# NEUR 499: Special Topics in Neuroscience: Neural and Behavioral Resilience
## Summer 2019

### Class time:

### Name of Faculty:
Dr. Lora Becker, UE & Dr. Michael Kerchner, Washington College

### Contact details:

### Course Description

What does it mean to possess resilience? In this course we will explore what factors contribute to the resilience that a person may exhibit in response to social, personal and physiological stressors as well as what factors may impair their resilience. We will explore these questions at numerous levels – the social, cultural, cognitive and spiritual factors as well as the fundamental genetic, physiological and neural factors. Our mode of inquiry will include peer reviewed primary research articles, highly regarded books on resilience, field-trips to regional research laboratories and our own empirical research project. Some readings will be assigned prior to arrival at Harlaxton.

### Credit Hour Policy Statement

This class meets the federal credit hour policy of:

This class meets the federal credit hour policy of 1 hour of class with an expected 2 hours of additional student work outside of class each week for approximately 15 weeks for each hour of credit, or a total of 45-75 total hours for each credit.

### General Education Objective

This course meets the General Education requirements for:

None apply

### Learning Objectives

Listed below are the Learning Objectives for the course:

- Gain a general understanding of the physiological, neural, social and psychological factors that contribute to, or impair resilience.
- Familiarize with various means of defining and assessing resilience.
- Gain practical research experience including the development of a hypothesis, research design, data analysis and interpretation.
- Foster critical inquiry regarding claims regarding resilience in the popular media.
- Develop written and verbal communication skills.

### Assessment and Grading Criteria

Assessments will include weekly student journaling and/or short topical reflection essays, (70%) and a final paper/research proposal on a topic of the student’s choosing related to resilience. (30%)