

SW 498/698 Resilience Perspective

Wintermester 2019

Number of Credits

3

Instructor

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Catalog Description

Students examine the literature on individual and family resilience in the context of different developmental periods, various types of adversity, environmental influences and multidisciplinary perspectives. Major studies, leading researchers, and key findings in the risk and resilience literature are examined in the context of their potential value for professional practice.

Required Textbooks/Materials

The following texts are required material in this course:

Due to the fast pace of the course, there are **no required texts**. I have compiled required readings from the literature for each learning module instead. Please note, however, that I highly recommend that you add the following texts to your personal library when you can. You will find them invaluable for maintaining a resilience perspective when you are in practice.

Benard, B. (2004). *Resiliency: What we have learned*. San Francisco, CA: WestEd.

Brooks, R. & Goldstein, S. (2004). *The power of resilience: Achieving balance, confidence and personal strength in your life*. New York, NY: McGraw-Hill.

Henderson, N. (2007). *Resiliency in action: Practical ideas for overcoming risks and building strengths in youth, families and communities* (2nd Ed.). Ojai, CA: Resiliency in Action, Inc.

Walsh, F. (2011). *Strengthening family resilience* (2nd Ed.). New York, NY: The Guilford Press.

Student Learning Outcomes

Upon successfully completing SW 498, students will be able to:

- trace the historical development of resilience research and practice;
- identify major studies, leading researchers, and key findings in the risk and resilience literature;
- develop a consistent set of resilience definitions and concepts to be used in social work practice;
- analyze the leading criticisms and debates regarding the use of the resilience perspective in research and practice;
- compare perspectives on risk and resilience in a multidisciplinary context (e.g., education, psychopathology, medicine, nursing, social work, etc.);
- examine research on risk and resilience across multiple levels of analysis: the individual, family, schools, workplace, communities and the military;
- examine the influence of risk and resilience on adaptation across multiple systems in the human ecology;
- explore risk and resilience in the context of various types of adversity (e.g., poverty, trauma, addiction, disability, maltreatment, military service);
- analyze the fit between resilience theory and social work values;
- critically analyze the theoretical premises, and potential implications of using the resilience perspective in practice; and
- analyze institutional barriers to using the resilience perspective in practice.

First Week of Materials/Assignments

The following schedule is subject to change:

January 2: Learning Module: Course Introduction—What is Resilience?

Reading: Henderson (Benard) (website)

Assignment: Discussion 1, Resiliency Quiz,

January 3: Learning Module: Risk and Resilience

Reading: Risk and Resilience 101 (website), Resiliency Wheel (video)

Assignment: Activity 1

January 4: Learning Module: Resilience Theory

Reading: Smith-Osborne (2007)

Assignment: Reading Reflection 1

Course Details

This course is taught online. A variety of online instructional methods will be employed including: narrated lecture, lecture transcripts, readings, class discussion, application activities, and quizzes. All of the materials and instructions that you need for this course are found in the Learning Modules in [WebCampus](#).

Students who share the instructor's commitment to learning are prepared to learn in an online environment. **There are only three weeks to complete all of the work for an entire semester.** This means that you need to complete all of the material in each daily Learning Module **on time, every day**. Fully engaging in class is necessary, not only for your own learning, but for your classmates as well.

Proctored Exam: Rigorous testing policies and procedures are required of an accredited university; therefore, UNR requires that every online course must include at least one mandatory exam that is administered in a proctored/supervised setting. Students cannot pass an online class without passing at least one proctored exam (a passing grade is 60% or higher) and students may not retake proctored exams under any circumstance. Students who fail to complete proctored exam will not receive course credit. Instructions for the proctored exam are provided in a link on the Home Page for the course. **Please read these instructions and make an appointment with Examity to take the exam (quiz 3) as soon as possible!**

Grade Breakdown

The point distribution for the course is:

Assignment	Points
Discussions (6 total, 25 points each)	150
Reading Reflection Assignment (5 total, 30 points each)	150
Exams (3 total, 100 points each)	300
<i>Total</i>	<i>600</i>

The percentage distribution for the course is:

Letter	Percentage
A	94–100
A-	90–93
B+	87–89
B	84–86
B-	80–83
C+	77–79
C	74–76
C-	70–73
D+	67–69
D	65–66

Letter	Percentage
D-	62-64
F	below 62