



Dimensions of Leadership 1035A Leadership for Foods and Nutrition
Fall 2016

SECTION 530	Thursdays 2:30-530pm Room: BR – 18	Megan Popovic, PhD Email: mpopovi@uwo.ca Office hours: By appointment
SECTION 531	Tuesdays 6:30-9:30pm Room: 303	Sue Hillis, BSc, M.P.A. Email: shillis6@uwo.ca Office hours: TBD
SECTION 532	Thursdays 6:30-9:30pm Room: BR – 136	Megan Popovic, PhD Email: mpopovi@uwo.ca Office hours: By appointment

Course Description:

This course provides a broad overview of leadership theory and skills that students can use in their personal, academic, and professional worlds. In their critical exploration with introductory leadership concepts, students will engage in class discussion, experiential learning activities, course readings and case studies in leadership and foods and nutrition. Students have the opportunity to study different forms of leadership in several areas – personal, organizational, cultural, spiritual, and educational – while looking at concepts of power, followership, diversity, ethics, and values.

Required Textbook:

Peter Northouse, *Introduction to Leadership: Concepts & Practice, 3rd ed* (London: Sage, 2015)

STUDENT EVALUATION:

Students must complete **all elements of evaluation** in order to receive a passing grade in the course. There will be no re-weighting of components within the course unless a student has received an academic accommodation.

MIDTERM: 30% - In-class exam on Week 6.

FINAL EXAM: 40% - Dec. exam period (Date TBD by Registrar's Office)

GROUP PROJECT: 30%

Course Objectives:

- C1. To present an introductory course in leadership that examines various theories and practices from an interdisciplinary perspective, with a focus on foods and nutrition.
- C2. To provide students with the opportunity to develop an understanding of leadership in general from philosophical, psychological, and theoretical perspectives.
- C3. To develop communication skills, both oral and written for students in foods and nutrition studies and future endeavours in myriad professional spaces.
- C4. To foster the development and understanding of the students' own leadership skills.

Student Learning Objectives and Brescia University College's Competencies:

By the end of the course, students should be able to:

- L1. Describe, compare and critically evaluate a variety of Leadership theories and perspectives that have evolved over time [Inquiry and analysis]
- L2. Examine situations to identify which Leadership theories/skills/perspectives have been demonstrated and evaluate the effectiveness of that Leadership [Critical thinking; Problem-solving]
- L3. Develop an understanding of past and present issues in Leadership within their field and in broader professional spaces [Social awareness and engagement; Valuing]
- L4. Apply the aforementioned knowledge to evaluate their own skill sets, strengths and weaknesses through self-reflection and assessment [Self-awareness and development]
- L5. Identify, communicate, and demonstrate their ability to both lead and follow [Communication; Problem-solving; Critical thinking; Self-awareness and development; Social awareness and engagement]

Student competency on these outcomes will vary. You can expect to achieve these outcomes if you honour course policies, attend and participate in classes regularly, complete all assigned work on time, demonstrate understanding of the course content, and meet all other course expectations of you as a student.

EXAM INFORMATION:

Midterm Exam: The midterm exam will be in-class and draw from the lectures, text readings, videos and classroom discussion material covered up to and including the week prior to the midterm exam date.

Final Exam: This examination is cumulative and you are responsible for all the material from Week 1 of the course. Date determined by the Registrar. See course website for announcement.

More information will be provided during lecture in the weeks prior to the exam dates.

GROUP PROJECT INFORMATION:

More information will be provided during class (i.e., project outline, expectations, tips and suggestions, etc.).

PROFESSOR'S RESPONSIBILITIES:

- Be organized and well prepared for class
- Create a supportive and learning environment
- Be available to provide additional explanation or feedback
- Actively seek students' input in class and take students' arguments seriously
- Return students' assignments within a reasonable time (in most cases, 2 weeks) and provide feedback to help
- Assist students with developing transdisciplinary skills – critical *and* creative thinking and analysis, writing, argument formation
- Use a variety of teaching methods and strategies to accommodate different learning styles

STUDENT RESPONSIBILITIES:

As a participant in this class, you should:

- Read and reflect upon the assigned chapter BEFORE each class
- Attend each class ready to engage with the course material
- Participate respectfully with class and/or group discussions
- Take seriously (and reflect upon) the opinions / arguments presented in your text, by your fellow students and your professor
- Submit your assignments on time and pick them up to receive feedback
- Thoughtfully examine everyday ('commonsense') ideas through a critical, "academic" lens

ATTENDANCE:

Regular attendance is critical as many classes will address material not found in the text and / or will involve participation. If you miss a class, please make arrangements with *another student* to obtain her / his notes. For logistical reasons, videos cannot be shown out of class.

APPOINTMENTS:

Students are welcome to meet with the professor by arranging an appointment at a mutually convenient time. Students are asked to email the professor to determine a mutually agreeable time, and can expect an appointment time within a few days, not immediately. Please be sure to outline the reason for the appointment in the email.

POLICY – LAPTOPS IN CLASS:

Brescia University College at Western University acknowledges the integration of new technologies and learning methods into the curriculum. The use of laptop computers can contribute to student engagement and effective learning. However, the instructor may choose to limit the use of electronic devices. Therefore, the use of laptops in class is permitted during lectures and NOT during group discussion, active learning activities, videos, group activities, etc. - unless there is a very good reason for such and permission has been given. Students who require permission are to contact and meet with Professor Hillis, review and sign the 'Terms and Conditions of Laptop Use' document.

If students are found using their laptops for anything other than taking notes during lecture (Facebook, TSN, Twitter, personal banking, Google, YouTube, etc.) they will be asked to leave IMMEDIATELY. If misuse of laptops occurs during class time, laptops may be banned for the remainder of the class for ALL students. If becomes an ongoing disruptive and disrespectful issue, laptops may be banned for the remainder of the course for ALL students.

CELLPHONES AND ELECTRONIC DEVICES:

Cellphones and similar devices must be turned *OFF* (not just vibrate) during classes unless specific permission is sought for emergency purposes in a given class. Text messaging / Twitter / Facebook etc. are NOT permitted during class. If you MUST utilize your cell phone during class time for emergency situations, you need to communicate this with the instructor BEFORE class begins.

**If a student is found using any of these devices in class, he or she may be asked to leave the class.

2016-17 BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

1. POLICY REGARDING MAKEUP EXAMS AND EXTENSIONS OF DEADLINES

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation **must** be made through an Academic Advisor and include supporting documentation. Academic accommodation for illness will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete her academic responsibilities. Minor ailments typically treated by over-the-counter medications will not normally be accommodated. Documentation shall be submitted as soon as possible to the student's Academic Advisor indicating the period of illness and when the student should be able to resume academic responsibilities. Students must submit their documentation along with a request for relief specifying the nature of the accommodation being requested no later than two business days after the date specified for resuming responsibilities.

Appropriate academic accommodation will be determined by the Dean's Office in consultation with the student's instructor(s). Please note that personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are **not** grounds for academic accommodation.

A UWO Student Medical Certificate (SMC) is **required** if a student is seeking academic accommodation on medical grounds. This documentation should be obtained at the time of the initial consultation with the physician/nurse practitioner or walk-in clinic. A SMC can be downloaded from: <http://www.westerncalendar.uwo.ca/2016/pg117.html> The student must request documentation sufficient to demonstrate that her ability to meet academic responsibilities was seriously affected. Please note that under University Senate regulations documentation stating simply that the student "was seen for a medical reason" or "was ill" is **not** adequate to support a request for academic accommodation.

Whenever possible, requests for academic accommodation should be initiated in advance of due dates, examination dates, etc. Students must follow up with their professors and Academic Advisor in a timely manner.

The full policy on requesting accommodation due to illness can be viewed at:

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_illness.pdf

2. ACADEMIC CONCERNS

If you feel that you have a medical or personal problem that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. Retroactive requests for academic accommodation on medical or compassionate grounds may not be considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult an Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines (refer to the Registrar's website, www.registrar.uwo.ca, for official dates). You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. *Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.*

The Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory (<http://www.westerncalendar.uwo.ca/2016/pg130.html>)

3. ABSENCES

Short Absences: If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment. Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

Extended Absences: If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work and arrange academic accommodations, if appropriate.

4. POLICY ON CHEATING & ACADEMIC MISCONDUCT

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: <http://www.westerncalendar.uwo.ca/2016/pg113.html>

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Students are urged to read the section on Scholastic Offences in the Academic Calendar. Note that such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is being sought in another course in the University or elsewhere. Students are advised to consult the section on Academic Misconduct in the Western Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Student Services Centre, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

Plagiarism:

Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt both by using quotation marks

where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar).

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com.

Computer-marked Tests/exams:

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal signed by the student must be sent to the Department Chair. If the response of the department is considered unsatisfactory to the student, she may then submit a signed, written appeal to the Office of the Dean. Only after receiving a final decision from the Dean may a student appeal to the Senate Review Board Academic. A Guide to Appeals is available from the Ombudsperson's Office, or you can consult an Academic Advisor. Students are advised to consult the section on Student Academic Appeals under Academic Rights and Responsibilities in the Western Academic Calendar

(<http://www.westerncalendar.uwo.ca/2016/pg112.html>)

6. PREREQUISITES AND ANTIREQUISITES

Unless you have either the prerequisites for a course or written special permission from your Dean to enroll in it, you will be removed from the course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisite(s).

Similarly, you will also be deleted from a class list if you have previously taken an antirequisite course unless this has the approval of the Dean. These decisions may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course because you have taken an antirequisite course.

7. SUPPORT SERVICES

The Brescia University College Registrar's website, with a link to Academic Advisors, is at <http://brescia.uwo.ca/academics/registrar-services/> . The website for the Student Development Centre at Western is at <http://www.sdc.uwo.ca/> . Students who are in emotional/mental distress should refer to Mental Health @ Western http://uwo.ca/health/mental_wellbeing/ for information including a complete list of options about how to obtain help.

Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy and the Academic Handbook of Senate Regulations. This document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate of the University of Western Ontario.

Weekly Topics and Readings

Week – Date	Topics	Readings – To be completed BEFORE class.	Competencies
Week 1 – Sept 8	What is Leadership Philosophies and Styles Traits	Chapter 1; Chapter 2; Chapter 4 Article – Leadership Styles	
Week 2 – Sept 15	Vision Transformational Leadership	Chapter 7 <ul style="list-style-type: none"> • Article – Leading Change / Why Transformation Efforts Fail • Article – Transformational Leadership in the Coming Decade • Article – Developing Leadership in Dietetics 	Communication Problem Solving
Week 3 – Sept 22	MBTI; Engaging People’s Strengths	Chapter 3 <ul style="list-style-type: none"> • Article: New Students, New Learning Styles 	Self Awareness and Development
Week 4 – Sept 29	Co-Active Coaching	<ul style="list-style-type: none"> • Article: What is CoActive Coaching? • Article: Why Lead? 	Self Awareness and Development Communication
Week 5 – Oct 6	Reflective Practice Emotional Intelligence	Chapter 8 <ul style="list-style-type: none"> • Article – Balancing Competence and Warmth • Article – Emotional Intelligence in Leadership • Article – What is Reflective Practice 	Social Awareness and Engagement Self Awareness and Development Communication
Week 6 – Oct 13	MIDTERM TEST		
Week 7 – Oct 20	Influence Power	<ul style="list-style-type: none"> • Article – How Experts Gain Influence • Article: Influence: The Essence of Leadership • Article: Leadership: Intentional Influence 	Social Awareness and Engagement Communication Self Awareness and Development
Week 8 – Oct 27	NO CLASS – FALL BREAK		
Week 9 – Nov 3 <i>*NOV 5th is the last day to drop first-term half-courses</i>	Team Leadership Listening to Out-group Members	Chapter 5; Chapter 9	Social Awareness and Engagement

<i>without academic penalty</i>			
Week 10 – Nov 10	Activities and Skill Development SMART Goals	Chapter 6 <ul style="list-style-type: none"> • Article – Setting SMART Goals • Article – SMART Goal setting reference 	Problem Solving Social Awareness and Engagement
Week 11 – Nov 17	Conflict; Overcoming Obstacles	Chapter 10; Chapter 12	Communication Problem Solving
Week 12 – Nov 24	Culture Women and Leadership	<ul style="list-style-type: none"> • Article – Is Obesity Cultural? • Article – Rethink What You “Know” About High Achieving Women • Article – Why Are We So Hard on Female CEOs • Article - Ways Women can Hold their own in a Male World • Case Article – Should a Female Director “Tone It Down”? 	Social Awareness and Engagement Self-Awareness and Development
Week 13 – Dec 1	Ethics and Leadership; Review for Final Exam	Chapter 11 <ul style="list-style-type: none"> • Article – Building the New Leader • Article – Taking the Lead in 2014 • Cases TBD • Article – How can Young Women develop a Leadership Style 	Inquiry and Analysis Valuing Self-Awareness and Development

Additional dates of importance:

Dec 7 – Last day of classes

Dec 8 and 9 – Study days

Dec 10-21 – Exam period