

Unlocking Resilience Schedule:

Spring 2026

Week #	Lecture Date:	TOPICS
UNIT 1: INTRODUCTION		
1	Feb. 4	Building Blocks
2	Feb. 11	What do animals need to be okay?
UNIT 2: STRESS		
3	Feb. 18	What happens when animals are faced with challenge?
4	Feb. 25	Why is toxic stress so devastating?
UNIT 3: EMOTION AND COGNITION		
5	Mar. 4	Why are “mental” and “physical” health impossible to separate? What might the animal mind look like?
	Mar. 6	Assessment 1 due (full students only)
6	Mar. 11	How do emotions work? (Part 1)
7	Mar. 18	How do emotions work? (Part 2)
8	Mar. 25	How do animals make decisions and regulate their behavior?
UNIT 4: RESILIENCE AND WELL-BEING		
9	Apr. 1	Why are some individuals more resilient than others? (Part 1)
	Apr. 3	Assessment 2 due (full students only)
10	Apr. 8	Why are some individuals more resilient than others? (Part 2)
11	Apr. 15	How can we foster the development of resilience? (Part 1)
-	Apr. 22	NO CLASS – Dr. Spaulding traveling
12	Apr. 29	How can we foster the development of resilience? (Part 2)
UNIT 5: EMOTIONAL AND MENTAL HEALTH		
13	May 6	What can the study of human mental health teach us about animals? Can dogs experience ADHD (or something similar)?
	May 8	Assessment 3 due (full students only)
14	May 13	How can we address hyperactivity/impulsivity in dogs? What is PTSD?
15	May 20	How does trauma impact behavior?
16	May 27	What drives aggression? Where do we go from here?
	Jun 5	Assessment 4 due (full students only)