Note:

Course content may be changed, term to term, without notice. The information below is provided as a guide for course selection and is not binding in any form, and should not be used to purchase course materials.
COURSE SYLLABUS
MILT 525

ADVANCED RESILIENCE FOR LEADERS AND CAREGIVERS

COURSE DESCRIPTION

An advanced graduate study of the key definitions and factors related to how leaders and caregivers create and maintain resilience in themselves and others, while focused on the military culture with broad applications to the general population. Topics include the impacts of suffering and trauma on followers, leaders, and caregivers; the Resilience Life Cycle©, disciplines of replenishment for leaders and caregivers, evidence-based research surrounding resilience protocols, and a holistic approach to spiritual equipping for leaders and caregivers.

RATIONALE

In moments of introspection, uncertainty, or crisis, you may have you asked yourself “How high do I bounce?” Perhaps the arena where the need for “bounce” (referring to resilience) is most notable is the military. Our nation’s warriors well understand the challenges of bouncing back after repeated deployments, physical or mental wounds or betrayal on the home front. As role models for warriors in every other marketplace and life endeavor, our nation’s military men and women are inspiring and instructive as they meet the challenges of bouncing back. The journey is not easy. Military institutions (including supporting civilian contract agencies) are wrestling mightily with tragically high rates of suicide, post-traumatic stress, and mental and behavioral health issues, as well as what some would term “an unraveling of military families.” In MILT 525, Advanced Resilience for Leaders and Caregivers, the principles central to resilience are presented with respect to the military environment, as well as addresses how leaders and caregivers insure their own resilience while setting conditions to create similar response in the organizations and followers they lead and serve.

I. PREREQUISITE

For information regarding prerequisites for this course, please refer to the Academic Course Catalog.

II. REQUIRED RESOURCE PURCHASE

Click on the following link to view the required resource(s) for the term in which you are registered: http://bookstore.mbsdirect.net/liberty.htm

1. ADDITIONAL MATERIALS FOR LEARNING

1. Computer with basic audio/video output equipment (DVD)
2. **Internet access** (broadband recommended)

3. **Microsoft Word**
   (Microsoft Office is available at a special discount to Liberty University students.)

2. **Measurable Learning Outcomes**

   Upon successful completion of this course, the student will be able to:

   1. Articulate an understanding of resilience that is embedded in current scholarly research and theological principles.
   2. Analyze the concept of resilience and its impact on leaders and caregivers.
   3. Construct effective strategies for leaders and caregivers to prevent burnout and compassion fatigue.
   4. Describe an awareness of the role of caregiving/counseling and resilience among the military culture with broad applications to the general population.

3. **Course Requirements and Assignments**

   1. Textbook readings, articles, and lecture presentations/notes.
   2. **Course Requirements Checklist**
      After reading the Syllabus and Student Expectations, the student will complete the related checklist found in Module/Week 1.
   3. **Discussion Board forums (4)**
      The Discussion Board forums are the online equivalent of a classroom discussion among students. The student is expected to post an original thread on the topic assigned by 11:59 p.m. (ET) on Wednesday of the assigned module/week. Also, each student must submit replies to 2 classmates’ threads by 11:59 p.m. (ET) on Sunday of the assigned module/week. Threads should be a minimum 400 words with references to the course texts and course teaching resources. Replies should be a minimum of 200 words, engaging a minimum of two peers in a substantive way that adds to the academic discussion, and include references to the course texts and course teaching resources. Please see the grading rubric in Blackboard for the grading criteria to ensure maximum points for this assignment.
   4. **Movie Review and Critique**
      Each student will view the film *War Horse* produced by Spielberg (2012) and complete a review. The review will be 5-6 page paper (not including the title page and reference) using the provided APA formatted paper (template) and will provide a summary, reflection, challenges, application and integration of the concepts from the movie.
   5. **Book Review and Critique**
The student will write a 5-6-page paper (not counting the title page or references) scholarly review and critique of the text, *Bounce: Living the Resilient Life* by Wicks that will consist of the following sections – a summary, personal reflection and analysis, and application.

6. **Case Study**

The student will select one of the proposed case-study scenarios and write a 7-8 page paper (not including the title and reference page) which addresses issues of exploration, intervention, support and application. The paper will adhere to the current APA style and will include a minimum of six peer-reviewed or scholarly sources dated within the past 5 years.

7. **Exams (2)**

There will be two objective exams throughout the course. The exam will consist of multiple-choice and true/false questions. The exams are open-book, but the student is NOT permitted to consult with anyone on the exams, take the exams in groups, or share answers. Integrity, professionalism, and godly comportment are expected of the student at all times.

4. **COURSE GRADING**

1. **Points**

<table>
<thead>
<tr>
<th>Course Requirement</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Requirements Checklist</td>
<td>10</td>
</tr>
<tr>
<td>Discussion Board forums (4 at 50 pts each)</td>
<td>200</td>
</tr>
<tr>
<td>Book Review and Critique</td>
<td>175</td>
</tr>
<tr>
<td>Movie Review and Critique</td>
<td>175</td>
</tr>
<tr>
<td>Case Study</td>
<td>200</td>
</tr>
<tr>
<td>Midterm Exam</td>
<td>125</td>
</tr>
<tr>
<td>Final Exam</td>
<td>125</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>1010</td>
</tr>
</tbody>
</table>

2. **Scale**

   \[A = 940–1010 \quad A- = 920–939 \quad B+ = 900–919 \quad B = 860–899 \quad B- = 840–859\]
   \[C+ = 820–839 \quad C = 780–819 \quad C- = 760–779 \quad D+ = 740–759 \quad D = 700–739\]
   \[D- = 680–699 \quad F = 679 \text{ and below}\]

VII. **COURSE POLICIES**

1. **Late Assignment Policy**

   If the student is unable to complete an assignment on time, then he or she must contact the instructor immediately by email. Special circumstances (e.g., military deployment, death in the family, personal health issues) will be reviewed by the instructor on a case-by-case basis.
Assignments that are submitted after the due date *without prior approval* from the instructor will receive the following deductions:

1. Late assignments submitted within one week of the due date will receive a 10% deduction.
2. Assignments submitted more than one week late will receive a 20% deduction.
3. Assignments submitted two weeks late or after the final date of the course will not be accepted.
4. Late Live Discussion Forums or Discussion Board threads or replies will not be accepted (without specific approval from the instructor).

2. **Tests/Exams**

1. For timed tests/exams students are required to complete the exam within the assigned time. For students who exceed this time limit a penalty of 1 point may be deducted for each minute they exceed the assigned time limit.
2. Students must take the exam during the assigned module/week. Late submissions will be penalized at 5% per day, cumulative, with no text/exam being accepted seven (7) days after the original due date without written approval from the professor. Whenever possible, this approval must be sought prior to the test/exam due date.

3. **Academic Misconduct**

Academic misconduct is strictly prohibited. See the Graduate Catalog for specific definitions, penalties, and processes concerning Honor Code and FN Policies for reporting.

4. **Drop/Add Policies**

The student is obliged to follow the drop/add policies identified in the graduate catalog.

5. **Student Conduct Policy**

The student is expected to conduct himself/herself in a godly and civil manner when addressing the instructor or other students. While good healthy discussion will be expected and encouraged, at no time will personal attacks be tolerated.

6. **Communications**

Students are expected to communicate in a professional manner at all times with classmates, faculty, or LU employees. Because writing is a limited form of communication, it is more easily misinterpreted than face-to-face. Therefore, written communications should be courteous and well thought out to avoid offense. If any offense is perceived, the offender should be alerted first and privately. Reconciliation is the goal, but if it does not happen, the offended may then involve the instructor. Personal messages are not appropriate for posting in Blackboard. The student's Liberty email account will be used for all email
communications. Announcements from the instructor or University may be posted in Blackboard.

7. **Dual Relationships**

The faculty is responsible to interact with counseling students in a supervisory capacity/role. As such, faculty may provide students professional principles, guidance, and recommendations as it relates to the context of the student-client setting. The faculty is responsible to avoid dual relationships with students such as entering a student-counselor or student-pastor relationship. Thus, the faculty does not provide personal counseling addressing student personal problems. If a faculty member perceives that a student is in need of personal or professional counseling then that faculty member will recommend that the student pursue either pastoral or professional assistance from a counselor in their community.

8. **Limits of Confidentiality**

In the event of a student’s disclosure, either verbally, or in writing, of either threat of serious or foreseeable harm to self or others, abuse or neglect of a minor, elderly or disabled person, or current involvement in criminal activity, the faculty, staff, administrator or supervisor, will take immediate action. This action may include, but is not limited to, immediate notification of appropriate state law enforcement or social services personnel, emergency contacts, and notification of the appropriate program chair or distance learning dean. The incident and action taken will become part of the student’s permanent record.

9. **Disability Assistance**

Online students with a documented disability may contact Liberty University Online’s Office of Disability Academic Support (ODAS) at LUOODAS@liberty.edu to make arrangements for academic accommodations. Further information can be found at www.liberty.edu/disabilitysupport.
# Course Schedule

**MILT 525**

*War Horse* (DVD) (2012).  

<table>
<thead>
<tr>
<th>Module/Week</th>
<th>Reading &amp; Study</th>
<th>Assignments</th>
<th>Points</th>
</tr>
</thead>
</table>
| 1           | RW: Intro, chs. 1–2  
ASG: chs. 1–2  
Wick’s: Intro.  
2 presentations | Course Requirements Checklist  
DB Forum 1 | 10  
0  
50 |
| 2           | RW: chs. 3–4  
ASG: chs. 3–4  
Wicks: ch. 1  
2 presentations | DB Forum 2 | 50 |
| 3           | *War Horse*  
Wicks: ch. 3  
2 presentations | Movie Review and Critique | 175 |
| 4           | RW: chs. 5–6  
ASG: chs. 5–6  
Wicks: ch 4  
2 presentations | Mid-Term Exam  
DB Forum 3 | 125  
50 |
| 5           | RW: chs. 7–8  
ASG: chs. 7–8  
Wicks: ch 5  
2 presentations | DB Forum 4 | 50 |
| 6           | Wicks: ch. 2  
2 presentations | Book Review and Critique | 175 |
| 7           | RW: ch. 9  
ASG: ch. 9  
2 presentations | Case Study | 200 |
| 8           | RW: ch. 10  
ASG: ch. 10 | Final Exam | 125 |

**Total** 1010

*DB = Discussion Board*  
*RW= Resilient Warriors*  
*ASG= Advanced Study Guide*

**NOTE:** Each course week begins on Monday morning at 12:00 a.m. (ET) and ends on Sunday night at 11:59 p.m. (ET). The final week ends at 11:59 p.m. (ET) on Friday.