Wellness 1101 / Spring 2012 / MWF

Brian Fennig bfennig@smu.edu
214-768-4876 / Office Hours: By Appointment (make one! ☺)

Date	Day	Topic/Content	Location/Notes
1/18	Wednesday	Intro to Wellness	Classroom 4
1/20	Friday	Social Wellness / Who Are You? Part I	Classroom 4
1/23	Monday	Social Wellness / Who Are You? Part II	Classroom 4
1/25	Wednesday	Defining Wellness	Classroom 4
1/27	Friday	OCE Description	Classroom 4
1/30	Monday	Life Lessons in Wellness: Obstacles to Change	Classroom 4
2/1	Wednesday	OCE #1	Anywhere but here!
2/3	Friday	Altshuler Learning Enhancement Center	A-LEC
2/6	Monday	Stress	Classroom 4
2/8	Wednesday	Elements of Identity Preview	Classroom 4
2/10*	Friday	Emotional Wellness / Meditation / OCE Paper Due	Classroom 4
2/13	Monday	Physical Wellness Perspectives	Classroom 4
2/15	Wednesday	Nutrition Perspectives	Classroom 4
2/17	Friday	Multicultural Student Affairs Visit	Classroom 4
2/20	Monday	Fitness Testing / Measurements	Classroom 4
2/22	Wednesday	Fitness Testing / 12 min run	Classroom 4
2/24	Friday	OCE #2	Anywhere but here!
2/27	Monday	Fitness Test Return	Classroom 4
2/29	Wednesday	Elements of Identity Presentations	Classroom 4
3/2*	Friday	ADAP Program Visit / OCE Paper Due	Classroom 4
3/5	Monday	Elements of Identity Presentations	Classroom 4
3/7	Wednesday	Elements of Identity Presentations	Classroom 4
3/9	Friday	OCE #3	Anywhere but here
3/12	Monday	Spring Break Holiday	Anywhere but here
3/14	Wednesday	Spring Break Holiday	Anywhere but here
3/16	Friday	Spring Break Holiday	Anywhere but here
3/19	Monday	Relationships I: When You Meet Whom	Classroom 4
3/21	Wednesday	Relationships II: Deal Makers/Breakers	Classroom 4
3/23*	Friday	Women's Center Visit / OCE Paper Due	Classroom 4
3/26	Monday	Life Lessons in Wellness: The Four Agreements	Classroom 4

3/28	Wednesday	Spiritual Wellness	Classroom 4
3/30	Friday	OCE #4	Classroom 4
4/2	Monday	Life Lessons in Wellness: Ritual vs. Habit	Classroom 4
4/4	Wednesday	Career Wellness	Classroom 4
4/6	Friday	Good Friday Holiday	Anywhere but here!
4/9	Monday	Career Center Presentation	Classroom 4
4/11	Wednesday	Environmental Wellness	Classroom 4
4/13*	Friday	Emotional Wellness / Meditation / OCE Paper Due	Classroom 4
4/16	Monday	Integrity	Classroom 4
4/18	Wednesday	Life Lessons in Wellness: Tuesdays With Morrie	Classroom 4
4/20	Friday	Life Lessons in Wellness: Tuesdays With Morrie	Classroom 4
4/23	Monday	Life Lessons in Wellness: Tuesdays With Morrie	Classroom 4
4/25	Wednesday	Goal Setting	Classroom 4
4/27	Friday	Wellness Conclusions	Classroom 4
4/30	Monday	Last day of instruction	Classroom 4

* = OCE writing due

Course Requirements:

Show up, be on time and bring your brain. More than 4 (four) absences will result in course failure. You must complete all of the OCE Writings to receive credit for this course. Drink containers with lids are permitted in class but food is not. PLEASE TURN OFF YOUR CELL PHONES and LAPTOPS.

COURSE OBJECTIVES

- To empower students to make more meaningful choices.
- To elevate your awareness of, and to identify your personal relationship with the seven general areas of wellness.
- To help you make a healthy transition to college life.
- To provide techniques to help you respond positively to any imbalance you may perceive in any of the seven areas of wellness.
- To familiarize you with the campus wellness facilities, equipment, and services.
- To promote mentoring relationships with faculty and staff.

- To promote a spirit of team building and an atmosphere of support.
- To promote a lifetime of physical fitness.
- To make friends and have fun.

LEARNING OUTCOMES

Developing a Wellness perspective enables the student to:

- profoundly and positively change attitudes and behaviors as they relate to the seven domains of Wellness.
- understand the relationship between thoughts, behaviors and outcomes.
- have a reference construct for determining the relationship and distinction between wellness and health.
- describe a personal sense of meaning and purpose in life.
- explain how change is a fundamental element of their university experience.
- explore the origins and sense of their identity.
- explain the value and significance of integrity.
- understand how to extend wellness philosophies beyond the classroom.

- Disability Accommodations: Students needing academic accommodations for a disability must first be registered with Disability Accommodations & Success Strategies (DASS) to verify the disability and to establish eligibility for accommodations. Students may call 214-768-1470 or visit http://www.smu.edu/alec/dass to begin the process. Once registered, students should then schedule an appointment with the professor to make appropriate arrangements.
- Religious Observance: Religiously observant students wishing to be absent on holidays that require missing class should notify their professors in writing at the beginning of the semester, and should discuss with them, in advance, acceptable ways of making up any work missed because of the absence. (See University Policy No. 1.9.)
- Excused Absences for University Extracurricular Activities: Students participating in an officially sanctioned, scheduled University extracurricular activity should be given the opportunity to make up class assignments or other graded assignments missed as a result of their participation. It is the responsibility of the student to make arrangements with the instructor prior to any missed scheduled examination or other missed assignment for making up the work. (University Undergraduate Catalogue)

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1/17	Tuesday	Introduction to Wellness	Classroom 3
1/19	Thursday	Social Wellness: Who Are You? Part I	Classroom 3
1/24	Tuesday	Social Wellness: Who are You? Part II	Classroom 3
1/26	Thursday	Defining Wellness / OCE Description	Classroom 3
1/31	Tuesday	Life Lessons in Wellness: Obstacles to Change	Classroom 3
2/2	Thursday	Altshuler Learning Enhancement Center	A-LEC
2/7	Tuesday	Stress / Elements of Identity Preview	Classroom 3
2/9	Thursday	OCE #1	Anywhere but here
2/14	Tuesday	Physical Wellness / Nutrition Perspectives	Classroom 3
2/16*	Thursday	Multicultural Student Affairs Visit / OCE Paper Due	Classroom 3
2/21	Tuesday	Life Lessons in Wellness: The Four Agreements	Classroom 3
2/23	Thursday	OCE #2	Anywhere but here
2/28	Tuesday	Elements of Identity	Classroom 3
3/1*	Thursday	ADAP Presentation / (EI) / OCE paper due	Classroom 3
3/6	Tuesday	Elements of Identity	Classroom 3
3/8	Thursday	OCE #3	Anywhere but here
3/13	Tuesday	Spring Break Holiday	Anywhere but here
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