

HUM 6350 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: Wenesdays 1:30-2:30pm Eastern Time. Also by appointment via email, phone or Zoom

Instructor Contact Information:

Heather Spooner

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Phone: 352.273.1488

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

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">• Begin readings and materials for new module• All response posts due for previous week.			Initial Discussion posts due		Creative Practices Posts due	Minor and Major assignments due

Course Schedule

Week	Module	Assignments
1 April 27- May 02	Introduction to Self-Care	Due Thursday <ul style="list-style-type: none"> • Introduction Discussion • Initial Posts- Resilient Practitioner Discussion#1 Due Sunday <ul style="list-style-type: none"> • Wiki Post- Self-Care • Skovolt Practitioner Professional Resiliency and Self-Care Inventory
2 May 03- May 09	Introduction to Multi-Dimensional Wellness	Due Monday <ul style="list-style-type: none"> • Response Posts- Resilient Practitioner Discussion #1 Due Thursday <ul style="list-style-type: none"> • Initial Posts- Resilient Practitioner Discussion #2 Due Saturday <ul style="list-style-type: none"> • Creativity Practice- Multi-Dimensional Wellness Model Due Sunday, May 10 <ul style="list-style-type: none"> • Wiki Post- multi-dimensional wellness
3 May 10- May 16	Self-Care for Caregivers	Due Monday <ul style="list-style-type: none"> • Response Posts- Resilient Practitioner Discussion #2 • Response Posts- Creative Practice Due Thursday, May 14 <ul style="list-style-type: none"> • Initial Posts- Resilient Practitioner Discussion #3 Due Sunday, May 17 <ul style="list-style-type: none"> • Wiki Post- Self-Care for Caregivers
4 May 17- May 23	Personal Self-Care and Resiliency Plan	Due Monday <ul style="list-style-type: none"> • Response Posts- Resilient Practitioner Discussion #3 Due Thursday <ul style="list-style-type: none"> • Initial Posts- Resilient Practitioner Discussion #4 • Self-Care and Resiliency Plan Discussion Due Sunday <ul style="list-style-type: none"> • Proposal Due for Final Self-Care and Resiliency Plan

<p>5 May 24- May 30</p>	<p>Physical & Intellectual Wellbeing</p>	<p>Due Monday</p> <ul style="list-style-type: none"> • Response Posts- Resilient Practitioner Discussion #4 • Response Posts- Self-Care and Resiliency Plan Discussion <p>Due Thursday</p> <ul style="list-style-type: none"> • Initial Posts- Resilient Practitioner Discussion #5 <p>Due Saturday</p> <ul style="list-style-type: none"> • Creative Practice- Physical or Intellectual Wellbeing prompt <p>Due Sunday</p> <ul style="list-style-type: none"> • Wiki Post- Arts and Physical and/or Intellectual Wellbeing
<p>6 May 31- June 06</p>	<p>Emotional and Social/Cultural Wellbeing</p>	<p>Due Monday</p> <ul style="list-style-type: none"> • Response Posts- Resilient Practitioner Discussion #5 • Response Posts- Creative Practice <p>Due Thursday</p> <ul style="list-style-type: none"> • Initial Posts- Resilient Practitioner Discussion #6 <p>Due Saturday</p> <ul style="list-style-type: none"> • Creative Practice- Emotional or Social/Cultural Wellness prompt <p>Due Sunday</p> <ul style="list-style-type: none"> • Wiki Post- Arts and Emotional and/or Social/Cultural Wellbeing • Art and Self-Care Artist Interview
<p>7 June 07- June 13</p>	<p>Spiritual and Environmental Wellbeing</p>	<p>Due Monday</p> <ul style="list-style-type: none"> • Response Posts- Resilient Practitioner Discussion #6 • Response Posts- Creative Practice <p>Due Thursday</p> <ul style="list-style-type: none"> • Initial Posts- Resilient Practitioner Discussion #7 <p>Due Saturday</p> <ul style="list-style-type: none"> • Creativity Blog #7- Spiritual or Environmental Wellbeing prompt <p>Due Sunday</p> <ul style="list-style-type: none"> • Wiki Post- Arts and Spiritual and/or Environmental Wellbeing
<p>8 June 14- June 16</p>	<p>Course Wrap Up</p>	<p>Due Monday</p> <ul style="list-style-type: none"> • Response Posts- Resilient Practitioner Discussion #7 • Response Posts- Creative Blog #7 <p>Due Wednesday</p> <ul style="list-style-type: none"> • Final Self-Care and Resiliency Plan

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 (Please refer to Canvas for assignment descriptions and requirements)

- **40% Major Assignments**
 - Skovolt Practitioner Professional Resiliency and Self-Care Inventory
 - Art and Self-Care Artist Interview
 - Final Self-Care and Resiliency Plan
- **25% Discussion Board**
- **25% Creative Practice**
- **10% Wiki Posts**

Grading Scale

Letter Grade	% Equivalency	GPA Equivalency
A	94.0-100%	4.0
A-	90.0-93.9%	3.67
B+	86.0-89.9%	3.33
B	83.0-85.9%	3.00
B-	80.0-82.9%	2.67
C+	76.0-79.9%	2.33
C	73.0-75.9%	2.00
C- *	70.0-72.9%	1.67
D+	66.0-69.9%	1.33
D	63.0-65.9%	1.00
D-	60.0-62.9%	.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

Late assignments will receive a 5% per day late deduction until the deduction reaches 25%

Excused absences must be consistent with university policies in the Graduate Catalog (<http://gradcatalog.ufl.edu/content.php?catoid=10&navoid=2020#attendance>) and require appropriate documentation. Additional information can be found here: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

UF Policies

More information on UF grading policy may be found at:
<https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>

Students Requiring Accommodations

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the disability Resource Center by visiting <https://disability.ufl.edu/students/get-started/>. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

Course Evaluation

Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <https://gatorevals.aa.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://gatorevals.aa.ufl.edu/>.

University Honesty Policy

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 (<https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) 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.

Software Use

All faculty, staff, and students of the University are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against University policies and rules, disciplinary action will be taken as appropriate. We, the members of the University of Florida community, pledge to uphold ourselves and our peers to the highest standards of honesty and integrity.

Student Privacy

There are federal laws protecting your privacy with regards to grades earned in courses and on individual assignments. For more information, please see: <http://registrar.ufl.edu/catalog0910/policies/regulationferpa.html>

Online Course Policy

Our class sessions may be audio visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

Campus Resources:

Health and Wellness

U Matter, We Care:

If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575 so that a team member can reach out to the student.

Counseling and Wellness Center: <http://www.counseling.ufl.edu/cwc>, and 392-1575; and the University Police Department: 392-1111 or 9-1-1 for emergencies.

Sexual Assault Recovery Services (SARS)

Student Health Care Center, 392-1161.

University Police Department at 392-1111 (or 9-1-1 for emergencies), or <http://www.police.ufl.edu/>.

Academic Resources

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

Career Resource Center, Reitz Union, 392-1601. Career assistance and counseling. <https://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. <https://teachingcenter.ufl.edu/>.

Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <https://writing.ufl.edu/writing-studio/>.

Student Complaints Campus: https://www.dso.ufl.edu/documents/UF_Complaints_policy.pdf.

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

