Welcome to Wellness. This is a one-credit hour course that serves to assist students in making the transition to Westminster College, improving and refining academic skills, and considering career choices. The course is designed to address the particular concerns, questions, and needs of new students, as well as the policies and services of the College. This course will also cover requirements mandated by the federal government (i.e. sexual misconduct, alcohol education and personal finance).

Course Texts: the following texts are required for this course:
- Westminster College *Handbook for Students*
- Westminster College *Undergraduate Catalog*
- Campus Clarity: Think About It (online course)

Course Outcomes:

**Academic Success Skills**
Students will be able to
- write academic/personal goals related to their college experience and design an action plan for goal achievement
- articulate skills, opportunities, and requirements for potential careers
- select, monitor, and evaluate effective study strategies related to time management, note taking, and test taking

**Resilience Development**
Students will be able to
- define resilience and identify their own coping abilities/deficiencies
- name sources of stress, both in college and in life, and the effects of stress
- articulate various resilience strategies and design a plan to strengthen their resilience

**Financial Literacy**
Students will be able to
- identify resources available for financial aid and paying for college
- define satisfactory academic progress and its impact on financial aid
- demonstrate awareness of budgeting and debt management

**Sexual Misconduct & Alcohol Education**
Students will be able to
- define campus party culture and safe party behavior
- identify strategies for by-stander intervention
- recognize stalking and unhealthy relationships
- identify local sexual assault resources

**Attendance:** Required. This class only meets for 7 weeks; therefore, you are expected to attend each class. If you are absent you must obtain documentation. Appropriate documentation includes, for example, doctor’s excuse or a death in the family. **If you anticipate an absence, please discuss with your instructor in advance.** 3 points will be deducted from you final grade for each unexcused absence after the first. (That means, if you miss 4 classes without an excuse, your A- can become a B-)

**Note:** Westminster’s policy related to missing class for student athletes is as follows: a student may be excused for a competition but not for practices.
**Academic Integrity:** To learn more about the College’s views on this topic, please see Part IV of the Inquiry Reader, College Catalogue, and/or the Student Handbook. Note that failure to demonstrate academic integrity has serious consequences in the short term as well as for the rest of academic career.

**Please do the following:**
- Come prepared for each class, having finished assigned readings
- Ask about things you don’t understand
- Engage with course material and participate in class activities
- Only look at your phone/device if you are expecting an important text or call (example: update on a family member’s health). Let me know if this is the case!

**Please don’t the following:**
- Leave your earphones in
- Sleep at your desk
- Tell the class about your theory that Kanye West is the head of a secret world government
- Secretly cut the hair of the person sitting in front of you
- Try to convince anyone that Avatar is a good movie

**Grading:**
- Professional Networking Symposium Write Up: 10%
- First Weekend Assignment: 5%
- Resilience Reflections (Two over the Course of the Semester): 15%
- Paying for College Quiz: 5%
- Career Assessment Reflection: 5%
- Resource Guide for Sexual Misconduct, Drugs & Alcohol: 10%
- Final Assignment: Academic Success Guide: 25%
- Class Participation: 25%

**Assignments:**

**Professional Networking Symposium Write Up:**
You will be required to attend and participate in the Fall Professional Networking Symposium (September 16th). A write-up describing what you did, learned, how you applied what you learned at the career center presentation, and how you’ll use the PNS to your advantage when you’re an upperclassmen is due on 9/21

**Resilience Reflections (Two throughout the course):**
Graded ✓+ (Full 7.5 points), ✓ (5 points) or ✓− (2 points)
Throughout the semester you will be asked to write 2 resilience reflections, 1-2 page (double spaced) reflections that answer the following questions
1. A recent source of stress in your life
2. How you handled it and what tools did you use
3. What did you learn and what you could do better next time

**Paying for College Quiz:**
You will be asked to complete a D2L quiz on financial aid and paying for college by September 19th, which will tie into our module on Budgeting and Financial Planning

**Resource Guide for Sexual Misconduct, Drugs & Alcohol:**
After completing all three modules of “Think About It”, you will work in groups of three to prepare an informative website with links and information about resources related to one of the following topics:
- Alcoholism
- Drug Abuse
- Mental Health (Depression, Anxiety, or Suicidal Thoughts)
- Racial Discrimination
- Sexual Assault

At least one resource must be specifically for Westminster students. You will be graded as a group on the quality of your resources, the information you provide, and the visual appeal of your site.

**Academic Success Resource:** Your final assignment will be to work in pairs to create a resource for future students to help them adjust to the academic life of college. You can create whatever type of resource you’d like (handout, assignment, proposal for a new college service, video, etc.) but it should be specific and helpful. You will be graded on your creativity, execution, and demonstration of research.

**Participation:** Meaningful participation is a hefty chunk of your grade. Doing the reading helps, reflecting on connecting the material to your life helps. The instructor is well versed in BS, and can tell when you’re making stuff up just to talk.

**Wellness (PE 101): LESSONS**

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<td>No class, but make sure that you attend the First Year Professional Networking Symposium event <em>(Friday 11:45-12:30 in Witherspoon)</em></td>
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<td>Academic Success: The Career Center (Bring laptop or device to class)</td>
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