



MODULE SPECIFICATION

Part 1: Information			
Module Title	Personal Resilience and Wellbeing		
Module Code	UBGLW6-15-1	Level	Level 4
For implementation from	2019-20		
UWE Credit Rating	15	ECTS Credit Rating	7.5
Faculty	Faculty of Environment & Technology	Field	Geography and Environmental Management
Department	FET Dept of Geography & Environmental Mgmt		
Module type:	Project		
Pre-requisites	None		
Excluded Combinations	None		
Co- requisites	None		
Module Entry requirements	None		

Part 2: Description
<p>Overview: This module discusses the key concepts of self-evaluation, self-improvement and reflective practice. You will explore the concept of stress and evaluate the importance of both resilience and wellbeing techniques that can found within the Unformed and Public Services industries.</p> <p>Educational Aims: See Learning Outcomes</p> <p>Outline Syllabus: Within in this module you will cover the key areas of Health and wellbeing, physical and psychological wellbeing the potential causes of stress, understand and deploy strategies to maintain your resilience and wellbeing.</p> <p>Teaching and Learning Methods: UCW HE Reading Strategy Statement Degree level students are expected to engage in and explore subjects beyond taught lectures. Reading lists compiled by programme leaders identify the core reading material which is essential, and any recommended further reading required for assignments. Journal titles and websites may also be given. Reading lists are reviewed and updated annually to ensure currency, relevancy and to reflect research developments. LibraryPlus will aim to provide a copy of every text on a reading list. Where eBooks are available, these will be purchased in the first instance to enable multiple, remote access at all times. Databases for eJournals and reports are provided. Guidance on accessing eResources is given</p>

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to all first year students through the HE.LP programme. Further support is available within LibraryPlus and on the LibraryPlus Portal on Teams. Printed copies of books, journals and DVDs are available for loan or reference in the LibraryPlus facilities and can be located through the Library catalogue. Students are expected to independently use, explore and familiarise themselves with electronic and printed formats. Programme Leaders and lecturers will inform students of any essential resources or texts that they are expected to purchase themselves. Students registered and staff teaching on this UWE programme are entitled to library membership at their partner facilities, however, access to eResources may be restricted by licencing agreements, and individuals must be responsible for finding, collecting and returning physical resources themselves. Guidance on the services, resources and facilities available is given on partner library websites.

Part 3: Assessment

The assessment strategy has been designed to support and enhance the development of subject-based knowledge and practical skills, whilst ensuring that the learning outcomes are achieved.

Component A is comprised of a 2000 word reflective portfolio which will require students to explore the concept of resilience and wellbeing in the uniformed and public services, that identifies the different stressors within a number of roles and the current personal resilience and wellbeing techniques employed; you will then reflect on any of the issues raised.

Opportunities for formative assessment and feedback are built into teaching and practical sessions through discussion and evaluation of current research.

All work is marked in line with the UWE generic assessment criteria and conforms to university policies for the setting, collection, marking and return of student work. Assessments are described in the module handbook that is supplied at the start of module.

Identify final timetabled piece of assessment (component and element)

First Sit Components	Final Assessment	Element weighting	Description
Portfolio - Component A	✓	100 %	Reflective Portfolio (2000 words)
Resit Components	Final Assessment	Element weighting	Description
Portfolio - Component A	✓	100 %	Reflective Portfolio (2000 words)

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Part 4: Teaching and Learning Methods																	
Learning Outcomes	<p>On successful completion of this module students will achieve the following learning outcomes:</p> <table border="1"> <thead> <tr> <th style="text-align: left;">Module Learning Outcomes</th> <th style="text-align: left;">Reference</th> </tr> </thead> <tbody> <tr> <td>Explain the concept of resilience and wellbeing and analyse its importance within the uniformed and public services.</td> <td>MO1</td> </tr> <tr> <td>Explore and evaluate strategies that develop personal resilience and wellbeing</td> <td>MO2</td> </tr> <tr> <td>Evaluate own resilience and wellbeing in terms of employment within the uniformed and public services.</td> <td>MO3</td> </tr> </tbody> </table>	Module Learning Outcomes	Reference	Explain the concept of resilience and wellbeing and analyse its importance within the uniformed and public services.	MO1	Explore and evaluate strategies that develop personal resilience and wellbeing	MO2	Evaluate own resilience and wellbeing in terms of employment within the uniformed and public services.	MO3								
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Reading List	<p><i>The reading list for this module can be accessed via the following link:</i></p> <p>https://uwe.rl.talis</p>																

Part 5: Contributes Towards
<p>This module contributes towards the following programmes of study:</p> <p>Uniformed and Public Services [Sep][FT][UCW][3yrs] BA (Hons) 2019-20</p> <p>Uniformed and Public Services [Sep][PT][UCW][4yrs] BA (Hons) 2019-20</p>