

**Annette Caldwell Simmons School of Education and Human Development
Department of Applied Physiology and Wellness**

**PRW I – 1101: Personal Responsibility and Wellness: Concepts of Wellness
May Term 2014 May 15 – May 30 (May 26th holiday) 9:00 am-1:00 pm**

**Dedman Center for Lifetime Sports Classroom # 3
Main Campus - Southern Methodist University**

Instructor: Dr. Donna L. Gober
Office Hours: 2:30-3:30 or appt.
Office # 021 Wellness Dept.

Phone#: 768-2196
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PRW I – PERSONAL RESPONSIBILITY AND WELLNESS

COURSE DESCRIPTION

PRW-I introduces the student to University support systems and explores three sets of issues related to well-being in college and later in life: (1) The role of personal responsibility in coping with college and life's other transitional periods; (2) challenges and opportunities at SMU, including managing time, stress, benefitting from diversity and autonomy, dealing with pitfalls related to alcohol and drugs, and exploring resources and activities on campus; and (3) personal finance to enable students to make informed decisions about managing money, using credit cards, and making major purchases, whether during their time at SMU or later in life.

The course introduces students to the eight dimensions of Wellness (social, physical, emotional, occupational, intellectual, environmental, spiritual, financial) and features a series of discussions, personal assessments, lessons from related on-campus facilities and services, and other action oriented activities. During this course, students will work on their e-portfolio. The aim of the e-portfolio is to encourage students to record and reflect upon their activities. Students are also required to participate in a variety of out-of-class experiences.

PRW-I is primarily an information-oriented course. It also focuses on issues of attitude, change, adaptation to change, personal responsibility and happiness. In general, the course content increases awareness of the relationship between our thoughts and lifestyle choices and how they relate to health and effectiveness as well as an improved sense of meaning, purpose and well-being.

This one-hour credit course is a graduation requirement for all students entering SMU. Grades will be determined on a pass/fail basis utilizing and attendance criterion and selected assignments. Because of the participatory nature of wellness, students are expected to be in attendance throughout the semester.

REQUIRED TEXTBOOK

Ramsey, D. (2011). Foundations in Personal Finance: College Edition. ISBN: 9781936948024

STUDENT LEARNING OUTCOMES/COURSE OBJECTIVES:

1. Students will be able to identify academic and personal support services available on campus.
2. Students will be able to explain how change is a fundamental element of their university experience.
3. Students will be able to describe the relationship between thoughts, behaviors and outcomes.
4. Students will be able to explain the value and significance of integrity.
5. Students will be able to demonstrate an understanding of the relationship between lifestyle choices and health.
6. Students will be able to identify their stressors and their responses to them.
7. Students will be able to describe stress reduction methods.
8. Students will be able to report that participation in Wellness enhanced their stress coping skills
9. Students will be able to identify and utilize at least two campus and/or online resources that can provide reliable information for building credit/credit scores, college financing (scholarships, grants, loans), and budgeting.
10. Students will be able to describe how financial decisions made in college may affect their overall financial health in the long term.
11. Students will be able to demonstrate an understanding of principles of effective personal financial management.
12. Students will develop a personal wellness perspective in regard to their own lives

COURSE REQUIREMENTS

This course is designed to be interesting, challenging and fun. Your full participation will enhance your experience. You are expected to adhere to the course requirements as listed in this syllabus. You are expected to keep up with and adhere to the course schedule.

Participation and Attendance:

Attendance is essential and required in this class. Students complete the majority of assignments during class time. **To pass the class, you must be in attendance for the full session of 11 class days.** Students who participate in officially sanctioned, scheduled extra-curricular activities must submit documentation and will be allowed to make-up the absence or missed assignment within one week of the missed class. Please be on time to class. Three late arrivals constitute one missed class. (Late = after class begins).

Active participation is a requirement of this course. This includes listening attentively and contributing to discussions, activities, and lessons in a meaningful way. **All electronic devices must be turned off and put away during our class time.** Please keep all study/reading materials for other courses put away during class.

Out of Class Experiences:

All students will complete 2 "Out of Class Experiences," or "OCE's." These assignments allow students to apply information from class in their lives and report about it in a reflective writing assignment. The assignments are derived from one or more of the 8 dimensions of Wellness. Students will receive written instructions for the assignment and class time to complete the assignments. The reflective writing assignments that follow the OCE are typed, double-spaced papers with one-inch margins. These are due in class on dates specified in your course schedule and should generally be no more than a page or two in length.

Evaluation and Grading: Students will be provided with a checklist of course requirements used by the instructor for evaluation and grading. Evaluation Checklist for Wellness:

1. Attendance and Participation: No more than 1 absence: _____
2. Out of Class Experiences (OCE): 1) _____ 2) _____ 3) _____
3. In-class assignments: 1) Complete a Budget _____ 1) Final Essay _____
4. Email assignments: 1) Wellness Perspective _____

Goals of the Instructor: I hope to; empower you to make more meaningful choices.

- elevate your awareness of, and identify your personal relationship with the eight dimensions of wellness.
- help you make a healthy transition to college and develop skills to adapt to change in life.
- provide techniques to help you respond positively to any imbalance you may perceive in any of the eight areas of wellness.
- familiarize you with the campus wellness facilities, equipment, and services.
- promote an atmosphere of support.
- create an environment conducive to learning, making friends, and having fun.

My over-arching goal is provide you with an authentic learning experience that contributes to your overall well-being and transfers into your real life experiences in ways that are valuable to you. Please make an appointment with me if you have any special needs in order to successfully complete this course.

Sincerely,

Dr. Donna L. Gober

University Policies

- **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)

Personal Responsibility and Wellness - PRW **1101: Concepts of Wellness**

May-term: May 15-30, 2014 Course Schedule SMU Main Campus

M-F: 9:00am-1:00pm

Instructor: dgober@smu.edu

214-768-2196

Office Hours: By Appointment

Date	Day	Topic/Content	Location/Notes
May 15	Thursday 9:00am-1:00pm	Introduction to Personal Responsibility and Wellness; Social Wellness: Dyadic Encounter; Perceptions, Health & Happiness/Favorite Quote; Developing a Wellness Perspective; Name Game; Social/Emotional Wellness -Dr. William Glasser's Choice Theory; Dr. Stephen Covey's 7 Habits of Highly Effective People	Classroom #3 Course syllabus/overview Partner Activity FISH MARKET video / Bring your favorite quote to class. Glasser's Choice Theory http://www.wglasser.com Covey's 7 Habits https://www.stephencovey.com/
May 16	Friday 9:00am-12:00pm	Emotional/Physical Wellness: Stress and Health; Stress, Health & Wellness; Film: Stress: Portrait of a Killer; Stress Management Techniques/Relaxation Techniques Stress Management Assessment: Turning Point Technologies	Classroom #3 Dress comfortably for relaxation techniques. Developing Effective Coping Strategies Elements of Identity Presentations Assigned
May 19	Monday 9:00am-1:00pm	Financial Wellness: Personal Financial Management; <i>Dave Ramsey: Foundations in Personal Finance-College Edition Text and online resources</i> Financial Wellness Assessment: Turning Point Technologies OCE #1 (out-of-class experience): Attend an event, meeting, performance, lecture, outside your areas of interest and comfort. Seek out a new experience that is not something you would typically choose.	Classroom #3 http://smu.edu/bursar/ Read Chapters 1,2, & 3. /online resource/budgeting assignment Dave Ramsey text/online resource http://www.foundationsu.com/app/home/ OCE #1 reflective paper due Thursday, May 29 session: 1-2 page paper, typed, double-spaced, 1 inch margins.
May 20	Tuesday 9:00am-1:00pm	Intellectual Wellness: College Success Factor Index; Social/Cultural Wellness: Perceptions/Attitudes; MSA Rapid Fire, Elements of Identity Presentations;	Classroom #3 Intro to Altshuler Learning Enhancement Center, www.smu.edu/alec ; Film: The Lunch Date/Discussion; Multicultural Student Affairs http://smu.edu/studentactivities
May 21	Wednesday 9:00am-1:00pm	Social/Emotional Wellness: Healthy Relationships; Perceptions/Identity/Potential/Purpose; Personality Profiles; Relationship Theories; Relationship Contract Communication Theories OCE # 2: Spiritual Wellness	Classroom #3 Group Activity in class; Julian Rotter, Abraham Maslow, Stephen Covey, William Glasser, www.smu.edu/womenscenter https://implicit.harvard.edu/implicit/demo/ OCE # 2 due Friday, May 30. 1-2 page paper, typed, double-spaced, 1 inch margins.
May 22	Thursday 9:00am-1:00pm	Occupational Wellness: The Career Center and You; Locus of Control;	Classroom #130 – Dress comfortably www.smu.edu/career

		Intellectual/Occupational Wellness: E-portfolio Overview; The Value and Significance of Integrity	http://www.mindtools.com/pages/article/newCDV_90.htm Group Activity in class/discussion/presentation Classroom #130 – Bring your lap top to class! Online assignment http://smu.edu/oit_tools/tutorials/locker/locker.htm Integrity Assessment: Turning Point Technologies
May 23	Friday 9:00am-1:00pm	Physical/Social/Emotional Wellness: Alcohol and Drug Abuse Prevention Developing a Wellness Perspective	Group activity, discussion, presentation. http://smu.edu/healthcenter/alcoholeducation/
May 27	Tuesday 9:00am-1:00pm	Physical Wellness: Lifestyle Choices & Health; Fitness, Nutrition, Exercise Physiology; Busting nutrition myths; Physical Activity and Health	www.acsm.org www.caloriesperhour.com http://www.cooperinstitute.org/

May 28	Wednesday 9:00am-1:00pm	Physical Wellness: Lifestyle Choices & Health; Fitness, Nutrition, Exercise Physiology; Busting nutrition myths; Physical Activity and Health	www.acsm.org www.caloriesperhour.com http://www.cooperinstitute.org/
May 29	Thursday 9:00am-1:00pm	Spiritual Wellness: Perceptions, the Spirit and Health; Meditation/Relaxation Techniques; Finding your Purpose <i>Final reflective essay due Friday, May 30 by 12:00am</i>	<i>Final reflective essay due Friday May 30 to dgober@smu.edu</i> <i>Attached as a Word document. 1-2 pages, double-spaced, 1 inch margins.</i>
May 30	Friday 9:00am-1:00pm	Spiritual Wellness: Perceptions, the Spirit and Health; Meditation/Relaxation Techniques; Finding your Purpose	Film: The Human Experience http://www.grassrootsfilms.com/thehumanexperience/