



DEPAUL

School of Continuing and Professional Studies

## Resilience for Civic Engagement Undergraduate Course Information Guide

**Course Number: CCH 203, 2 credits, 5 Weeks**  
**Delivery Formats: Online: Sync, Hybrid**

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### Course Description

It can be meaningful and invigorating to contribute to change in your community and the world... and, it may also be exhausting! When the causes in the world we care about feel urgent and pressing, our ability to rest and recover often fall to the wayside, and we may not feel we have permission to take time out. In fact, in these times finding ways to be resilient is vital and enhances our ability to contribute. Beyond adaptability and bouncing back, resilience skills involve how we cope with adversity, practice mindfulness, and stay connected to others and our purpose. In this short course, our very lives and the world around us will be our subject matter. Students will tap into their unique creativity and imagination to identify what resilience practices serve their personal wellbeing and their ability to meaningfully contribute to a changing world.

### Learning Outcomes

After completing this course, you will be able to:

- Understand the value of resilience within the context of a demanding/driven society and/or amid crises
- Describe various kinds of resilience practices and strategies for coping with adversity, and identify which ones best serve you
- Identify important connections between mindfulness and relational support to civic engagement work
- Apply your personal brand of creativity and imagination to support your wellbeing

## Learning Strategies and Resources

Some learning activities, assignments and deadlines will vary depending on the delivery format of the course and may differ slightly from what is presented in this document.

### Required Readings

There is no textbook to purchase for this course. This course will draw on excerpted chapters from books in the field, relevant scholarly articles, news media articles on current events related to our content, and links to websites and online media (articles, videos, organizations, and other resources). All of these will be linked in D2L, and details will be provided in the course site as to what you should read/watch each week.

Readings will be available on Electronic Reserve, at the [DePaul Library](#). Login to Ares Course Reserves and select the course. Log in using your Campus Connect User ID and password. You will then get a page listing the courses in which you're enrolled that have readings posted in Ares. Click on the title of this course and the list of our electronic reserve readings will be displayed.

### Learning Deliverables

D2L Engagement and Assignments – Review of Media, Quizzes, Essays and Responses in Discussion Forums

Two Thematic Discussion Forums

Four Quizzes

Three Practice Reflections

Container of Resilience Portfolio – Culmination of Learning

### Assessment of Student Learning

#### Distribution of Grade Points

Graded Assignments	Percentage of Final Grade
Zoom Class Attendance and Participation	30%
D2L Week and Discussion Forum Engagement	15%
D2L Quizzes	15%
Practice Reflections	15%
Container of Resilience Portfolio	25%

## Grading Scale

A = 95 to 100	A- = 91 to 94	B+ = 88 to 90
B = 85 to 87	B- = 81 to 84	C+ = 77 to 80
C = 73 to 76	C- = 69 to 72	D+ = 65 to 68
D = 61 to 64	F = 60 or below	INC

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## Course Schedule

<b>Week or Module Title or Theme</b>	<b>Readings / Learning Activities TBA</b>	<b>Graded Assignments</b>
Week 1, Module 1: Outer Crisis and Your Inner Compass	Zoom Synchronous Session	Take Quiz 1 & 2 in D2L  First Practice Reflection
Week 2, Module 2: Wisdom and Information	Zoom Synchronous Session	Begin setting up your "Container of Resilience"
Week 3, Module 3: Resilience Role Models and Possibilities		Forum A Resilience Role Models & Practices Post  Forum B Our Causes & Passions – Celebrating Civic Engagement Post  Respond to at least two peers in BOTH forums  Second Practice Reflection

Week 4, Module 4: Activity and Rest	Zoom Synchronous Session	Third Practice Reflection
Week 5, Module 5: Despair and Hope	Zoom Synchronous Session	Take Quizzes 3 & 4 in D2L  Complete your Container of Resilience Portfolio

## Course Policies

For access to all SCPS and DePaul University academic policies, refer to the following links:

[SCPS Student Resources Website](#)

[DePaul Student Handbook](#)

The [D2L Course Website](#) for this course.

## Credit for Prior Learning

Students whose home college is SCPS that have not transferred more than 99 credit hours from community college or exam credit, and have not reached 132 credit hours toward graduation may qualify for prior learning credit. If you have prior knowledge you think may be equivalent to the learning outcomes of a SCPS course, you can contact the Office of Prior Learning Assessment at [scpspla@depaul.edu](mailto:scpspla@depaul.edu) or the [PLA website](#) for information on how to submit a proposal to use Prior Learning Assessment (PLA) credit for a nominal fee in lieu of regular tuition as an alternative to completing a course.

## Course Syllabus

The official syllabus for this course that includes course dates, instructor information and quarter specific details will be provided by the course instructor by the start of the course and available on the course D2L website.

## Course Registration

To find out when this course will be offered next, you can go to the [SCPS Registration website](#) for details on how to register for the course.

For information on how this course can apply to your program, contact your academic advisor.

## **School of Continuing and Professional Studies**

Suite 1400, Daley Building, 14 E. Jackson Blvd., Chicago

Website: <https://scps.depaul.edu/>

Office hours: 9:00 am - 5:00 pm, Monday-Friday.

Telephone: 312-362-8001. General Email: [scps@depaul.edu](mailto:scps@depaul.edu)

For Advising Assistance, call (312) 362-5445 or email [scpsadvising@depaul.edu](mailto:scpsadvising@depaul.edu)

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