

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ONTARIO**



**SAULT  
COLLEGE**

**COURSE OUTLINE**

**COURSE TITLE:** Balancing Life, Loss and Grief

**CODE NO. :** NSW209 **SEMESTER:** 4

**PROGRAM:** Social Service Worker – Native Specialization  
(1218) Oshki-Pimache-O-Win, Thunder Bay Delivery

**AUTHOR:** Lisa Piotrowski

**DATE:** June '13 **PREVIOUS OUTLINE DATED:** June. '12

**APPROVED:** "Angelique Lemay" June/13

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**DEAN**

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**DATE**

**TOTAL CREDITS:** 3

**PREREQUISITE(S):** None

**WEEKS :** 15 weeks

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**I. COURSE DESCRIPTION:**

Loss is a constant in everyone's life. Grief, bereavement and mourning, although a highly individualized experience, can be better understood and assist us in our own personal journey, as well as supporting and advocating for the bereaved in our lives. Accepting death as an integral part of the life cycle opens our options and opportunities for life. This course will attempt to open up the topic and the inevitable reality of this part of all of our lives.

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

Upon successful completion of this course, the student will demonstrate the ability to:

1. Identify, explain and utilize related terminology, attitudes, multicultural and historical perspectives of death, grief and mourning in examining related research and literature.

Potential Elements of Performance:

- Differentiate Between Loss, Grief, Mourning and Bereavement
- Communicate Physical and Symbolic Losses as a Constant in Life
- Demonstrate awareness of various attitudes and awareness of death
- Relate an understanding and awareness of cross-cultural and historic perspectives of death

2. Identify and relate an understanding of the experience of loss in examining personal wellness and supporting the bereaved.

Potential Elements of Performance:

- Explain the influence of sociocultural forces on the experience of loss
- Apply the various models of grief to individual, family and community experiences
- Identify how grief affects people in a holistic way(psychologically, socially, physically and spiritually)
- Communicate the Phases/Tasks of Grief in a non-judgmental and informative manner
- Categorize and differentiate the various factors affecting grief (including gender differences)

3. Utilize community resources to address legal and social expectations after death.

Potential Elements of Performance:

- Identify key legal issues related to death and other losses(organ donation, wills, power of attorney) and community resources available to assist
- Understand issues related to funerals and body disposition and identify community resources available to assist

4. Compare and contrast the issues and impact of different forms of death.

Potential Elements of Performance:

- Identify issues and concerns related to different modes of death (anticipated, sudden, suicide, homicide)
- Internalize the specific dynamics and grief work associated with loss of a parent, child, life-companion, self, death of a role, relationship or pet to more effectively support and advocate for the bereaved in their individualized situations

5. Support and advocate for the bereaved in their adaptation and reintegration journey.

Potential Elements of Performance:

- Identify and communicate the circumstances and concerns surrounding unresolved or complicated grief
- Apply knowledge of tools for grief work and resources for support and information
- Aid the bereaved in creation of environment and attitude to work on personal bereavement rituals
- Understand and communicate key concepts surrounding a variety of beliefs about the afterlife including traditional concepts, multi-spiritual perspectives and personal paths.

6. Identify the impact of grief on children of different developmental levels and adopt appropriate and effective helping tools for this bereaved population.

Potential Elements of Performance:

- Differentiate between the understanding of death at different developmental levels
- Identify and understand Post Traumatic Play
- Apply tools and resources to assist and support the bereaved child (use of creative play, activities, metaphors, stories, etc)
  
- Discuss children as survivors of loss and close death and circumstances surrounding these events
- Discuss religious beliefs, death, funeral customs with children of differing developmental levels
- Explain how classmates can welcome back a grieving child
- Assist children in healing and finding closure

7. Understand the significance of and work toward helper wellness and personal understanding of death and grieving in our own lives.

8. Research and educate on issues relevant to grief and loss.

Potential Elements of Performance:

- Independently locate a variety of areas related to grief and loss
- Identify, research and organize a paper on grief and loss issues
- Effective utilization of teaching circles and peer learning

### III TOPICS:

1. Terminology, Attitudes and Perspectives on Death, Grief and Loss
2. Legal and Social Expectations After Death (and the resources available)
3. Understanding the Experience ( and the work) of Loss
4. Different Forms of Death and Survival of Loss
5. Adaptation and Reintegration After Significant Life Losses
6. Children and Grief
7. Cultural and Spiritual Influences

### IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Course Text: The Last Dance: Encountering Death And Dying; author: Lynne DeSpelder and Albert Lee Strickland; McGraw-Hill; Seventh Edition

Materials: each student must obtain a small book suitable for journal writing prior to the first class

### V. EVALUATION PROCESSING/GRADING SYSTEM:

| <u>ASSIGNMENT/EXAM</u>                        | <u>WORTH</u> |
|---|--------------|
| Personal Experiences and Perceptions Exercise | 5%           |
| Video Report                                  | 10%          |
| Research Paper                                | 15%          |
| Multicultural Afterlife Paper                 | 15%          |
| Personal Journal                              | 5%           |
| Exam #1                                       | 20%          |
| Exam #2                                       | 20%          |
| Attendance/Participation                      | 10%          |
| <b>TOTAL:</b>                                 | <b>100%</b>  |

**PERSONAL EXPERIENCES AND PERCEPTIONS EXERCISE:** To better prepare us in our understanding of the experiences of others, it is important to know how we feel about death and dying. This exercise will help students to reflect on their own experiences and take the time to learn from them in preparation for helping others.

**VIDEO REPORT:** students will produce a 3-5 page, double-spaced, normal font paper on personal reaction and application of course material to a film viewed in class. Specifics to be provided by instructor.

**RESEARCH PAPER:** students will research a topic related to grief and loss of their choice (from topics offered) and produce a 4-6 double-spaced, normal font paper following format provided by the Instructor. Students may choose from:

|  |   |
|--|---|
| Loss of Life-Companion                         | Loss of Pet                                 |
| Adult Loss of a Parent                         | Issues re:Job Loss. Loss of mobility, sight |
| Loss of a Child                                | Losses for Children/Teens                   |
| Adult Loss of a Sibling                        | Loss of an Infant, Stillborn,               |
| Divorce/Separation                             | Miscarriage, or Abortion( pick one)         |
| Losses Related to Health                       |   |
| Losses in Child Welfare: Foster Care, Adoption |   |

**MULTICULTURAL AFTERLIFE PAPER:** Students will research and produce a 4-6 double-spaced, normal font paper following the format provided by the professor on the diverse beliefs about the afterlife. Exploration of how beliefs about afterlife affect views and coping with or thinking about death will be included.

**PERSONAL JOURNALS:** each student is required to keep a personal journal related to topics, research, discussion, and reflection on course information. Time will be allotted each week, if possible, for journal writing. Content is not evaluated, effort is required. Journals to be handed in on date of mid-term and final test, evaluated during testing and returned same night.

**EXAMS:** There will be two exams during the semester to cover course material. Exam #1 will cover material and topics covered up to that date. Exam #2 will then cover the material taken after Exam#1 until the end of the course. Exams cannot be re-written for a higher grade. Students, who miss the exam without making prior arrangements with the instructor, will be given a zero on the exam.

**ATTENDANCE AND PARTICIPATION:** This portion of the class will be assessed using the Attendance and Participation Rubric. Students will be graded on attendance for all classes, preparedness for class including assigned readings, contribution to discussions, and the ability to communicate effectively during in-class activities. Students are expected to arrive on time for all classes, and utilize MOODLE for course materials.

***The following semester grades will be assigned to students in postsecondary courses:***

**Course Name****Code #**

| <u>Grade</u> | <u>Definition</u>  | <u>Grade Point Equivalent</u> |
|--------------|--|-------------------------------|
| A+           | 90 – 100%  | 4.00                          |
| A            | 80 – 89%   | 3.00                          |
| B            | 70 - 79%   | 2.00                          |
| C            | 60 - 69%   | 1.00                          |
| D            | 50 – 59%   | 0.00                          |
| F (Fail)     | 49% and below  |                               |
| CR (Credit)  | Credit for diploma requirements has been awarded.  |                               |
| S            | Satisfactory achievement in field /clinical placement or non-graded subject area.  |                               |
| U            | Unsatisfactory achievement in field/clinical placement or non-graded subject area.   |                               |
| X            | A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course. |                               |
| NR           | Grade not reported to Registrar's office.  |                               |
| W            | Student has withdrawn from the course without academic penalty.  |                               |

**Note:** For such reasons as program certification or program articulation, certain courses require minimums of greater than 50% and/or have mandatory components to achieve a passing grade.

It is also important to note, that the minimum overall GPA required in order to graduate from a Sault College program remains 2.0.

**VI. SPECIAL NOTES:****Distribution and Submission of Assignments**

To assist students in time management and organizational skills the following policy and practices will be followed by your core professors in your program.

**Distribution of Assignments**

- Weekly schedules (subject to change) are provided to students at the beginning of the semester, outlining due dates for all assignments for the course.
- All assignments are provided in the form of a detailed outline and explained in class. Detailed outlines of assignments are provided either in hard copy or posted on MOODLE.

- Efforts are made by professors to balance out the workload for the core SSW-NS courses. Each student is responsible for personal time management to monitor upcoming assignments and to plan accordingly.
- When students are absent and miss assignment outlines and explanations, it is the student's responsibility to obtain the assignment from MOODLE or your professor. It is recommended students who miss assignment outlines and explanations also schedule a meeting with the professor outside of class time to seek clarification.
- Make note of any in-class assignments. It might not be possible to make these up if missed, due to the nature of the assignment. If an alternative make-up assignment option is given to replace missed in-class assignments it may not carry the same weight in the grading system due to the nature of the assignment.

#### Submission of Assignments

- **ASSIGNMENTS ARE DUE AT THE BEGINNING OF CLASS:** All written assignments are to be submitted on the due date, generally at the beginning of class. Your professor will announce when they will collect the assignment, and after assignments have been collected, any assignment submitted after class are subject to a 1% deduction until midnight of the original due date. For example, if an assignment is worth 10%, the student will earn no more than 9% for that assignment.
- **LATE ASSIGNMENTS:** Once an assignment is considered late the student will consult with the professor to determine whether an assignment will be accepted for marking or whether deductions apply. Each assignment will outline submission criteria and late policy. Due to the nature of each assignment deductions may vary for late submissions. Additionally, some in class assignments or marked assignments already returned to the students may not be accepted. It is the student's responsibility to communicate with the professor when the student misses a submission due date.
- **HARDCOPY AND ELECTRONIC SUBMISSIONS:** All assignments are to be submitted electronically to the professor. Instructions will be provided on MOODLE or on the assignment outline. Please ensure you read and carefully follow the instruction for each assignment. When an assignment outlines require students to submit a hard copy, they must also submit an electronic copy. The assignment will be marked when both formats have been received.

Students are preparing to enter a profession where deadlines are integral to service delivery and advocacy. It is anticipated that students develop a work ethic which encompasses time management skills.

**Classroom Courtesy**

To provide a respectful learning environment the use of cell phones, MP3 players and the like are not permitted in the classroom. Cell phones may be set on vibrate if expecting an urgent message. Students will be asked to leave the classroom when the use of these devices is utilized. If the use of cell phones becomes too distracting, students may be asked to leave their phones at the front desk until the end of class.

The use of computers may assist some students to take notes during class; however, the use of social network sites, such as Facebook or surfing the internet with non-class related sites is distracting. Students using computers in this way will be asked to turn their computers off.

Students are expected to be prepared for each class by being on time, having read the assigned course material. Students are advised to review each class course outline and assignments and discuss questions and concerns with the faculty.

Late Arrivals: If late arrivals become a pattern, once the classroom door has been closed, the learning process has begun. Late arrivals may not be granted admission to the room until the break.

Chatting and whispering amongst students during lectures or presentations distracts the professor and fellow students. Students are expected to consider how their behaviour impacts other students' learning and the professor's presentation.

Students are encouraged to focus and refrain from talking to other students during lectures or presentations.

**Participation and Attendance**

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.

Significant learning takes place in the classroom through an interactive learning approach; therefore, it is an expectation that students attend classes regularly to contribute to the academic performance and development of professional skills.

Course participation and attendance will be evaluated using a standard rubric. This rubric highlights key areas of participation and attendance. Students will be evaluated using this rubric twice throughout the semester. The first evaluation occurs at midterm to alert the student to any areas of improvement and again at the end of the semester. Each evaluation is worth 20 points and the final mark will total 40 points. This mark will be converted to a percentage grade.

By midterm the professor will calculate the attendance and a letter will be distributed to the students who require a plan to address the attendance concern. Students who have missed more than 40% of scheduled classes will meet with the professor to discuss the program and course expectations and create a plan which addresses attendance concerns.

A pattern of absences or lateness may result in academic consequences which may include failure in the course, ineligibility for fieldwork component of the program, implementation of a learning/success contract, suspension or withdrawal from fieldwork.

Students are encouraged to communicate with the professor when absences are anticipated and immediately returning from an absence. It is the student's responsibility to catch up on any notes and material missed when absent.



**VII. COURSE OUTLINE ADDENDUM:**

The provisions contained in the addendum located on the portal form part of this course outline.

**COURSE OUTLINE ADDENDUM****1. Course Outline Amendments:**

The professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

**2. Retention of Course Outlines:**

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

**3. Prior Learning Assessment:**

Students who wish to apply for advance credit transfer (advanced standing) should obtain an Application for Advance Credit from the program coordinator (or the course coordinator regarding a general education transfer request) or academic assistant. Students will be required to provide an unofficial transcript and course outline related to the course in question. Please refer to the Student Academic Calendar of Events for the deadline date by which application must be made for advance standing.

Credit for prior learning will also be given upon successful completion of a challenge exam or portfolio.

Substitute course information is available in the Registrar's office.

**4. Accessibility Services:**

If you are a student with a disability (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your professor and/or the Accessibility Services office. Visit Room E1101 or call Extension 2703 so that support services can be arranged for you.

**5. Communication:**

Moodle is used as the primary channel of communication for each course. Regularly checking this software platform is critical as it will keep you directly connected with faculty and current course information. Success in this course may be directly related to your willingness to take advantage of this Course Management System communication tool.

#### 6. Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Code of Conduct*. Students who engage in academic dishonesty will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

#### 7. Tuition Default:

Students who have defaulted on the payment of tuition (tuition has not been paid in full, payments were not deferred or payment plan not honoured) as of the first week of *November* will be removed from placement and clinical activities due to liability issues. This may result in loss of mandatory hours or incomplete course work. Sault College will not be responsible for incomplete hours or outcomes that are not achieved or any other academic requirement not met as of the result of tuition default. Students are encouraged to communicate with Financial Services with regard to the status of their tuition prior to this deadline to ensure that their financial status does not interfere with academic progress.

#### 8. Student Portal:

The Sault College portal allows you to view all your student information in one place. **mysaultcollege** gives you personalized access to online resources seven days a week from your home or school computer. Single log-in access allows you to see your personal and financial information, timetable, grades, records of achievement, unofficial transcript, and outstanding obligations, in addition to announcements, news, academic calendar of events, class cancellations, your learning management system (LMS), and much more. Go to <https://my.saultcollege.ca>.

#### 9. Electronic Devices in the Classroom:

Students who wish to use electronic devices in the classroom will seek permission of the faculty member before proceeding to record instruction. With the exception of issues related to accommodations of disability, the decision to approve or refuse the request is the responsibility of the faculty member. Recorded classroom instruction will be used only for personal use and will not be used for any other purpose. Recorded classroom instruction will be destroyed at the end of the course. To ensure this, the student is required to return all copies of recorded material to the faculty member by the last day of class in the semester. Where the use of an electronic device has been approved, the student agrees that materials recorded are for his/her use only, are not for distribution, and are the sole property of the College.