

WELLNESS (WELL)

WELL 2050 Foundations of Health Promotion (1-2 Credits)

Health promotion starts with understanding all that goes into wellness and wellbeing. Wellness is a unifying concept that weaves together many disciplines, curricula, and facets of experience. This class will explore multiple dimensions of wellness, such as emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social. Students will learn about each dimension along with examples of behaviors that promote each dimension of wellness and demonstrate how they are interconnected. The course is designed to help students critically analyze concepts and theories of wellness and draw connections to 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 2051 Applications in Health Promotion (1-2 Credits)

This course provides an understanding and broad overview of the practice of health promotion. Health promotion is the development of individual, group, institutional, community and systemic strategies to improve health knowledge, attitudes, skills and behavior. The course will consider the practicalities of designing, delivering, and evaluating health promotion interventions as well as how health promotion practices intersect with issues of health equity and the social determinants of health. Students will learn about key behavioral theories and models that support program planning as well as understanding the ability to impact health behavior. Students will have opportunities to explore applications of health promotion concepts.

WELL 2052 Future Directions in Health Promotion (1-2 Credits)

Motivating a society to actively encourage good health is no small task – made even more difficult by inequities that constrain people's choices in ways that affect health, from food to leisure to work. Improving public health takes legions of professional health educators working in every possible venue, from schools and mass media to workplaces and legislative offices. This course will explore how professionals from different disciplines approach health promotion, such as in social service, corporate wellness, healthcare, school, and public health systems as well as Injury Prevention, Research, Health Technology, and even Entrepreneurship. The class will also explore emerging trends in health promotion, including as relates to health equity and well-being.

WELL 2053 Foundations of Global Mental Health (1-2 Credits)

This course introduces students to foundational concepts of mental health from a global and interprofessional perspective. Students will explore cultural concepts of distress and wellbeing through a decolonization framework, from Indigenous understandings and practices to modern diagnostic and intervention models grounded in a variety of disciplines. Students will be invited to bring their passion, values, and lived experience to think critically through the challenges and opportunities presented by this diverse, essential, and rapidly-evolving field.

WELL 2054 Applications in Global Mental Health (1-2 Credits)

This course provides students with an opportunity to integrate the theoretical and conceptual underpinnings of global mental health with meaningful community-engaged experiences. Students will be challenged to collaborate across professional disciplines to research and incorporate best practices grounded in principles of equity, diversity, and inclusion, centering the needs and voices of community stakeholders.

WELL 2055 Future Directions in Global Mental Health (1-2 Credits)

This course challenges students to look beyond here and now, to the future of global mental health, and prepares students for the next phases of their training and careers. Building on both didactic and experiential learning, this course will address the needs and obstacles facing global mental health fields today—ranging from inequities in health care access to identity-based violence to ecological injustice—and will create a space for curiosity about what tomorrow may hold, and what role each student may play in addressing some of the most pressing concerns of their time. Themes include cultural awareness and humility, global majority dynamics, and systemic bias, as well as the importance of self assessment around personal worldviews, gaps in learning, and areas of ongoing growth.

WELL 2070 Introduction to Mental Health and Wellness Studies (4 Credits)

This course introduces students to foundational concepts of mental health and wellness through a framework that emphasizes diversity, equity, and inclusion as well as interprofessional perspectives. Students will explore concepts of mental health, wellness, and distress drawing on perspectives that range from Indigenous understandings and practices to modern diagnostic and intervention models grounded. For example, students will explore multiple dimensions of wellness as well as diverse professional approaches to mental health and wellness. Students will be invited to explore their passion, values, and lived experiences to think critically through the challenges and opportunities available in the diverse field of mental health and wellness.

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.

WELL 2700 Leveraging Eco-Distress to Create a Regenerative Future (4 Credits)

This course looks at wellness and mental health through the lens of addressing global environmental change through imagining and co-creating a future that is equitable, just, joyful, and based on thriving, mutually beneficial relationships with other humans, all other species, and the natural world. Emphasis will be placed on building resilience to climate grief, solastalgia, eco-anxiety, and climate trauma utilizing a strengths-based perspective and frameworks such as social permaculture, regenerative design, and futures thinking. Students will develop knowledge and awareness of how global environmental change and the polycrisis impact our thoughts, emotions, and behavior, and will learn skills and mindsets to support them in feeling empowered in their ability to take hopeful and intentional action in the creation of a regenerative future for all beings and the Earth.

WELL 3020 Mental Health and Wellness for the Public Good (2 Credits)

This capstone course of the Mental Health and Wellness Minor requires students to integrate knowledge related to diverse understandings of wellness and origins of mental health inequities learned in prior Minor courses. Through structured, critical reflections and discussions, students will identify community-relevant ways in which mental health and wellness promotion could be enhanced. They will use the interdisciplinary perspectives gleaned from earlier courses to create and execute an applied project or experiential learning activity with the objective of promoting mental health, wellness, and equity for the public good.

WELL 3028 Internship (1-2 Credits)

This internship is designed to help you develop interprofessional skills to address mental health and wellness issues. During the internship, you will have opportunities to transfer learning from classes to projects that address complex problems of importance to the student and the public good; have agency and play a key role in defining and carrying out collaborative projects; and receive individualized mentoring.

WELL 3991 Independent Study (1-10 Credits)

An Independent Study in Mental Health & Wellness.