

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  
July B Summer Term 2019: July 23<sup>rd</sup>-Aug. 6th  
1:00pm-5:00pm Main Campus Southern Methodist University

Instructor: Dr. Donna L. Gober  
Office Hours: by appointment

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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.

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 attendance criterion and selected assignments. Because of the participatory nature of wellness, students are expected to be in attendance throughout the semester.

### **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 the value and significance of integrity.
3. Students will be able to demonstrate an understanding of the relationship between lifestyle choices and wellness.
4. Students will be able to identify their stressors and their responses to them.
5. Students will be able to describe stress reduction methods.
6. Students will be able to report that participation in Wellness enhanced their stress coping skills
7. 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.
8. Students will be able to describe how financial decisions made in college may affect their overall financial health in the long term.
9. Students will be able to demonstrate an understanding of principles of effective personal financial management.
10. Students will develop a personal wellness perspective in regard to their own lives.

### **COURSE REQUIREMENTS**

#### ***REQUIRED TEXTBOOK***

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

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 schedule of classes.** 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: \_\_\_\_\_ (see attendance/participation requirements)
2. Out of Class Experiences (OCE): 1) \_\_\_\_\_ 2) \_\_\_\_\_
3. In-class assignments: 1) Complete a Budget \_\_\_\_\_ 2) Stress scale \_\_\_\_\_ 3) Elements of Identity \_\_\_\_\_
4. Email assignments: 1) Wellness Perspective \_\_\_\_\_ 2) Final Essay \_\_\_\_\_

### **Goals of the Instructor:** I hope to;

empower you to make more meaningful choices, and 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, and 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, and 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 register with Disability Accommodations & Success Strategies (DASS). Students can call 214-768-1470 or visit <http://www.smu.edu/Provost/ALEC/DASS> to begin the process. Once registered, students should then schedule an appointment with the professor as early in the semester as possible, present a DASS Accommodation Letter, and make appropriate arrangements. Please note that accommodations are not retroactive and require advance notice to implement.
- 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 Course Schedule

July B Term: Tuesday, July 23<sup>rd</sup>-Tuesday, Aug. 6<sup>th</sup>, 2019

Date	Day	Topic/Content	Location/Notes
July 23 <sup>rd</sup>	Tuesday 1:00pm-5:00pm	Introduction to Personal Responsibility and Wellness; <b>Social Wellness:</b> Dyadic Encounter; Perceptions, Health & Happiness, Favorite Quote, Developing a Wellness Perspective, Name Game <b>Social/Emotional Wellness-</b> Glasser's Choice Theory, Covey's 7 Habits of Highly Effective People, Maslow's Hierarchy of Needs	Course syllabus/overview Partner Activity FISH MARKET video / <b>Bring your favorite quote to class.</b> Maslow's Hierarchy of Needs <a href="http://www.learning-theories.com/maslows-hierarchy-of-needs.html">http://www.learning-theories.com/maslows-hierarchy-of-needs.html</a> Glasser's Choice Theory <a href="http://www.wglasser.com">http://www.wglasser.com</a> Covey's 7 Habits <a href="https://www.stephencovey.com/">https://www.stephencovey.com/</a>
July 24 <sup>th</sup>	Wed. 1:00pm-5:00pm	<b>Emotional/Physical Wellness:</b> Stress and Health; What is the relationship? Stress, Health & Wellness; Film: <i>Stress: Portrait of a Killer</i> ; Stress Management Techniques/Relaxation Techniques/Introduction to meditation.	<b>Dress comfortably for relaxation techniques.</b> Developing Effective Coping Strategies Elements of Identity Presentations Assigned, examples provided
July 25 <sup>th</sup>	Thursday 1:00pm-5:00pm	<b>Financial Wellness:</b> Personal Financial Management; <i>Dave Ramsey: Foundations in Personal Finance- College Edition Text, videos and online resources</i> Guest Speaker – The Bursar's Office	<b>Guest Speaker: Bursar's Office</b> <a href="http://smu.edu/bursar/">http://smu.edu/bursar/</a> <b>Read Chapters 1, 2, &amp; 3.</b> /online resource/budgeting assignment Dave Ramsey text/online resource <a href="http://www.foundationsu.com/app/home">http://www.foundationsu.com/app/home</a>

July 26 <sup>th</sup>	Friday 1:00pm-4:00pm	<b>Intellectual Wellness:</b> College Success Factor Index; Creativity and Wellness; <b>Social/Cultural Wellness:</b> <u>Perceptions/Attitudes;</u> <u>MSA Guest Speaker</u> <b>OCE #1</b> (out-of-class experience): <i>See OCE list of options for more details.</i>	Intro to Altshuler Learning Enhancement Center, <a href="http://www.smu.edu/alec">www.smu.edu/alec</a> ; Film: The Lunch Date/Discussion; Multicultural Student Affairs <a href="https://implicit.harvard.edu/implicit/demo/">https://implicit.harvard.edu/implicit/demo/</a> <b>OCE #1</b> reflective paper due Tues., July 30 <sup>th</sup> : 1-2 page paper, typed, double-spaced, 1 inch margins
July 29 <sup>th</sup>	Monday 1:00-4:00pm	<b>Intellectual/Occupational/Emotional Wellness:</b> The Value and Significance of Integrity <a href="http://www.smu.edu/StudentAffairs/StudentLife/StudentHandbook/HonorCode">http://www.smu.edu/StudentAffairs/StudentLife/StudentHandbook/ HonorCode</a> <u><b>Elements of Identity Presentations;</b></u>	<a href="http://smu.edu/studentactivities">http://smu.edu/studentactivities</a> <a href="http://plato.stanford.edu/entries/aristotle-ethics/">http://plato.stanford.edu/entries/aristotle-ethics/</a> <b>Be prepared for your presentation!</b>
July 30 <sup>th</sup>	Tuesday 1:00pm-5:00pm	<b>Social/Emotional Wellness:</b> <u>Healthy Relationships;</u> <b>Guest Speaker: Women and LGBT Center.</b> Personality Profiles; Relationship Theories; Relationship Contract, Communication Theories	Group Activity in class; Revisiting theories; Julian Rotter, Abraham Maslow, Stephen Covey, William Glasser, <a href="http://www.smu.edu/womenscenter">www.smu.edu/womenscenter</a> <a href="https://implicit.harvard.edu/implicit/demo/">https://implicit.harvard.edu/implicit/demo/</a>
July 31 <sup>st</sup>	Wednesday 1:00pm-5:00pm	<b>Social/Emotional Wellness</b> Bystander Intervention, Consent, “Not on my Campus” initiatives, Risk Management and Safety Group Activity: Perceptions/Identity/Potential/Purpose	Bystander intervention activity: TAKECARE The Monika Korra Story of Survival Breaking down consent.
Aug. 1	Thursday 1:00pm-5:00pm	<b>Physical/Social/Emotional Wellness:</b> Alcohol and Drug Abuse Prevention Developing a Wellness Perspective <b>Sustainability and Environmental Wellness</b> <a href="https://www.youtube.com/watch?v=GXY_kBVq1M">https://www.youtube.com/watch?v=GXY_kBVq1M</a>	<b><u>Bring your lap top to class!</u></b> Group Activity, Essay instructions Online activity in class.
Aug. 2 <sup>nd</sup>	Friday 1:00pm-5:00pm	<b>Spiritual Wellness:</b> Perceptions, the Spirit and Health; Meditation/Relaxation Techniques; Finding your Meaning and Purpose <b>OCE # 2:</b> (out-of-class experience): <i>See OCE list of options for more details.</i>	Group Activity in class/discussion/presentation Film: The Human Experience <a href="http://www.grassrootsfilms.com/thehumanexperience/">http://www.grassrootsfilms.com/thehumanexperience/</a> <b>OCE # 2 due Tues., Aug. 6<sup>th</sup>.</b>

Aug. 5 <sup>th</sup>	Monday 1:00pm-5:00pm	<b>Occupational Wellness:</b> The Career Center and You. Holland Codes Activity. The Happiness Advantage: Shawn Achor: <a href="https://www.youtube.com/watch?v=iG9CE55wbtY">https://www.youtube.com/watch?v=iG9CE55wbtY</a> Locus of Control; J. Rotter.	<b>GUEST SPEAKER, Hegi Family Career Center</b> <a href="http://www.smu.edu/career">www.smu.edu/career</a> <a href="http://www.mindtools.com/pages/article/newCDV_90.htm">http://www.mindtools.com/pages/article/newCDV_90.htm</a> Group Activity in class/discussion/presentation
Aug. 6 <sup>th</sup>	Tuesday 1:00pm-4:00pm	<b>Physical Wellness:</b> Lifestyle Choices & Health; Fitness, Nutrition, Exercise Physiology; Busting nutrition myths; Physical Activity and Health <b>SLO Assessments in class: Bring your laptop or tablet.</b>	<b><u>Dress to complete some simple assessments for health.</u></b> <b>Final reflective essay due Aug. 6<sup>th</sup> to <a href="mailto:dgober@smu.edu">dgober@smu.edu</a></b> <b>Attached as a Word document. 1-2 pages, double-spaced, 1 inch margins. You will receive the prompt for the essay at the end of class today.</b> <b><u>OCE #2 due in class today.</u></b>

## ***OCE (Out of Class Experiences) Options for PRW-I***

Throughout the semester, you will complete two Out of Class Experiences (OCEs). These are opportunities to get outside of your comfort zone and try something new to enhance your personal wellness and learn more about yourself and others. The more that you put into this assignment, the more you will get out of it.

You will complete two OCEs this semester by selecting from the following four options. You will then write a 1-2 page essay describing the experience, what you gained from the experience, and how it relates back to your personal wellness.

These are college essays and should be written using the following format:

- The essay should have an introduction, a body, and a conclusion.
- Double-space the essay.
- Use a common 12-point font.
- Use standard margins
- Include your name and section number in the upper right-hand corner of your first page.

Please proofread all assignments. Although this is not an English class, I will return poorly written assignments for revisions. You must turn in a hard copy on the day the OCE is due. **Emailed assignments will not be accepted.**

### **OCE Days Off and Due Dates – Mark your calendar!**

	<b>Class time off</b>	<b>Due Date</b>
OCE #1	Friday, July 26th (one hour)	Tues., July 30 <sup>th</sup>
OCE #2	Fri., Jan. 11 <sup>th</sup> (one hour)	Tues., Aug. 6 <sup>th</sup>

### **OCE OPTION #1: SOCIAL WELLNESS**

This OCE encourages you to step outside of your immediate areas of interest and try something different. This is an opportunity to do something new! You are to attend an on-campus or off-campus event that is not something you would normally attend or are required or expected to attend for another class or organization. Examples would include attending an organization meeting, seeing a Meadows production, or going to a lecture hosted by the business school, or attending a class, lecture, meeting, event, or learning experience off campus that is not a typical activity for you.

When writing your reflective essay, please answer the following questions:

- What did you do?
- Did you meet new people? What did you learn about the new people you met?
- What material in class was applicable to your experience?
- What dimension(s) of wellness did this experience impact for you?

### **OCE OPTION #2: FINANCIAL WELLNESS**

Make a positive financial change and practice it for a week. Examples would include creating and sticking to a budget, setting up and contributing to a savings account, or decreasing spending in a particular area (like eating out or shopping). When writing your reflective essay, please answer the following questions:

- What was your financial change?
- What did you learn from this experience?
- What dimension(s) of wellness did this experience impact for you?

### **OCE OPTION # 3: OCCUPATIONAL WELLNESS**

Arrange for an informational conversation with someone who has a job that closely resembles what you want to do. Use this as an opportunity to get up close and personal about your future and how to best prepare for it. The Career Center has helpful materials and contacts if you need help.

Example questions you may ask during the conversation:

- Do you like your job?
- What part of your job is most satisfying or brings you the greatest meaning and purpose?
- How did you get where you are today?
- What are the responsibilities of your job?
- What is your typical day/week like?
- What are some qualities about yourself that have most helped you in your job?
- Are there things you wish you had done to better prepare for this job?
- What are the typical duties/functions at the entry level?
- What kind of time commitments should I expect?
- What do you see will be my biggest obstacles to getting a job like yours?
- What educational or experience requirements should I have by graduation?
- What qualities do you believe will contribute most to success in this field?
- Do you have any advice or words of wisdom for someone interested in this field?

When writing your reflective essay, please answer the following questions. Please do not give me a transcript of your conversation:

- Who did you speak with and what is his/her job?
- What did you gain from this experience
- How does this relate back to your personal wellness?

### **OCE OPTION #4: WELLNESS APPLICATION**

Choose one of the areas of wellness that may be weaker than others and engage in a change/activity/practice to improve upon that area. I encourage you to be thoughtful and really look inside yourself. What is something that you want to work on that would positively influence your wellness? This is open to your interpretation. When writing your reflective essay, please answer the following questions:

- What dimension did you select and why?
- What did you do to improve that dimension?
- How did this affect your personal wellness?

