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 can be used as resources for this course:
- Westminster College *Handbook for Students*
- Westminster College *Undergraduate Catalog*
- Campus Clarity: Think About It (online course)

**Schedule and Topics:**

<table>
<thead>
<tr>
<th>Week</th>
<th>Topics</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/29-31</td>
<td>Intro/Resiliency</td>
</tr>
<tr>
<td>9/5-7</td>
<td>Conflict Management</td>
</tr>
<tr>
<td>9/12-14</td>
<td>Academic Success</td>
</tr>
<tr>
<td>9/19-21</td>
<td>Academic Success/Career Development</td>
</tr>
<tr>
<td>9/26-28</td>
<td>Personal Finance</td>
</tr>
<tr>
<td>10/3-5</td>
<td>Sexual Misconduct/Alcohol Awareness</td>
</tr>
<tr>
<td>10/10-12</td>
<td>Alcohol Awareness</td>
</tr>
</tbody>
</table>

**Course Assignments/Evaluation:**
- Attendance/Participation: 140 points
- Career Center Reflection Paper: 25
- Alcohol Presentation: 60
- Class assignments: 25
- Total: 250

**Grading Scale:**
- 94% and above: A
- 90 – 93%: A-
- 84 – 89%: B
- 80 – 83%: B-
- 74 – 79%: C
- 70 – 73%: C-
- 64 – 69%: D
- 60 – 63%: D-
- below 60%: F

**Course Requirements:**
- Regular attendance/class participation is required
- Completion of all assignments