



Module Specification

Personal Resilience and Wellbeing

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Part 1: Information

Module title: Personal Resilience and Wellbeing

Module code: UBGLW6-15-1

Level: Level 4

For implementation from: 2023-24

UWE credit rating: 15

ECTS credit rating: 7.5

Faculty: Faculty of Environment & Technology

Department: FET Dept of Geography & Environmental Mgmt

Partner institutions: University Centre Weston

Field: Geography and Environmental Management

Module type: Module

Pre-requisites: None

Excluded combinations: None

Co-requisites: None

Continuing professional development: Yes

Professional, statutory or regulatory body requirements: None

Part 2: Description

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 be found within the Unformed and Public Services industries.

Features: Not applicable

Educational aims: See Learning Outcomes

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.

Part 3: Teaching and learning methods

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 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.

Module Learning outcomes: On successful completion of this module students will achieve the following learning outcomes.

MO1 Explain the concept of resilience and wellbeing and analyse its importance within the uniformed and public services.

MO2 Explore and evaluate strategies that develop personal resilience and wellbeing

MO3 Evaluate own resilience and wellbeing in terms of employment within the uniformed and public services.

Hours to be allocated: 150

Contact hours:

Independent study/self-guided study = 105 hours

Face-to-face learning = 45 hours

Total = 150

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis) via the following link <https://uwe.rl.talis>

Part 4: Assessment

Assessment strategy: 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.

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.

Assessment tasks:

Portfolio (First Sit)

Description: Reflective Portfolio (2000 words)

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3

Portfolio (Resit)

Description: Reflective Portfolio (2000 words)

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Uniformed and Public Services [UCW] BA (Hons) 2023-24

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