within a 24-hour period. Deferred final exams will not be granted to those who sit the exam, who have made travel arrangements that conflict with their exam, or who have misread the examination timetable. The decision to allow a deferred final exam rests not with the instructor but with Enrolment Services. Instructors should, however, be notified if you will be absent during the examination. The Application for Deferred Final Exam, deadlines, requirements and submission instructions can be found on the Enrolment Services website at <https://www.ucalgary.ca/registrar/exams/deferred-exams>.

### **Reappraisal of Grades:**

*For Reappraisal of Graded Term Work, see Calendar I.2*

<http://www.ucalgary.ca/pubs/calendar/current/i-2.html>

*For Reappraisal of Final Grade, see Calendar I.3*

<http://www.ucalgary.ca/pubs/calendar/current/i-3.html>

### **Academic Misconduct:**

Academic Misconduct refers to student behavior that compromises proper assessment of students' academic activities and includes: cheating; fabrication; falsification; plagiarism; unauthorized assistance; failure to comply with an instructor's expectations regarding conduct required of students completing academic assessments in their courses; and failure to comply with exam regulations applied by the Registrar.

Student committing academic misconduct during the final exam will not receive a passing grade for the course.

For information on the Student Academic Misconduct Policy, Procedure and Academic Integrity, please visit: <https://www.ucalgary.ca/pubs/calendar/current/k-3.html>

### **Plagiarism And Other Forms Of Academic Misconduct**

Academic misconduct in any form (e.g. cheating, plagiarism) is a serious academic offence that can lead to disciplinary probation, suspension or expulsion from the University. Students are expected to be familiar with the standards surrounding academic honesty; these can be found in the University of Calgary calendar at <http://www.ucalgary.ca/pubs/calendar/current/k.html>. Such offences will be taken seriously and reported immediately, as required by Faculty of Arts policy.

### **Recording of Lectures:**

Recording of lectures is prohibited, except for audio recordings authorized as an accommodation by SAS or an audio recording for individual private study and only with the written permission of the instructor. Any unauthorized electronic or mechanical recording of lectures, their transcription, copying, or distribution, constitutes academic misconduct. See <https://www.ucalgary.ca/pubs/calendar/current/e-6.html>.

### **Academic Accommodations:**

Students seeking an accommodation based on disability or medical concerns should contact Student Accessibility Services. SAS will process the request and issue letters of accommodation to instructors. Students who require an accommodation in relation to their coursework based on a protected ground other than disability should communicate this need in writing to their instructor. The full policy on Student Accommodations is available at <https://www.ucalgary.ca/legal-services/university-policies-procedures/accommodation-students-disabilities-procedure>

### **Research Ethics**

Students are advised that any research with human subjects – including any interviewing (even with friends and family), opinion polling, or unobtrusive observation – must have the approval of the Conjoint Faculties Research Ethics Board. In completing course requirements, students must not undertake any human subject research without discussing their plans with the instructor, to determine if ethics approval is required.

### **Instructor Intellectual Property**

Course materials created by instructors (including presentations and posted notes, labs, case studies, assignments and exams) remain the intellectual property of the instructor. These materials may NOT be reproduced, redistributed or copied without the explicit consent of the instructor. The posting of course materials to third party websites such as note-sharing sites without permission is prohibited. Sharing of extracts of these course materials with other students enrolled in the course at the same time may be allowed under fair dealing.

### **Freedom of Information and Protection of Privacy (FOIP) Act:**

Personal information is collected in accordance with FOIP. Assignments can only be returned to the student and will be accessible only to authorized faculty and staff. For more information, see <https://www.ucalgary.ca/legal-services/access-information-privacy>

### **Copyright Legislation:**

See the University of Calgary policy on Acceptable Use of Material Protected by Copyright at <https://www.ucalgary.ca/legal-services/university-policies-procedures/acceptable-use-material-protected-copyright-policy> Students who use material protected by copyright in violation of this policy may be disciplined under the Non-Academic Misconduct Policy.

Course materials created by instructors (including presentations and posted notes, labs, case studies, assignments and exams) remain the intellectual property of the instructor. These materials may NOT be reproduced, redistributed or copied without the explicit consent of the instructor. The posting of course materials to third party websites such as note-sharing sites without permission is prohibited. Sharing of extracts of these course materials with other students enrolled in the course at the same time may be allowed under fair dealing.

### **Evacuation Assembly Points**

In the event of an emergency evacuation from class, students are required to gather in designated assembly points. Please check the list found at <https://www.ucalgary.ca/risk/emergency-management/evac-drills-assembly-points/assembly-points> and note the assembly point nearest to your classroom.

### **Important Dates:**

Please check: <http://www.ucalgary.ca/pubs/calendar/current/academic-schedule.html>.

### **Faculty of Arts Program Advising and Student Information Resources**

- Have a question, but not sure where to start? The Arts Students' Centre is your information resource for everything in Arts! Drop in at SS102, call them at 403-220-3580, or email them at [artsads@ucalgary.ca](mailto:artsads@ucalgary.ca). You can also visit the Faculty of Arts website at <http://arts.ucalgary.ca/undergraduate>, which has detailed information on common academic concerns, including program planning and advice.
- For registration (add/drop/swap), paying fees and assistance with your Student Centre, contact Enrolment Services at 403-210-ROCK [7625] or visit them in the MacKimmie Tower.

### **Important Contact Information**

Campus Security and Safewalk (24 hours a day/7 days a week/365 days a year)  
Phone: 403-220-5333

Faculty of Arts Undergraduate Students' Union Representatives  
Phone: 403-220-6551  
Email: [arts1@su.ucalgary.ca](mailto:arts1@su.ucalgary.ca), [arts2@su.ucalgary.ca](mailto:arts2@su.ucalgary.ca), [arts3@su.ucalgary.ca](mailto:arts3@su.ucalgary.ca),  
[arts4@su.ucalgary.ca](mailto:arts4@su.ucalgary.ca)  
Students' Union URL: [www.su.ucalgary.ca](http://www.su.ucalgary.ca)

Graduate Students' Association  
Phone: 403-220-5997  
Email: [askgsa@ucalgary.ca](mailto:askgsa@ucalgary.ca)  
URL: [www.ucalgary.ca/gsa](http://www.ucalgary.ca/gsa)

Student Ombudsman  
Phone: 403-220-6420  
Email: [ombuds@ucalgary.ca](mailto:ombuds@ucalgary.ca)

### **Campus Mental Health Resources**

The University of Calgary recognizes the pivotal role that student mental health plays in physical health, social connectedness and academic success, and aspires to create a caring and supportive campus community where individuals can freely talk about mental health and receive supports when needed. We encourage you to explore the excellent mental health resources available throughout the university community, such as counselling, self-help resources, peer support or skills-building available through the following resources:

*SU Wellness Centre:* <http://www.ucalgary.ca/wellnesscentre/>

*Student Wellness Services:*  
<https://www.ucalgary.ca/wellness-services/services/mental-health-services>

*Campus Mental Health Strategy website:* <https://www.ucalgary.ca/mentalhealth/>.