

Brief Course Outline

Course Title: Mindfulness, Illness, Wellness: A Comparative Approach to Texts and Media

Course Number and Section

FRENCH

3757F 550

Instructor Name(s): Dr. Andrea King

Instructor Email(s): aking94@uwo.ca

Disclaimer: Information in the brief course outline is subject to change. The syllabus posted on OWL Brightspace is the official and authoritative source of information for the course.

Course Description:

Étude comparative de textes et de médias en français et en anglais portant sur la « pleine conscience », le bien-être et la maladie (ex. fiction, podcasts, articles).

Learning Outcomes: one outcome per entry

- Approfondir sa connaissance des expressions culturelles de la « pleine conscience », du bien-être et de la maladie
- Réflexion comparative sur les textes étudiés
- Animer une activité reliée aux textes étudiés en classe et qui vise la pratique de la « pleine conscience » ou du bien-être
- Création d'un journal intime centré sur les thèmes et les textes du cours
- Approfondir la conscience de soi et relier ses aperçus au contexte culturel plus large
- Participer pleinement, régulièrement et avec soin à la communauté d'apprenants
- Développer un projet final (synthèse)

Textbooks and Course Materials:

No textbooks to purchase. Professor will provide materials.

Methods of Evaluation: one assignment per entry

Assignment	Due Date mm/dd/yy	Weight - %
Journal intime hebdomadaire		15
Examen final		25
Participation active		20

Assignment	Due Date mm/dd/yy	Weight - %
Animation d'une activité		20
Projet final		20

Wednesday, August 19, 2026

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In-course Costs \$000.00

For Textbooks and Course Materials (below), you are required to include the cost of each textbook or other learning material.

Note whether there are any restrictions that would prevent a student from using a second-hand copy. Here is some suggested text:

- Required textbook: [author, title, edition, publisher, date]. Cost: [insert amount].
 - Or include the weblink of the textbook’s publisher site that includes the cost information.
- Students need to purchase this edition. Second-hand or older editions will not be sufficient.
- OR Students are welcome to purchase second-hand or earlier editions of this textbook.
- This course has an optional field trip that costs [insert amount].
- This course has a required field component that costs [insert amount].

In solidarity with the Anishinaabe, Haudenosaunee, Lūnaapéewak, and Chonnonton peoples on whose traditional treaty and unceded territories this course is shared.