

**This is your syllabus. Please read it completely and refer to it often.**

Welcome to UGS302: Burnout Prevention

Unique #62355

Instructor: Dr. Kirsten Bradbury

Email: [bradbury@austin.utexas.edu](mailto:bradbury@austin.utexas.edu)

Office Hours: TBA

TA: [redacted in public version of syllabus to protect student privacy]

## Course Description

Are you an achievement-oriented person who hopes to succeed at a high level in the competitive world of work? Have you already worked so hard to get where you are today that you sometimes wonder how all this effort could possibly be sustainable? Follow that thought deep into your future, past med school or law school or business school or grad school...and burnout can seem a very real possibility. Prevention science is my academic specialty and treating burnout in physicians, attorneys, and executives is one of my clinical foci. This deep-dive course applies psychological science to the practice of Burnout Prevention. Add empirically supported tools from many branches of psychology (clinical, health, social, developmental, positive psychology, etc.) to your arsenal of life hacks. You can launch yourself on a life course that won't need to be corrected later.

This course is a [Signature Course](#)

[Links to an external site.](#) All Signature Courses are [Writing Flag Links to an external site.](#) courses. You will do lots of writing. Free writing help is available to all UT students through the [Writing Center](#)

[Links to an external site.](#) on campus. Writing Flag classes meet the Core Communications objectives of Critical Thinking, Communication, Teamwork, and Personal Responsibility, established by the Texas Higher Education Coordinating Board.

This course employs an A/B/Not Yet system of grading, which will be explained further in class while we study Growth Mindset. This grading system represents a policy we have of letting you keep trying until you get something right. You're here to learn, after all! This policy is intended to encourage you to stretch yourself in the safety of a growth-supportive classroom. In grade terms, this means that more drafts than required are allowed on all assignments. If you need extra

formative opportunities before we make summative judgments, you can have them. The more engaged you are in the work, the more you will grow! All students are expected to achieve B-or-better objective writing skills at the college level if they do not have them already, and more advanced students on these skills are expected to improve above their already stellar baselines.

## Topics and Required Books:

### Topic 1: GROWTH MINDSET

“You know, I was hoping this would be informative!”

- **Mindset - Updated Edition: Changing The Way You Think To Fulfill Your Potential (2017), by Carol Dweck, PhD**

### Topic 2: HEALTH & WELLNESS

- **Opening up by writing it down, 3<sup>rd</sup> edition: How Expressive Writing Improves Health and Eases Emotional Pain, by Pennebaker and Smyth**

### Topic 3: VALUES & ETHICS

- ***Values First: How Knowing Your Core Beliefs Can Get You the Life and Career You Want*, by Laura Eigel**

### Topic 4: SELF-COMPASSION & EMOTIONAL INTELLIGENCE

- **Self-Compassion, by Kristin Neff**

### Topic 5: POSITIVITY & OPTIMISM

- **Any book by Marty Seligman or Oliver Sacks**

\*\*\*\*\*

## Graded Work

Here's the work (400 points total):

(100) Write a multi-draft Health & Wellness topical research paper (500-800 words, or about 2-3 pages double-spaced), 5-10 sources).

Choose topic

Find sources

Get sources approved by Pari

Workshop 1

Write a paper (synthesizing the info from these sources)

Submit paper

Receive feedback on paper

Workshop 2

Revise paper

Submit revised paper

(100) Work with an (assigned) team to create a well-informed 3-minute educational video on an ethical failure in medicine or psychology, with references list.

Choose topic

Find sources

Get sources approved by Pari

Write a script and Run of Show (synthesizing the info from these sources)

Incorporate video elements into your ROS

Give and receive peer feedback on script and ROS

Produce your video (rehearse, film, and edit)

Submit your video

Attend viewing party

Rank other teams' videos

Attend awards show

(50) During the self-compassion unit, give a 3-minute prepared oral presentation to the class. Details TBA. Deliver your oral presentation live over zoom or in person.

(50) Self-graded brief writing on experiential assignments for each course topic.

(100) Attendance and Participation

Attend class and participate respectfully in our learning community.

Read some books. Talk and write about them.

Read and view other materials posted online to support your learning in the course.

Participate in collective campus experiences common to all Signature Course Sections, including:

Visit a variety of "Campus Gems." We will visit the Blanton Museum, the turtle pond, the Turrell Skyspace, the mind-body lab, and more.

Attend one of the Herbert Family Lectures at Bass Concert Hall:

**For the Love of You: Taking Care of Your Health and Wellbeing at UT Austin**

*Drs. Molly S Bray, Bridget Goosby and Raj Ragunathan*

Tuesday, Sept. 12, 7-8 p.m., Bass Concert Hall

**More information will be provided to you about the specifics of these assignments.**

## **Course Grades:**

400 points total

100 points Health & Wellness Topical research paper

100 points Team Ethics Video with bibliography

100 points Attendance & Participation

50 points Self-graded brief experiential writing

50 points 3-minute oral presentation

To calculate your course grade, we add together your points earned and divide by four, to yield a percentage score that can be converted to a letter grade according to this chart.

A = 93-100

A- = 90-92

B+ = 86-89

B = 83-85

B- = 80-82

C+ = 76-79

C = 70-75

D = 60-69

F = <60

Percentage course grades are calculated to two decimal places and rounded to the nearest whole number, such that, for example, the lowest A- is 89.50 (rounds to 90).

We do not anticipate the need for Extra Credit in this course.

\*\*\*\*\*

You MUST BE active on the Canvas course site as well as in class and on Zoom. If you are reading this right now, you know where the Canvas course is. Please ensure that you are receiving Canvas notifications of announcements.

Assignments will be submitted through Canvas.

Grades will be posted through Canvas.

**Please, BRING YOUR LAPTOP TO CLASS.**

\*\*\*\*\*

Notices from UGS about [Plagiarism and Academic Integrity](#)

[Links to an external site.:](#)

Using someone else's work in your own writing without giving proper credit is considered plagiarism, a serious form of academic dishonesty that can result in severe penalties. Copying someone else's work, buying a paper and submitting it as your own, copying and pasting text (even with changes), or borrowing images from an online source, are some examples of plagiarism. Even if you plagiarize accidentally, you can be held responsible and penalized.

Learning to cite sources appropriately is an important part of becoming a professional. When you are unsure about citation, you are encouraged to **ask your instructor** (who is already an expert in the discipline) what is appropriate in the context of your assignment. Consultants at The [University Writing Center](#)

[Links to an external site.](#) can also help you determine whether you are citing sources correctly—and they have helpful guides online for using [direct quotations](#) [Links to an external site.](#) and [paraphrasing](#)

[Links to an external site.](#) Reviewing those skills will help you feel confident that you are handling sources professionally in your writing.

You can read the University's definition of plagiarism and other forms of academic dishonesty in Sec. 11–402 of the [Student Conduct Code](#)

[Links to an external site.](#) For more information, visit the [Dean of Students' site](#)

[Links to an external site.](#)

### **Plagiarism Detection Software**

All assignments in this course may be processed by TurnItIn, a tool that compares submitted material to an archived database of published work to check for potential plagiarism. Other methods may also be used to determine if a paper is the student's original work. Regardless of the results of any TurnItIn submission, the faculty member will make the final determination as to whether or not a paper has been plagiarized.

## **COVID-19 and other ILLNESSES, CRISES, AND PERSONAL DISASTERS•**

At the time of this writing, COVID is quiet but predicted to resurge with another new variant over the next weeks. Given our hybrid course modality, we will maintain flexibility to respond to changing conditions as we need to. As stated in class, you are welcome to wear a mask and I may choose to do so if conditions change. If you know you have been exposed to COVID, I encourage you to wear a mask for a few days to protect those around you. If you know you have COVID, you are expected to stay away from class for 3 days, even if you are symptom-free. If you have COVID with symptoms, please do not attend class in person for at least five days or until you are symptom-free. Let us know if you have any questions.

We will work with you on any missed work or other academic issues. This is true whether you have COVID, some other illness, or any other problem that prevents you from keeping up with your work. We really are not in the business of judging the validity of other people's problems as justifiable or non-justifiable interference in their academic lives. You are not required to tell us anything about your health status. You can always ask us for help managing course demands and we will provide what you need to the best of our ability. No questions asked.

If you are having a major crisis of any kind, please also consider contacting the [Dean of Students Office](#)

[Links to an external site.](#); they are there for you in tough times and can help by communicating to professors that we need to be lenient without needing to know why.

## **OTHER IMPORTANT NOTICES FROM THE UNIVERSITY•**

**The University of Texas at Austin provides upon request appropriate academic accommodations for qualified students with disabilities. For more information, contact the Office of the Dean of Students at 471-6259, 471-4641 TTY.** We care about all our students' learning abilities. Please let us know if we can improve the learning environment for you or otherwise assist you in achieving the highest level of success you can in this course. If you have accommodations, you are welcome to contact us anytime about implementing any specific accommodations not already accounted for by the online asynchronous course design. We acknowledge all accommodations letters through the SSD portal for this purpose, and despite what those letters say, you do not actually need to meet with us for the accommodations to be active. In this course, your accommodations are active as soon as I acknowledge receipt of your letter through the portal. Let us know if anything you need isn't here and we will make it right for you.

### **Title IX Reporting**

Title IX is a federal law that protects against sex and gender-based discrimination, sexual harassment, sexual assault, sexual misconduct, dating/domestic violence and stalking at federally funded educational institutions. UT Austin is committed to fostering a learning and working environment free from discrimination in all its forms. When sexual misconduct occurs in our community, the university can:

1. Intervene to prevent harmful behavior from continuing or escalating.
2. Provide support and remedies to students and employees who have experienced harm or have become involved in a Title IX investigation.
3. Investigate and discipline violations of the university's relevant policies.

Under Senate Bill 212 (SB 212), the professor and TAs for this course are **required** to report for further investigation any information they receive concerning incidents of sexual harassment, sexual assault, dating violence, and stalking committed by or against a UT student or employee. Federal law and university policy also requires reporting incidents of sex- and gender-based discrimination and sexual misconduct (collectively known as Title IX incidents). **This means we cannot keep confidential information about any such incidents that you share with us. If you need to talk with someone who can maintain confidentiality, please contact** University Health Services (512-471- 4955 or 512-475-6877) or the UT Counseling and Mental Health Center (512-471-3515 or 512-471-2255). We strongly urge you to make use of these services for any needed support.

## **Diversity Statement**

We are committed to creating a learning environment that is safe and supportive of everyone. We will honor your request to address you by a name and gender pronoun you use. If you need additional support, these are some of the available resources on campus.

Division of Diversity and Community Engagement <https://diversity.utexas.edu/> (Links to an external site.)

[Links to an external site.](#)

[Links to an external site.](#)

[Links to an external site.](#)

Gender and Sexuality Center <https://diversity.utexas.edu/genderandsexuality/> (Links to an external site.)

[Links to an external site.](#)

[Links to an external site.](#)



[Links to an external site.](#)

**We welcome ALL students to UGS302. We're going to have a fantastic semester!!**

## **Calendar of Events**

Attendance is required at all class activities listed below.

[dates and specific locations of all events provided to students]