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 citizenry.

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:**

**Academic Integrity:**

**Expectations:**

**Grading:**

**Assignments:**

**Participation:**

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**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-Stopder intervention
  • Define Consent
  • Examine Campus Culture
  • Identify Campus Resources
  • Survivor Support

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

Course Evaluations & Wrap Up