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**
*Connecting to Westminster College’s Mission Statement and College Outcomes – Westminster College seeks to help men and women develop competencies, commitments, and characteristics which have distinguished human beings at their best. These characteristics include developing the skills and strategies to reason logically and evaluate critically. Examples of such skills include developing successful test taking strategies, study skills, goal setting and acquisition of knowledge of self.*

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**
*Connecting to Westminster College’s Mission Statement and College Outcomes – Westminster College seeks to help men and women develop competencies, commitments, and characteristics which have distinguished human beings at their best. These characteristics include developing the skills and strategies to communicate effectively and acquiring knowledge of self and community. Students who learn to communicate their ideas effectively and are able to receive feedback productively within our learning community and in society are committing themselves to lifelong learning.*

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
Connecting to Westminster College’s Mission Statement and College Outcomes – Westminster College seeks to help men and women develop competencies, commitments, and characteristics which have distinguished human beings at their best. These characteristics include developing the skills and strategies to apply knowledge to contemporary issues. Understanding one’s personal finances and having the skills to implement budgetary strategies leads to responsible citizenship.

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
Connecting to Westminster College’s Mission Statement and College Outcomes – Westminster College seeks to help men and women develop competencies, commitments, and characteristics which have distinguished human beings at their best. These characteristics include developing the skills, strategies, and knowledge to demonstrate moral and ethical commitments to themselves, our campus community, and society.

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: Students are allowed one unexcused absence. Any unexcused absences beyond this will bring the student down one full letter grade.

Academic Integrity: Plagarism is strictly prohibited and enforced. If a student is found to have plagiarized material, said student will receive no credit for the assignment.

Expectations: Students are to be punctual, present, and participative. Use of cell phones and other devices is prohibited. College isn’t cheap, make your time count.

Grading: Aa students’ grade in this course is entirely based on attendance and participation. In other words, students will be graded on the amount of effort the display to remain engaged, complete assignments thoughtfully, and be active participants in class.

Assignments: To be assigned throughout the semester.

Participation: Participation is everything in this class. This does not always mean verbal contribution in class, although that is certainly a part of it. This course is designed to allow the student to explore, discover, and design their ideal college experience. In order for this to work, the student must participate.
Wellness (PE 101): LESSONS

#1 (8/28) Introduction
   • Welcome and syllabus
   • Getting to Know You activities

#2 Resilience
   • Defining Resilience

#3 (9/4) Resilience
   • Identifying Stressors
   • Examine Growth Opportunities of Stress, Pain, and Challenge

#4 Academic Success
   • Goal Setting

#5 (9/11) Academic Success
   • Time Management
   • Note Taking Strategies

#6 Career Exploration
   • Preparing for Professional Networking Symposium

#7 (9/18) Academic Success
   • Exam Preparation
   • Test Taking Strategies

#8 Resilience
   • Conflict Management

#9 (9/25) Resilience
   • Resilience Strategies: Stress Management & Self-Care

#10 Personal Finance
   • Financial Aid
   • Satisfactory Academic Progress

#11 (10/2) Personal Finance
   • Financial Literacy
   • Debt Management

#12 Personal Finance
   • Financial Literacy Online Activity

#13 (10/16) Alcohol Education and Sexual Misconduct Presentations
   • By-Stander intervention
   • Define Consent
   • Examine Campus Culture
• Identify Campus Resources
• Survivor Support

#14 Alcohol Education and Sexual Misconduct Presentations
• By-Stander intervention
• Define Consent
• Examine Campus Culture
• Identify Campus Resources
• Survivor Support

Course Evaluations & Wrap Up