Introduction to Course Syllabus for PRW-I 1101 May Term

Course Overview: 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, and 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.

Instructor Bio: Dr. Donna Gober joined the faculty of the Department of Applied Physiology and Wellness in the fall of 2008 after earning an Ed.D. in Educational Leadership with a cognate in Higher Education from Lamar University in Beaumont. She has been teaching full time in higher education for 23 years. Dr. Gober earned a Master of Science in Wellness with minors in Exercise Physiology and Counseling from the University of Mississippi while employed as a graduate instructor teaching courses in the Department of Health, Exercise Science, and Recreation Management. Prior to graduate school, Dr. Gober was an elementary school teacher for 7 years, and earned a Bachelor of Science in Elementary Education with specialization in Life/Earth Science from Lamar University. Her career as an educator spans 31 years. Currently, she is the Director of Wellness at SMU, and teaches PRW I: Personal Responsibility and Wellness, and a variety of PRW-II activity classes including power yoga and bench aerobics. Dr. Gober is committed to providing a meaningful, student-centered approach to learning for students in her wellness courses.

UC Requirements: PRW-I 1101 is one of the FOUNDATIONS requirements in the University Curriculum. Completion of this May Term course will fulfill your requirement for PRW-I 1101.

Student Learning Outcomes:
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

PRW I – 1101: Personal Responsibility and Wellness: Concepts of Wellness
May Term 2018 (May 17 – June 1) 9:00m-1:00pm
Dedman Center for Lifetime Sports Classroom # 3
Main Campus - Southern Methodist University

Instructor: Dr. Donna L. Gober                             Phone#:768-2196
Office Hours: M-F 2:30-3:30 or appt.                     Email: dgober@smu.edu
Office # 021 Wellness Dept.

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, and 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**


**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.
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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 be able to 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 3 "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: _______
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 register with Disability Accommodations & Success Strategies (DASS). Students can call 214-768-1470 or visit [http://www.smu.edu/Provost/ALEC/DASS](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 “Religious Holidays” under *University Policy No. 7.22*)
• **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. (See [2018-2019 University Undergraduate Catalogue](#))

**Personal Responsibility and Wellness - PRW 1101: Concepts of Wellness**  
May-term: May 16-May 31, 2018  
Course Schedule SMU Main Campus  
May 16th - 17th (Thursday, Friday), May 20th - 24th (Monday through Friday), and May 28th- May 31st (Tuesday – Friday)  
Instructor: [dgober@smu.edu](mailto:dgober@smu.edu)  
214-768-2196  
Office Hours: By Appointment

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<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Topic/Content</th>
<th>Location/Notes</th>
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| May 16 | Thursday | 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](http://www.wglasser.com)  
Covey’s 7 Habits  
[https://www.stephencovey.com/](https://www.stephencovey.com/) |
| May 17 | Friday   | **Emotional/Physical Wellness**: Stress and Health; Stress, Health & Wellness; Film: Stress: Portrait of a Killer; Stress Management Techniques/Relaxation Techniques  
**OCE (Out of Class Experience) #1** | Classroom #3  
Dress comfortably for relaxation techniques.  
Developing Effective Coping Strategies  
Elements of Identity Presentations Assigned  
**OCE #1** reflective paper due Monday May 21 session: 1-2 page paper, typed, double-spaced, 1 inch margins |
| May 20 | Monday   | **Financial Wellness**: Personal Financial Management; Dave Ramsey:  
*Foundations in Personal Finance- College Edition Text and online resources* | Classroom #3  
[http://smu.edu/bursar/](http://smu.edu/bursar)  
Read Chapters 1, 2, & 3. /online resource/budgeting assignment  
Dave Ramsey text/online resource  
Guest speaker from the Bursar’s Office |
| May 21 | Tuesday  | **Intellectual Wellness**: College Success Factor Index; **Social/Cultural Wellness**: Perceptions/Attitudes; MSA, Elements of Identity Presentations; | Classroom #3  
Intro to Altshuler Learning Enhancement Center,  
[www.smu.edu/alec](http://www.smu.edu/alec)  
Film: The Lunch Date/Discussion;  
**Social Change & Intercultural Engagement Guest Speaker**  
[http://smu.edu/studentactivities](http://smu.edu/studentactivities) |
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<tr>
<th>May 22</th>
<th>Wednesday 9:00am-1:00pm</th>
<th><strong>Social/Emotional Wellness:</strong> Healthy Relationships; Bystander Intervention, Perceptions/Identity/Potential/Purpose; Personality Profiles; Relationship Theories; Relationship Contract; Communication Theories; Consent</th>
<th>Classroom #3</th>
<th>Group Activity in class; 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> Guest speaker from the Women and LGBT Center</th>
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<tr>
<td>May 23</td>
<td>Thursday 9:00am-1:00pm</td>
<td><strong>Occupational Wellness:</strong> The Career Center and You; Locus of Control; The Holland Codes; <strong>Intellectual/Occupational Wellness:</strong> The Happiness Advantage -Shawn Anchor: <a href="https://www.youtube.com/watch?v=iG9CE55wbtY">https://www.youtube.com/watch?v=iG9CE55wbtY</a> The Value and Significance of Integrity</td>
<td>Classroom #3 – <strong>Dress comfortably</strong> <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 – <strong>Bring your lap top to class!</strong> Online assignment</td>
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<td>May 24</td>
<td>Friday 9:00am-1:00pm</td>
<td><strong>Physical/Social/Emotional Wellness:</strong> Alcohol and Drug Abuse Prevention; Developing a Wellness Perspective; <strong>OCE # 2: Choose from the list of options</strong></td>
<td>Group activity, discussion, presentation. <a href="http://smu.edu/healthcenter/alcoholeducation/">http://smu.edu/healthcenter/alcoholeducation/</a> <strong>OCE # 2 due Thurs. May 31.</strong> 1-2 page paper, typed, double-spaced, 1 inch margins.</td>
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<td>May 28</td>
<td>Tuesday 9:00am-1:00pm</td>
<td><strong>Sustainability and Environmental Wellness (BIG)</strong>; <strong>Intellectual Emotional Wellness:</strong> Cognitive Distortions/Dissonance, “Stinkin’ Thinkin’”</td>
<td>Bring your lap top to class! Group Activity, Essay instructions Online activity in class. <a href="https://www.youtube.com/watch?v=GXy__kBVq1M">https://www.youtube.com/watch?v=GXy__kBVq1M</a></td>
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<td>May 29</td>
<td>Wednesday 9:00am-1:00pm</td>
<td><strong>Physical Wellness:</strong> Lifestyle Choices &amp; Health; Fitness, Nutrition, Exercise Physiology; Busting nutrition myths; Physical Activity and Health</td>
<td><a href="http://www.acsm.org">www.acsm.org</a> <a href="http://www.caloriesperhour.com">www.caloriesperhour.com</a> <a href="http://www.cooperinstitute.org/">http://www.cooperinstitute.org/</a></td>
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<td>May 30</td>
<td>Thursday 9:00am-1:00pm</td>
<td><strong>Spiritual Wellness:</strong> Perceptions, the Spirit and Health; Meditation/Relaxation Techniques; Finding your Purpose</td>
<td>Film: The Human Experience <a href="http://www.grassrootsfilms.com/thehumanexperience/">http://www.grassrootsfilms.com/thehumanexperience/</a> <strong>Dress Comfortably for meditation and deep breathing practice</strong></td>
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<td>May 31</td>
<td>Friday 9:00am-1:00pm</td>
<td><strong>Wellness Perspectives: Bringing it all together.</strong>; <strong>Student Learning Outcomes Assessment in class:</strong> Bring your laptop or tablet to class. Course Evaluations completed in class.</td>
<td>Final reflective essay due Friday May 31st to <a href="mailto:dgober@smu.edu">dgober@smu.edu</a> Attached as a Word document. 1-2 pages, double-spaced, 1 inch margins.</td>
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