



Applied Arts

NOST229
Mental Wellness in the North
Fall, 2025

3 Credits

Course Outline

INSTRUCTOR	Andy Roebuck (PhD)	OFFICE HOURS	Tuesdays 10:30 am-12:00 pm or by appointment In Person: Room A2208 Zoom ID: 830 544 5427
OFFICE	A2208	CLASSROOM	A2402
E-MAIL	aroebuck@yukonu.ca	CLASS TIME	Thursday 6:00 pm - 8:50 pm
TELEPHONE	n/a	CRN	10092
Liberal Arts office: Ayamdigut Campus A2501, liberalarts@yukonu.ca, 867-668-8770			

COURSE DESCRIPTION

NOST 229 is a variable-topics course, designed to permit Northern Studies and other students to take advantage of the expertise of visiting scholars or professors and other-institution courses, to pilot a new course, or to enable students to engage in directed studies or guided independent research. The course content, work and examinations are gauged for a second-year student. Specific topics may require a student to have named prerequisites. Students will acquire mastery of course content through such activities as lectures, directed reading, seminar discussions, lab or field activities, student presentations, guided research, and term-paper preparation.

Fall 2025: Mental Wellness in the North (pilot): This is a new course, under development, that looks at the determinants of mental wellness in the North. As a pilot, student feedback will be sought during and after the course.

COURSE REQUIREMENTS

Prerequisite(s): None for this pilot, but coursework in the social sciences and/or Northern Studies would be helpful.

NOTE: If you have credit for a previous NOST 229 course, contact Amanda Graham for registration.

EQUIVALENCY OR TRANSFERABILITY

For information regarding transferability please contact the Liberal Arts office.

Students are reminded that it is always the receiving institution that determines whether a course is acceptable as an applicable, equivalent course or if it may be transferred to their program for credit.

Find further information at: <https://www.yukonu.ca/admissions/transfer-credit> and <https://www.bctransferguide.ca>

LEARNING OUTCOMES

Upon successful completion of the course, which includes timely submission of all assignments, students will:

- Demonstrate an understanding of different perspectives toward mental health and wellness
- Demonstrate an understanding of different aspects of mental wellness broadly, including causal factors, treatments, impacts, and short- and long-term outcomes
- Demonstrate an understanding of differences in Northern communities that set them apart from other regions of Canada and the World
- Demonstrate an understanding of current challenges around mental wellness in the North
- Demonstrate an understanding of controversial issues related to mental wellness
- Demonstrate critical thinking skills as they apply to aspects of mental wellness
- Demonstrate research, writing, and presentation skills

COURSE FORMAT

Delivery format

This course is being taught in-person at the Ayamdigut campus in Whitehorse, room A2402. In addition to classes, students will need to regularly visit the course Moodle site and participate in online activities and discussions as assigned and scheduled. Supporting materials will be posted to the course Moodle page and many assignments will be submitted through Moodle.

EVALUATION

Attendance & Participation	10%
Module Assignments	30%
Midterm Exam: Modules 1-3	20%
Reflections	10%
Term Project	30%
Total	100%

Attendance & Participation – 10%

Regular attendance and completion of course work is expected. Attendance and Participation will be worth 5% of the total course grade. Classes are scheduled for **Thursday's 6:00 pm - 8:50 pm in room A2402**. We will take a short break in the middle. Attending at least 80% of classes will be considered "perfect attendance". Should a student attend fewer than 80% of classes, the attendance mark will be prorated. Attendance, participation, and engagement during invited speakers and presentation sections of the course will constitute another 5% of your final grade.

Module Assignments – 30%

In this class you will be expected to complete 3 short assignments. Assigned readings will need to be completed independently and classes are designed to cover the most important material in each section. These assignments will reinforce core concepts in this course and help you prepare for the Midterm Exam. The assignments will be completed on Moodle.

Assignments will include some multiple-choice questions, fill in the blank, and short answer questions (a few lines). Short answer questions are not an assessment of your writing skill and point form is fine as long as I can understand it. All information needed for the assignments can be found in the lecture material and/or assigned readings. Assignments will be available **AT LEAST ONE WEEK** before they are due, and they will be due on Sundays by 11:59 pm.

Some very important points for assignments:

- Life happens, everyone gets 1 free extension, you DO NOT need to e-mail me, just submit it before the next assignment is due and there will be no penalty.
- Any additional late assignments will be assessed a flat penalty of 20%.

Midterm Exam – 20%

During this course there is one exam worth 20% of your final grade. The exam will be held on **Thursday Oct 30 from 6:00-7:30 pm** and will cover Modules 1-3. The exam will include multiple-choice questions, fill in the blank, matching, and short answer questions (a few lines). Short answer questions are not an assessment of your writing skill and point form is fine as long as I can understand it. Students will have 90 minutes to complete the assessment. Additional details about the midterm exam will be discussed in class.

Reflections – 10%

Throughout the course, we will examine several special topics related to mental wellness in the North. These topics will involve article reviews, discussions, videos, invited speakers, and more. The goal of these sessions is to provide an opportunity for focused study of a few different areas impacting wellness. Students will be expected to write a short (~1-2 page) reflection on **two** special topics of their choice (5% each). The reflection will involve thoughtful evaluation of the content area and how it relates to material studied in the course. Attendance, participation, and engagement during the special topics section of the course will constitute 5% of your final grade. Additional details about the reflections will be discussed in class.

Term Project – 30%

There is no final exam for NOST229. Instead, students will complete a project related to mental wellness in the North. The project will involve analyzing a challenge/issue/problem/opportunity/success/etc. related to wellness in the North. The specific topic for the project may be chosen by the student, but it should relate directly to, and expand on, material covered in the course. Similar to what is covered in the special topics section of the course. The project will involve a general explanation of the topic (e.g., why it's a problem, or important) and how it impacts wellness. This should be supported by high-quality sources (e.g., peer-review, statistics, studies, testimonials). Further, the project should also explain how this problem may be addressed, supported, expanded to improve the wellbeing of Northerners. In short, the term project involves identifying a problem (or success) affecting wellness in the North and offering solutions or avenues for continued growth. Imagine you were trying to persuade a government/organization/community to adopt a change in policy or practice to improve wellness outcomes. The specific requirements, details, and grading of the term projects will be discussed more fully during class and examples will be provided. The term projects are due by **Dec 11 @ 11:59 pm**.

TEXTBOOKS & LEARNING MATERIALS

There is no required textbook for NOST229: Mental Wellness in the North. We will be using a variety of sources, videos, articles, and readings all of which are available through the YukonU library or otherwise freely available. Readings (and how to access materials) will be discussed at the start of each module. All materials, readings, and assignments will be posted to the course Moodle page. We will review these materials during class.

COURSE WITHDRAWAL INFORMATION

Students may officially withdraw from a course or program without academic penalty up until two-thirds of the course contact hours have been completed. Specific withdrawal dates vary, and students should become familiar with the withdrawal dates of their program. See withdrawal information at www.yukonu.ca/admissions/money-matters

Refer to the YukonU website for important dates: www.yukonu.ca/admissions/important-dates

Refunds may be available. See the Refund policy and procedures at www.yukonu.ca/admissions/money-matters

ACADEMIC INTEGRITY

Students are expected to contribute toward a positive and supportive environment and are required to conduct themselves in a responsible manner. Academic misconduct includes all forms of academic dishonesty such as cheating, plagiarism, fabrication, fraud, deceit, using the work of others without their permission, aiding other students in committing academic offences, misrepresenting academic assignments prepared by others as one's own, or any other forms of academic dishonesty including falsification of any information on any Yukon University document.

Please refer to Academic Regulations & Procedures (updated bi-annually) for further details about academic standing, and student rights and responsibilities: www.yukonu.ca/policies/academic-regulations

ACADEMIC ACCOMMODATION

Reasonable accommodations are available for students requiring an academic accommodation to fully participate in this class. These accommodations are available for students with a documented disability, chronic condition or any other grounds specified in section 8.0 of the Yukon University Academic Regulations (available on the Yukon University website at www.yukonu.ca/policies/academic-regulations)

It is the student's responsibility to seek these accommodations by contacting the Learning Assistance Centre (LAC): LearningAssistanceCentre@yukonu.ca.

TOPIC OUTLINE

Course: Sept 4 – Dec 10	NOST229 – Mental Wellness in the North
Module 0: Course Outline Sept 4 – Sept 6	Topic: <i>Course Outline, Introduction</i> Class: Sept 4, 6:00 pm - 8:50 pm No Assignments or Exams
Module 1: Introduction Sept 7 – Sept 13	Topic: <i>Introduction to Wellness</i> Class: Sept 11, 6:00 pm - 8:50 pm Assignment #1 Due Sunday Sept 21 – Introduction
Module 2: Defining Wellness Sept 14 – Sept 27	Topic: <i>Defining Mental Wellness</i> Class: Sept 18, Sept 25, 6:00 pm - 8:50 pm Assignment #2 Due Sunday Sept 28 – Defining Wellness
Module 3: Dimensions of Wellness Set 28 – Oct 25	Topic: <i>Dimensions of Wellness</i> Class: Oct 2, Oct 9, Oct 23, 6:00 pm - 8:50 pm Assignment #3 Due Sunday Oct 27 – Dimensions of Wellness
Reading Week: Oct 12 – Oct 18	No class this week

Midterm Exam: Oct 30, 6:00 pm - 7:30 pm	Topic: <i>Midterm Exam</i> Midterm Exam (Modules 1-3): 6:00 pm - 7:30 pm
Module 4: Mental Wellness in the North Nov 2 – Nov 15	Topic: <i>Mental Wellness in the North</i> Class: Nov 6, Nov 13, 6:00 pm - 8:50 pm Assignment #4 Due Sunday Nov 16 – Wellness in the North
Module 5: Special Topics Nov 16 – Dec 6	Topic: <i>Special Topics, Invited Speakers, Term Projects</i> Class: Nov 20, Nov 27, Dec 4, 6:00 - 8:50 pm Reflections Due by Dec 7
Module 6: Project Presentations Nov 16 – Dec 6	Topic: <i>Project Presentations</i> Class: Nov 20, Nov 27, Dec 4, 6:00 - 8:50 pm
Term Project Due: Dec 11, 11:59 pm	Topic: <i>Term Project Due</i> Term Project/Presentations Due by Dec 11, 11:59 pm