

## **HUM 6350-0074 The Art of Self-Care**

**Meeting Times and Location:** Online

**Credit Hours:** 3

**Course Location:** <https://lss.at.ufl.edu>

**Instructor:** Heather Spooner, MA ATR-BC

**Instructor Office Hours:** Wednesdays 10-11am. Also by appointment via email, phone or Skype.

### **Instructor Contact Information:**

Heather Spooner

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Phone: 352.273.1488

Preferred Method of Contact: Canvas e-learning messaging feature.

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### **Course Description**

This arts-based and experiential course provides a personal exploration of the art of self-care for artists in healthcare. The course takes a multi-dimensional approach and emphasizes using creative approaches to self-care for arts in medicine professionals. Students will learn concepts in self-care while engaging in immersive arts experiences to revitalize themselves both professionally and personally.

This course is appropriate for graduate students and professionals of the arts, humanities, sciences, human services, and health related professions.

### **Objectives**

At the end of this course, students will be able to:

1. Explain the key concepts of self-care and their importance in the lives of family caregivers, professional caregivers, patients, communities and ourselves
2. Define a multi-dimensional wellness model that utilizes creative approaches to enhance one's physical, emotional, intellectual, spiritual, social/cultural environmental, occupational and environmental health
3. Articulate how creativity and the arts can enhance one's self-care within a multi-dimensional wellness model
4. Enhance their current creative practice to further sustain and revitalize themselves both personally and professionally
5. Plan and facilitate self-care programs for family caregivers, professional caregivers, patients, communities and the general public

### Required and Recommended Course Materials

- **Required Text:** Skovholt, T.M. & Trotter-Mathison, M. (2016). *The resilient practitioner: Burnout and compassion fatigue prevention and self-care strategies for the helping professions*. New York: Routledge
- Other materials will be made available on Canvas or can be found in UF's online collections

Weekly Course Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<ul style="list-style-type: none"><li>• Begin readings and materials for new module</li><li>• All response posts due for previous week.</li></ul>			Initial Discussion posts due		Creative Practices Posts due	Minor and Major assignments due

## Course Schedule

Week	Module	Assignments
1 April 29- May 05	Introduction to the Multi-Dimensional Wellness Model	Due Thursday May 01 <ul style="list-style-type: none"> <li>• Introduction Discussion</li> <li>• Initial Posts- Resilient Practitioner Discussion#1</li> </ul> Due Saturday, May 04 <ul style="list-style-type: none"> <li>• Creativity Blog #1- Multi-Dimensional Wellness Wheel</li> </ul> Due Sunday, May 05 <ul style="list-style-type: none"> <li>• Wiki Post- Arts and Wellness or Arts and Wellbeing</li> <li>• Skovolt Practitioner Professional Resiliency and Self-Care Inventory</li> </ul>
2 May 06- May 12	Physical Wellness	Due Monday, May 06: <ul style="list-style-type: none"> <li>• Response Posts- Resilient Practitioner Discussion #1</li> <li>• Response Posts- Creative Blog #1</li> </ul> Due Thursday, May 09: <ul style="list-style-type: none"> <li>• Initial Posts- Resilient Practitioner Discussion #2</li> </ul> Due Saturday, May 11 <ul style="list-style-type: none"> <li>• Creativity Blog #2- Physical Wellness prompt</li> </ul> Due Sunday, May 12 <ul style="list-style-type: none"> <li>• Wiki Post- Arts and Physical Wellness</li> </ul>
3 May 13- May 19	Emotional Wellness	Due Monday, May 13 <ul style="list-style-type: none"> <li>• Response Posts- Resilient Practitioner Discussion #2</li> <li>• Response Posts- Creative Blog #2</li> </ul> Due Thursday, May 16 <ul style="list-style-type: none"> <li>• Initial Posts- Resilient Practitioner Discussion #3</li> </ul> Due Saturday, May 18: <ul style="list-style-type: none"> <li>• Creativity Blog #4- Spiritual Wellness prompt</li> </ul> Due Sunday, May 19 <ul style="list-style-type: none"> <li>• Wiki Post- Arts and Spiritual Wellness</li> </ul>
4 May 20- May 26	Spiritual Wellness	Due Monday, May 20 <ul style="list-style-type: none"> <li>• Wiki Post- Arts and Physical Wellness</li> </ul> Proposal Due for Final Art Project and Presentation Due Thursday, May 23:

		<ul style="list-style-type: none"> <li>• Response Posts- Resilient Practitioner Discussion #3</li> <li>• Response Posts- Creative Blog #3</li> </ul> <p>Due Saturday, May 25:</p> <ul style="list-style-type: none"> <li>• Initial Posts- Resilient Practitioner Discussion #4</li> <li>• Creativity Blog #4- Spiritual Wellness prompt</li> </ul> <p>Due Sunday, May 26:</p> <ul style="list-style-type: none"> <li>• Wiki Post- Arts and Spiritual Wellness</li> </ul>
5 May 27- June 02	Intellectual Wellness	<p>Due Monday, May 27:</p> <ul style="list-style-type: none"> <li>• Response Posts- Resilient Practitioner Discussion #4</li> <li>• Response Posts- Creative Blog #4</li> </ul> <p>Due Thursday, May 30:</p> <ul style="list-style-type: none"> <li>• Initial Posts- Resilient Practitioner Discussion #5</li> </ul> <p>Due Saturday, June 01:</p> <ul style="list-style-type: none"> <li>• Creativity Blog #5- Intellectual Wellness prompt</li> </ul> <p>Due Sunday, June 02:</p> <ul style="list-style-type: none"> <li>• Wiki Post- Arts and Intellectual Wellness</li> </ul>
6 June 03- June 09	Occupational and Financial Health	<p>Due Monday, June 03:</p> <ul style="list-style-type: none"> <li>• Response Posts- Resilient Practitioner Discussion #5</li> <li>• Response Posts- Creative Blog #5</li> </ul> <p>Due Thursday, June 06:</p> <ul style="list-style-type: none"> <li>• Initial Posts- Resilient Practitioner Discussion #6</li> </ul> <p>Due Saturday, June 07:</p> <ul style="list-style-type: none"> <li>• Creativity Blog #6- Intellectual Wellness prompt</li> </ul> <p>Due Sunday, June 09:</p> <ul style="list-style-type: none"> <li>• Wiki Post- Arts and Intellectual Wellness</li> <li>• Art and Self-Care Artist Interview</li> </ul>
7 June 10- June 16	Social/Cultural and Environmental Health	<p>Due Monday, June 10:</p> <ul style="list-style-type: none"> <li>• Response Posts- Resilient Practitioner Discussion #6</li> <li>• Response Posts- Creative Blog #6</li> </ul> <p>Due Thursday, June 13:</p> <ul style="list-style-type: none"> <li>• Initial Posts- Resilient Practitioner Discussion #7</li> </ul> <p>Due Saturday, June 15</p> <ul style="list-style-type: none"> <li>• Creativity Blog #7- Intellectual Wellness prompt</li> </ul>

		<p>Due Sunday, June 16</p> <ul style="list-style-type: none"> <li>• Wiki Post- Arts and Intellectual Wellness</li> </ul>
<p>8 June 17- June 23</p>	<p>Review of Total Wellness</p>	<p>Due Monday, June 17:</p> <ul style="list-style-type: none"> <li>• Response Posts- Resilient Practitioner Discussion #7</li> <li>• Response Posts- Creative Blog #7</li> </ul> <p>Due Wednesday, June 19:</p> <ul style="list-style-type: none"> <li>• Final Art Project</li> <li>• Final Art Project Presentation</li> </ul>

## Course Outline

*\*Syllabus is subject to change with notice. The module corresponding to the current week on eLearning is most accurate for all materials students are responsible for.*

## Evaluations and Grades

- **40% Major Assignments**
  - Skovolt Practitioner Professional Resiliency and Self-Care Inventory
  - Art and Self-Care Artist Interview
  - Final Art Project and Presentation
  - Final Art Project Proposal
  - Final Art Project
  - Final Art Project Presentation
- **35% Discussion Board**
- **20% Creativity Blog**
- **5% Wiki Posts**

Please refer to Canvas for assignment descriptions and requirements.

## Grading Scale

Letter Grade	% Equivalency	GPA Equivalency
A	95-100%	4.0
A-	92-94%	3.67
B+	89-91%	3.33
B	85-88%	3.00
B-	82-84%	2.67
C+	79-81%	2.33
C	75-78%	2.00
C- *	72-74%	1.67
D+	69-71%	1.33
D	65-68%	1.00
D-	62-64%	.67
E, I, NG, S-U, WF		0.00

**Please note that a C- is no longer an acceptable grade for any course in which a 2.0 GPA is required, for example, any course in the major.**

UF grading policy website: <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx#calculatinggpa>

### **Class Participation and Late Assignments**

Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

## **UF Policies**

### **Academic Honesty**

UF students are bound by The Honor Pledge, which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honorcode/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor or TAs in this class.

### **University Policy on Accommodating Students with Disabilities**

Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, [www.dso.ufl.edu/drc/](http://www.dso.ufl.edu/drc/)) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

### **University Policy on Academic Misconduct**

Academic honesty and integrity are fundamental values of the University community. Students should be sure that they understand the UF Student Honor Code at <http://www.dso.ufl.edu/students.php>.

### **Course Evaluation**

Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results/>.

## Academic Resources

E-learning technical support, 352-392-4357 (select option 2) or e-mail to [Learningsupport@ufl.edu](mailto:Learningsupport@ufl.edu). <https://lss.at.ufl.edu/help.shtml>.

Career Resource Center, Reitz Union, 392-1601.

Career assistance and counseling. <http://www.crc.ufl.edu/> Library Support, <http://cms.uflib.ufl.edu/ask>.

Various ways to receive assistance with respect to using the libraries or finding resources.

Teaching Center, Broward Hall, 392-2010 or 392-6420.

General study skills and tutoring. <http://teachingcenter.ufl.edu/> Writing Studio, 302 Tigert Hall, 846-1138.

Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>

Student Complaints Campus: [https://www.dso.ufl.edu/documents/UF\\_Complaints\\_policy.pdf](https://www.dso.ufl.edu/documents/UF_Complaints_policy.pdf)

On-Line Students Complaints: <http://www.distance.ufl.edu/student-complaintprocess>