

# WELLNESS (WELL)

---

**WELL 1013 Introduction to Wellness Studies (4 Credits)**

This course is designed to help students critically analyze concepts and theories of wellness and to promote wellness in their everyday lives. An emphasis will be placed on the research and application of knowledge and skills to increase personal awareness of health and to promote wellness and quality of life.

**WELL 2013 WLLC: Introduction to Wellness (1,2 Credit)**

This course is designed to help students critically analyze the determinants of wellness and to promote wellness in the everyday lives we lead, both personally and as members of a community. An emphasis is placed on the research and application of knowledge and skills to increase personal awareness of health and to promote wellness in the quality of life in a community. Restricted to Wellness LLC students.

**WELL 2014 WLLC: Community and Social Wellness (1,2 Credit)**

This course helps students explore their own perspectives and identities in terms of community and social wellness. Students explore different facets of the community from a development approach to analyze critically what determines the relationship between community wellness and social wellness across time, the life cycle, socio-economic boundaries, cultures and communities. An emphasis is placed on informed discussion, working together, sensitivity to others' perspectives, and creating greater awareness of our power to effect change in our community and our world. Restricted to Wellness LLC students.

**WELL 2015 WLLC: Spiritual and Emotional Wellness (1,2 Credit)**

This course helps students explore their own perspectives and identities in terms of spirituality as it relates to personal wellness. The course creates opportunities for students to explore different spiritual experiences to analyze critically the relationship between spirituality and wellness across time, the life cycle, various socio-economic levels, cultures and communities. An emphasis is placed on informed discussion, sensitivity to others' perspectives, and creating great awareness in our community. Restricted to Wellness LLC students.

**WELL 2100 Writing for Wellness (4 Credits)**

Mental health problems among college students have increased significantly in recent years, and student depression rates have doubled since 2009. However, a growing body of research suggests that many individuals can improve feelings of wellbeing through a variety of writing practices, including journaling, critical reflection, and expressive writing. Inspired, in part, by Yale University's most popular course, "The Science of Wellbeing," this wellness course explores current research on wellbeing, and engages students in the role writing can play in personal, academic, and professional wellness. In this course, students explore academic research on writing for wellness, experiment with wellness writing approaches themselves, and design a wellness writing self-study.