

Course Calendar: Weekly Reading and Assignments

Additional articles listed in the syllabus are found in D2L for select weeks.

DATE	TOPICS	READINGS & ACTIVITIES	ASSIGNMENTS
<p style="text-align: center;">WK 1 3/30 - 4/5</p>	<ul style="list-style-type: none"> ● Concept and Mission of Public Health ● Your Role as an Agent of Change ● Stress Supports and Buffers Inventory 	<p>Review the following Modules: Course introduction, documents and Community-based Learning.</p> <p>Read Topic overview and Required Readings & Activities</p> <ul style="list-style-type: none"> ● Watch <u>Unnatural Causes: In Sickness & in Wealth</u>. (56 min) or listen to listen to the <u>podcasts/read transcripts</u> ● Listen: <u>Scientists Start To Tease Out The Subtler Ways Racism Hurts Health</u> (6 min) 	<p>Discussion Questions:</p> <ul style="list-style-type: none"> ● First Post Due 4/2 ● Replies Due 4/5 <p>OPTIONAL ZOOM MEETING 9:00AM on Thursday, April 2nd. See D2L for details.</p>
<p style="text-align: center;">WK 2 4/6-4/12</p>	<ul style="list-style-type: none"> ● Social Determinants of Health (SDOH): ACEs and health outcomes ● SEM and changes to address toxic stress; Stress Physiology ● Supports and Buffers Categories 	<ul style="list-style-type: none"> ● Read “<u>Your Nervous System</u>” ● Watch: <u>Childhood Trauma Across a Lifetime</u> (20 min) ● Review <u>ACEs infographic</u> ● Watch: <u>Theory of Constructed Emotion Cartoon</u> (5 min) ● Watch: Brain <u>Myth 3 until end of video</u> 	<p>Discussion Questions Due 4/9, 4/12</p>

	<ul style="list-style-type: none"> • The Modern Brain Science Paradigm That's Not Part of ACEs Research 	<ul style="list-style-type: none"> • Read Interview with Researcher: <u>Positive Childhood Experiences</u> 	
<p>WK 3 4/13-4/19</p>	<ul style="list-style-type: none"> • Food Systems • Slow Food & the Slow Food Youth Network (SFYN) • HP 2020: SDOH • Stress Supports and Buffers Inventory 	<ul style="list-style-type: none"> • Read Topic overview and Required Readings & Activities 	<p>Discussion Questions Due 4/16, 4/19</p> <p>Preliminary research report Due 4/19</p>
<p>WK 4 4/20-4/26</p>	<ul style="list-style-type: none"> • Social Determinants of Health: Resiliency and Communities • Stress Supports and Buffers in Social, Physical and Policy Environments 	<ul style="list-style-type: none"> • Watch Paper Tigers (1 hour 42 min) • Skim Read <u>Community and Resilience report</u> • Read <u>To Confront Effects of Trauma</u> article • Read <u>The Future of Healing by Ginwright</u> • Read: Site for Parents <u>What Can I Do</u> • Optional Play <u>Community Resilience Game</u> 	<p>Discussion Questions Due 4/23, 4/26</p>

<p>WK 5 4/27-5/3</p>	<p>Advocating for Policy Change</p> <p>Stress Supports and Buffers Inventory</p>	<p>Read Topic overview and Required Readings & Activities</p> <ul style="list-style-type: none"> • Selection of TedTalks (3 to choose from) • Watch: Five Steps to Being an Advocate (7 min) • Review: HP 2020 website page on SDOH 	<p>Discussion Questions Due 4/30, 5/3</p> <p>Annotated Bibliography Due 5/3</p>
<p>WK 6 5/4-5/10</p>	<p>Organizing for Change</p> <p>Virtual check-in with instructor</p> <p>Stress Supports and Buffers Inventory</p>	<p>Read Topic overview and Required Readings & Activities</p> <ul style="list-style-type: none"> • Read: The Social-Ecological Model: A Framework for Prevention • Read: Baltimore Ceasefire • Watch: Interrupters 	<p>Discussion Questions Due 5/7, 5/10</p>
<p>WK 7 5/11-5/17</p>	<p>Building Effective Coalitions for Health</p> <p>Stress Supports and Buffers Inventory</p>	<p>Read Topic overview and Required Readings & Activities</p> <ul style="list-style-type: none"> • Read: Leading Change in Practice (PDF) 	<p>Discussion Questions Due 5/14, 5/17</p> <p>Organizational & Project Summary Assignment (CBL and post-CBL only) OR Health Campaign Assignment (non-CBL) Due 5/17</p>

<p>WK 8 5/18-5/24</p>	<p>Media Advocacy & Public Health Stress Supports and Buffers Inventory</p>	<p>Read Topic overview and Required Readings & Activities</p> <ul style="list-style-type: none"> • Watch: <u>Our fight for disability rights</u> (17 min) • Read: <u>Public Health and Media Advocacy</u> 	<p>Discussion Questions Due 5/21, 5/24</p> <p>Stress Supports Reflection Due 5/24</p>
<p>WK 9 5/25-5/31</p>	<p>Agency & Community</p>	<p>Read Topic overview and Required Readings & Activities.</p> <ul style="list-style-type: none"> • Read: Using Our Voice: Forging a Public Health Practice for Social Justice • Read: <u>From Diabetes Professional to Change Agent: The Shift That Population Health Requires</u> • <u>Inspire to Action</u> (47 minutes) • Review: Agents of Change profiles 	<p>Discussion Questions Due 5/28, 5/31</p> <p>Synthesis of Research & Conclusion Due 5/31</p>
<p>WK 10 6/1-6/7</p>	<p>Reflection of University Studies Goals and Current or Future Roles as Change Agents</p>	<p>No readings</p>	<p>Abstract Due 6/7 (on Discussion Forum)</p>

Your instructor reserves the right to change the course schedule and/or assignments with reasonable notice. If you have any obstacles in your learning due to illness, technology access, family needs, employment changes, or anything else related to COVID-19, please communicate with me or PSU for individual assistance. We are here to help our students through these uncertain times.

