

WELLNESS MINOR

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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. As one of the four key dimensions of a DU student 4D experience, the Wellness Minor is designed around a multidimensional model that includes achieving social, emotional, physical, spiritual and financial wellness. An undergraduate who completes a minor in Wellness will have an increased ability to navigate the health care, wellness, or corporate arenas which are increasingly embracing preventative, proactive approaches to health. These undergraduates will delve 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 minor supports the 4D model experience by focusing on learning about and practicing well-being through the following dimensions:

Dimensions of Wellness

- Mental Wellness
- Community Wellness
- Physical Wellness
- Emotional Wellness
- Spiritual Wellness
- Multicultural Wellness
- Social/Relational Wellness
- Intellectual/Occupational Wellness
- Environmental Wellness

Wellness

Minor Requirements

24 credits, including the following:

Code	Title	Credits
Required Courses for WELLNESS LLC Students ONLY		4-6
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	
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		

CENG 2510	Denver Urban Issues and Policy
CENG 2520	Community Organizing
CENG 2590	From Public Good Theory to Action
ANTH 1010	Anthropology: Humankind in Context
COMN 2030	Social Movement Rhetoric
COMN 2210/GWST 2212	Gender, Communication, Culture
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
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)
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
PHIL/RLGS 2005	Philosophy of Religion
PLSC 2425	Religion in American Politics (Prerequisite: Must be Sophomore standing)
RLGS 2114/ASIA 2714	Roots of Yoga and Tantra: Methodologies and Modern Practice
RLGS 3002	Creation & Humanity
RLGS 3315	Religion & Moral Psychology
RLGS 3350	Culture, Psyche, and Religion
RLGS/GWST/JUST 3740	Bodies and Souls
Multicultural	
ANTH 2010	Cultural Anthropology
ANTH 3060	Cultural Narratives (Prerequisite: Must be Junior standing)
ARTH 1010	Images of Culture
CNP 3262	Diversity of Counseling Psychology and Mental Health
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	Topics in 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.

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.