

WELLNESS MINOR

Office: Driscoll South, Suite 13

Mail Code: 2050 East Evans Avenue Denver, CO 80208

Phone: 303-871-2309

Email: UAP.wellnessminor@du.edu

Web Site: <http://www.du.edu/livinglearning/wellness/minor.html> (<https://www.du.edu/livinglearning/wellness/minor.html>)

Wellness Minor Roadmap: PLEASE GO HERE TO BETTER UNDERSTAND A PATH TO SUCCESS FOR THIS MINOR (http://bulletin.du.edu/undergraduate/majorsminorscoursedescriptions/traditionalbachelorsprogrammajorandminors/wellness/Wellness_Minor.png)

The Wellness Minor is open to all students at DU. Students can pursue the Wellness Minor without being part of the Wellness Living and Learning Community.

Wellness is a unifying concept that weaves together many different disciplines, curricula, and facets of experience to promote conscious growth and dynamic balance in life. The Wellness Minor is designed to study a multidimensional model of wellness, including environmental, community, physical, emotional, mental, spiritual, multicultural, social/relational and intellectual/occupational wellness. An undergraduate who completes a minor in Wellness will have an increased ability to navigate in the health care, wellness, or corporate arenas which are increasingly embracing preventative, proactive approaches to health. These undergraduates will have delved into various approaches that prepare them to have a foundation for healthy living, gaining a breadth of exposure to various approaches to wellness. The wellness minor is suited for individuals who want to support their major with a balanced academic and experiential emphasis on the practice of wellness. This is often a good fit for majors such as: Biology, Psychology, Communication Studies, Sociology, Gender & Women's Studies, Anthropology, Philosophy, and Religious Studies.

Dimensions of Wellness:

Environmental Wellness: "Environmental wellness involves leading a lifestyle that is respectful of and in harmony with your environment. Includes caring for one's surrounding environment and seeking growth and sustainability therein. Environmental wellbeing involves being aware of the limits of the earth's natural resources, and understanding the impact your actions on the environment." (U of Illinois, Campus Wellbeing Services (<http://humanresources.illinois.edu/campus-wellbeing-services/resources/dimensions-of-wellness/environmental.html>))

Community Wellness: "Social [community] wellness involves embracing interconnectedness, and understanding how your actions affect other people and their community." (U of Illinois, Campus Wellbeing Services) (<http://humanresources.illinois.edu/campus-wellbeing-services/resources/dimensions-of-wellness/social.html>)

Physical Wellness: "The physical dimension of wellness entails taking good care of your physical body. Being physically well reduces the risk of illness fatigue and injury. In addition, physical wellness can lead to psychological benefits such as enhanced self-esteem, self-control, determination and a sense of direction." (U of Illinois, Campus Wellbeing Services (<http://humanresources.illinois.edu/campus-wellbeing-services/resources/dimensions-of-wellness/physical.html>))

Emotional Wellness: "The emotional dimension of wellness involves developing awareness and acceptance of one's feelings. Emotionally well people are able to express feelings freely and manage feelings effectively. Emotional wellness enables one to maintain satisfying relationships, deal with conflict and remain grounded during stressful times." (U of Illinois, Campus Wellbeing Services (<http://humanresources.illinois.edu/campus-wellbeing-services/resources/dimensions-of-wellness/emotional.html>))

Mental Wellness: According to the World Health Organization, mental wellness is defined as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." (American Mental Wellness Association (<https://www.americanmentalwellness.org/intervention/definitions>))

Spiritual Wellness: "The spiritual dimension of wellness involves exploring meaning and purpose in human existence. It includes developing a deep appreciation for the depth and expanse of life and natural forces that exist in the universe. A sign of spiritual wellness is the ability to integrate your beliefs and values into your actions." (U of Illinois, Campus Wellbeing Services (<http://humanresources.illinois.edu/campus-wellbeing-services/resources/dimensions-of-wellness/spiritual.html>))

Multicultural Wellness: Ability to adapt different cultural lens of wellness without universalizing what wellness is or how it is practiced. "Awareness of your own cultural background and becoming knowledgeable about, respectful of, and sensitive to the culture of others." (Harvey Mudd College, Student Life (https://www.hmc.edu/student-life/wp-content/uploads/sites/4/2014/02/HANDOUT_Eight_Dimensions.pdf))

Social/Relational Wellness: "Learning good communication skills, developing safe intimacy with others, connecting and contributing to one's community, living up to healthy expectations and demands of our social roles, creating a support network of friends, colleagues and family members, showing respect for others and yourself, building a sense of belonging." (Harvey Mudd College, Student Life (https://www.hmc.edu/student-life/wp-content/uploads/sites/4/2014/02/HANDOUT_Eight_Dimensions.pdf))

Intellectual/Occupational Wellness: "Intellectual wellness involves utilizing learning resources to expand knowledge, improve skills, and experience life more fully." (U of Illinois, Campus Wellbeing Services (<http://humanresources.illinois.edu/campus-wellbeing-services/resources/dimensions-of-wellness/>))

wellness/intellectual.html)) "Occupational wellness entails seeking personal satisfaction and enrichment in one's life through work. Occupational wellness involves contributing your unique gifts, skills, and talents to work that is personally meaningful and rewarding." (U of Illinois, Campus Wellbeing Services (<http://humanresources.illinois.edu/campus-wellbeing-services/resources/dimensions-of-wellness/occupational.html>))

Wellness

Minor Requirements

24 credits, including the following:

Code	Title	Credits
Required Courses for WELLNESS LLC Students ONLY		
Four to six credits from the Wellness LLC series (these courses are only available to members of the Wellness Living & Learning Community):		
WELL 2013	WLLC: Introduction to Wellness	4-6
WELL 2015	WLLC: Spiritual and Emotional Wellness	
WELL 2014	WLLC: Community and Social Wellness	
Students not enrolled in the Wellness Living and Learning Community are required to take the following introductory course:		
This course does not have to be taken first to begin the minor.		
WELL 1013	Introduction to Wellness Studies (Offered Spring Quarter)	
Electives		18-20
Choose 5 courses from at least 2 different wellness domains (totaling 24 credits for the minor). At least 8 credits need to be earned at the 2000 level or above. Please be aware some of these courses may require prerequisites. Elective courses may include the following: ¹		
Environmental		
ANTH 3500	Culture and The City	
ENVI 3000	Environmental Law	
GEOG 3755	Geography of Health	
PHIL 2785	Environmental Ethics	
Community		
AH 2580/CUI 3987/SS 2580	Spectator to Citizen: Community Organizing (2 credits)	
AH 2581/CUI 3988/SS 2581	Spectator to Citizen: Denver Urban Issues and Policy (2 credits)	
AH 2582/2582/CUI 3989/SS 2582	Spectator to Citizen: School-Based Civic Engagement (2 credits)	
ANTH 1010	Anthropology: Humankind in Context	
COMN 2030	Social Movement Rhetoric	
COMN 2115	Performance & Social Change	
COMN 2210/GWST 2212	Gender, Communication, Culture	
PHIL 1611	Philosophy and Social Justice	
PPSS 2100	Concepts of the Public Good	
PSYC 2740	Social Psychology (Prerequisite: PSYC 1001)	
SOCI 1810	Understanding Social Life	
SOCI 2060	Self and Society (Prerequisite: SOCI 1810)	
SOCI 2240	Sociology of Health (Prerequisite: SOCI 1810)	
SOCI 2800	Sociology of Sport (Prerequisite: SOCI 1810)	
SOCI 2820	Drugs and Society (Prerequisite: SOCI 1810)	
Physical		
ANTH 2010	Cultural Anthropology	
BIOL 1220	Molecules to Humankind I	
BIOL 1221	Molecules to Humankind II	
BIOL 1222	Molecules to Humankind III	
COMN 3010	Critical Sexuality Studies	
COMN 3270	Health Communication	
GWST 2500/	Biology of Women	
GWST/SOCI 2565	Men and Masculinities (Prerequisite: SOCI 1810)	
PHIL 2700	Biomedical Ethics	
PSYC 2070	Child and Lifespan Development (Prerequisite: PSYC 1001)	

PSYC 2090	Human Sexuality (Prerequisite: PSYC 1001)
SOCI 2240	Sociology of Health (Prerequisite: SOCI 1810)
Emotional	
CNP 1650	Unlearning to Learn: A Journey in Self Discovery (1 credit)
PHIL 2006	Self, Soul, and Public
PSYC 2109	Depression (Prerequisite: PSYC 1001)
SOCI 2060	Self and Society (Prerequisite: SOCI 1810)
Mental	
CNP 3263	Counseling Psychology: The Psychology of Sex and Intimate Relationships
PHIL 2100	Philosophy of Mind
PSYC 1001	Foundations of Psychological Science
PSYC 2031	Introduction to Cognitive Neuroscience (Prerequisite: PSYC 1001)
SOCI 2820	Drugs and Society (Prerequisite: SOCI 1810)
Spiritual	
ANTH 3020	Native Religions
ASIA 2704/RLGS 3820	Buddhism
PHIL/RLGS 2005	Philosophy of Religion
PHIL 2006	Self, Soul, and Public
PLSC 2425	Religion in American Politics (Prerequisite: Must be Sophomore standing)
RLGS 2101	Exploring Religion in America
RLGS 2114/ASIA 2714	History of Yoga
RLGS 3002	Creation & Humanity
RLGS 3315	Religion & Moral Psychology
RLGS 3350	Culture, Psyche, and Religion
RLGS/GWST/JUST 3740	Bodies and Souls
SOCI 2270	Sociology of Religion (Prerequisite: SOCI 1810)
Multicultural	
ANTH 2010	Cultural Anthropology
ANTH 3060	Cultural Narratives (Prerequisite: Must be Junior standing)
ARTH 1010	Images of Culture
CNP 3262	Counseling Psychology: The Diversity of Healing
COMN/GWST 3050	Feminism and Intersectionality
COMN 3310	Globalization, Culture, and Communication
COMN/GWST 1015	Voice and Gender
COMN 1700	Fundamentals of Intercultural Communication
COMN 3140	Advanced Intercultural Communication
RLGS 2401	Social Justice in a Global Context: Theory and Practice
SOCI/GWST 2730	Gender in Society (Prerequisite: SOCI 1810)
Social/Relational	
COMN 1100	Communication in Personal Relationships
COMN 2140	The Dark Side of Relationships
COMN 2470	Gender and Communication
COMN 3280	Family Communication
COMN 3770	Mediated Communication and Relationships
GWST 2210/2210	The Family (Prerequisite: SOCI 1810)
PSYC 2540	The Psychology of Couples Relationships: From Dating to Mating and Beyond (Prerequisite: PSYC 1001)
Intellectual/Career	
BUS 1900	Managing Your Financial Affairs
CNP 1200	Career Decision Making (2 credits)
CNP 1250	Peer Counseling (2 credits)
COMN 1012	Speaking on Ideas that Matter
COMN 1550	Communication in the Workplace

COMN 3020	Conflict Management	
MGMT 3150	Creativity, Innovation, and Design Thinking (Prerequisites: MGMT 2100 and admission to Daniels.)	
MGMT 3700	Stress Management (Prerequisite: Degree checkpoint 2 and MGMT 2100)	
Total Credits		24

- ¹ Relevant coursework may be substituted with approval from minor coordinator. Please have the syllabus for the course you would like to substitute and find a course description from the electives list on the undergraduate course bulletin (above) that parallels the syllabus. Please email your syllabus and the parallel DU course name, number and description to UAP.wellnessminor@du.edu.