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:

PE101 D2L Course
Campus Clarity; Think About It (online course)

Expectations:

Attend and participate in all 14 scheduled classes. The only acceptable reasons for missing class are (1) personal illness, and (2) family emergency. Documentation is required.

Silence your cell phone and keep it in your bag for class unless used for assignments.

Bring your laptop to class on discussion days. You will be notified ahead of time.

Setup a groupme account for class list access.

Be sure you can promptly receive emails on your Westminster.edu e-mail account.

Participation counts for a significant portion of your overall grade and will be determined by thorough completion of in class assignments and meaningful contributions to class discussions.

Academic Integrity:

The lasting reward of academic integrity is a good character and the ability to learn on your own. 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.
Topics and discussions:

8/28/17  Introduction
8/30/17  Academic Success
9/4/17   Academic Success
9/6/17   Academic Success
9/11/17  Career Development
9/13/17  Career Development
9/18/17  Resilience
9/20/17  Resilience
9/25/17  Conflict Management
9/27/17  Resilience
          Stress management and self-care
10/2/17  Financial Literacy
10/4/17  Personal Finance
10/9/17  Alcohol Education and Sexual Misconduct
10/11/17 Alcohol Education and Sexual Misconduct

Grading:

<table>
<thead>
<tr>
<th></th>
<th>Points</th>
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<tbody>
<tr>
<td>Attendance</td>
<td>140</td>
</tr>
<tr>
<td>Participation</td>
<td>60</td>
</tr>
<tr>
<td>In class assignments</td>
<td>40</td>
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<tr>
<td>Goal setting</td>
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<td>Time log</td>
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<tr>
<td>Social media</td>
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<tr>
<td>Group presentation</td>
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<tr>
<td>Resilience Strategies paper</td>
<td>20</td>
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<tr>
<td>Career Reflection paper</td>
<td>20</td>
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<tr>
<td>Total Points</td>
<td>280</td>
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Letter Grade | Range    | Points Earned |
-------------|----------|---------------|
A            | 93-100%  | 260-280       |
B            | 85-92%   | 238-259       |
C            | 77-84%   | 216-237       |
D            | 70-76%   | 196-215       |
F            | 69 & Below | 195 & Below |

Unless prior arrangements have been made, late work will be penalized one letter grade for each day it is late. For example, an A paper will be a B paper if submitted one day past the due date. It will become a C paper if submitted two days past the due date, etc.