HUM 6350   The Art of Self-Care, Summer 2025

Meeting Times and Location: Online
Credit Hours: 3
Course Location: https://lss.at.ufl.edu

Instructor: Heather Spooner, MA ATR-BC
Instructor Office Hours: Tuesdays 1100-1200 Eastern Time.   Also by appointment via email, phone or Zoom

Instructor Contact Information:
Heather Spooner
Email: **hspooner@arts.ufl.edu**
Phone: Found in Canvas
Preferred Method of Contact: Canvas messaging

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

Critical Dates and Assignments

There will be two major assignments in this course: a Personal Self-Care and Resiliency Project and a Professional Self-Care Contribution. Descriptions of both assignments are available in e-learning. Additional learning will be heavily weighted towards discussions around the text and discussions around the various types of self-care, the arts and self-care, and the stages of the two major assignments.

Please thoroughly read and review the all assignment specifications in the **Assignments** section available in the **eLearning** site. This will ensure you receive the most complete grade for your efforts.

Major Assignments 40%	Minor Assignments & Discussions 30%	Resilient Practitioner Discussions 30%
06/08 Professional Self-Care Contribution 06/15 Personal Self-Care and Resiliency Project	05/01 Class Discussion Agreements 05/01 Introductions 05/03 Defining Self-Care 05/04 Skovalt Practitioner Professional Resiliency and Self-Care Inventory 05/10 Personal Self-Care and Resiliency Proposal 05/11 Multi-Dimensional Wellness Model 05/18 Professional Self-Care Contribution Proposal 05/30 Integrating Feedback & Revisions 06/20 Personal Self-Care Wrap-Up	05/02 Resilient Practitioner Discussion #1 05/08 Resilient Practitioner Discussion #2 05/15 Resilient Practitioner Discussion #3 05/22 Resilient Practitioner Discussion #4 05/29 Resilient Practitioner Discussion #5 06/05 Resilient Practitioner Discussion #6 06/12 Resilient Practitioner Discussion #7

Course Calendar

Week	Module	Assignments
1 April 28- May 04	Course Introduction Defining Self-Care	Due Thursday • Class Discussion Agreements • Introduction Discussion Due Friday • Initial Posts- Resilient Practitioner Discussion#1 Due Saturday • Initial Posts- Discussion: Defining Self-Care Due Sunday • Skovolt Practitioner Professional Resiliency and Self-Care Inventory
2 May 05- May 11	Personal Self-Care and Resiliency Plan	Due Monday • Response Posts- Resilient Practitioner Discussion #1 • Response Posts- Discussion: Defining Self-Care Due Thursday • Initial Posts- Resilient Practitioner Discussion #2 Due Saturday • Initial Posts- Discussion: Personal Self-Care and Resiliency Proposal Due Sunday • Multi-Dimensional Wellness Model
3 May 12- May 18	Professional Self-Care Contribution Proposal	Due Monday • Response Posts- Resilient Practitioner Discussion #2 • Response Posts- Discussion: Personal Self-Care and Resiliency Proposal Due Thursday • Initial Posts- Resilient Practitioner Discussion #3 Due Sunday • Discussion: Professional Self-Care Contribution Proposal
4 May 19- May 25	Professional Self-Care Contribution Sharing and Feedback	Due Monday • Response Posts- Resilient Practitioner Discussion #3 Due Thursday • Initial Posts- Resilient Practitioner Discussion #4 Due Saturday

		• Response Posts- Week 3: Professional Self-Care Contribution Proposal (Sharing & Feedback)

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May 26-
Jun 01
	Integrating Feedback and Revisions	Due Monday
		    • Response Posts- Resilient Practitioner Discussion #4
		Due Thursday
		    • Initial Posts- Resilient Practitioner Discussion #5
		Due Saturday
		    • Initial Posts- Discussion: Integrating Feedback and Revisions

6 Jun 02- Jun 08	Professional Self-Care Project Submission	Due Monday • Response Posts- Resilient Practitioner Discussion #5 • Response Posts- Discussion: Integrating Feedback and Revisions Due Thursday • Initial Posts- Resilient Practitioner Discussion #6 Due Sunday • Initial Posts- Week 6 Discussion: Professional Self-Care Contribution (Project Submission)
7 Jun 09- Jun 15	Personal Self-Care Project Submission and Professional Self-Care Wrap Up	Due Monday • Response Posts- Resilient Practitioner Discussion #6 Due Thursday • Initial Posts- Resilient Practitioner Discussion #7 Due Saturday • Response Posts- Professional Self-Care Contribution (Project Submission) Due Sunday • Personal Self-Care and Resiliency Project
8 Jun 16- Jun 20	Personal Self-Care Wrap Up	Due Monday • Response Posts- Resilient Practitioner Discussion #7 • Response Posts- Professional Self-Care Wrap-up Due Thursday • Discussion: Personal Self-Care Wrap-Up

Evaluations and Grades

40% of the final grade comes from Major Assignments
30% of the final grade comes from Minor Assignments & Discussions
30% of the final grade comes from Resilient Practitioner Discussions

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

**More information on UF grading policy may be found at: http://gradcatalog.ufl.edu/content.php?catoid=10&navoid=2020#grades
https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx**

Class Participation and Late Assignments

Students are expected to log in to all courses within the first 48 hours. As this is an asynchronous course, faculty recommend logging in to the course, and checking the inbox, announcements, and course materials at least three times per week. Participating less than this than this may cause students to fall behind in work or miss important announcements. Other class expectations are consistent with university policies that can be found at https://catalog.ufl.edu/graduate/regulations/.

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/graduate/regulations/#text

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 professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at https://gatorevals.aa.ufl.edu/students/. Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via https://ufl.bluera.com/ufl/. Summaries of course evaluation results are available to students at https://gatorevals.aa.ufl.edu/public-results/

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 Conduct Code specifies a number of behaviors that are in violation of this code and the possible sanctions. Click here to read the Conduct Code. If you have any questions or concerns, please consult with the instructor or TAs in this class

In-Class Recording

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor. A "class lecture" is an educational presentation intended to inform or teach enrolled students about

a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session. Publication without permission of the instructor is prohibited. To "publish" means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Policy on Course Syllabi 3 UF, Academic Affairs, August 5th, 2021 Honor Code and Student Conduct Code.

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

Campus Resources:

Health and Wellness

U Matter, We Care: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit U Matter, We Care website to refer or report a concern and a team member will reach out to the student in distress.

Counseling and Wellness Center: Visit the Counseling and Wellness Center website or call 352-392-1575 for information on crisis services as well as non-crisis services.

Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the Student Health Care Center website.

University Police Department: Visit UF Police Department website or call 352-392-1111 (or 9-1-1 for emergencies).

UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; Visit the UF Health Emergency Room and Trauma Center website.

GatorWell Health Promotion Services: For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the GatorWell website or call 352-273-4450.

Academic Resources

E-learning technical support: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail at helpdesk@ufl.edu

Career Connections Center: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.

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