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| Day/Date | For this Day | Content to Master | Due/Hand In |
| Thursday,January 24 | Introduction to Wellness  Games  Hand out Syllabus  Attendance | Tennis Ball Game  Stare Master  Clumps of three  Introduce yourself saying dimension triumph and dimension challenge to your group.  In your group of three: Talk about What is a philosophy? Why is it important to have one/several? What are your philosophies of life? What do you believe?  Build a successful student-what habits/traits/skills do successful students have and do? | Bring Markers & Crayons to Class on Thursday, January 31 |
| Tuesday, January 29 | Quick quiz over narrative syllabus  Wellness pre-test powerpoint and identify dimensions activity  Attendance (quiz) | Describe Interview Assignment #1-Due, February  Interview 5 people –Dimensions of wellness  Think about what kind of issues, topics, life skills, challenges people in the 18-24 year old range have within each dimension. What are their strengths within each dimension?  Infer top 3 challenges for your age group  What have you done today to enhance your personal wellness? How can we broaden our view of what wellness is?  Bring crayons next class | Come with answers to some of the questions on the syllabus  What are your philosophies of life? What do you believe? What do you commit to do as a successful student?  Assignment #1-  Interviews Due February 7 |
| Thursday,January 31 | Circle of Life Dimensions Inventory Project  Create Nameplates  Attendance – answer question from pp | What is your concept of wellness?  How you doing in each dimension?  How can you seek to broaden your scope of wellness into dimensions with which you are less familiar? |  |
| Tuesday, February 5 | Speed Dating  Describe assignment #2-Dunn Questions Content on D2L (individual work) | Assignment #2-Read Halbert Dunn High Level Wellness-Go to [www.authentichappiness.com](http://www.authentichappiness.com) and take the Brief Strengths Test  Look for commonalities and differences  People you could work with/Things you have in common | Assignment #2-Due February 14th |
| Thursday,February 7 | Break into Groups of 3 for What is Teamwork? (Rules of engagement for contacting, work, etc. )  What is Professional Behavior?  Deb Aeby in Class to talk about Applying to the Major | Build a successful student-what traits/habits/skills do successful students have and do?  38 students; 10 chapters  Assignment #3-Professional e-mail synopsis of Dunn article (group work) Due February 19th | Turn in Assignment #1  Interviews and Top 3  Challenges via D2L  Assignment #3-Professional E Mail due February 19th |
| Tuesday, February 12 | Get to Know Wellness Dimensions Topic Trees  In-class Group Activity in same group as assignment #3 | How can you use the wellness dimensions to understand issues? How can you use the dimensions to brainstorm/ address issues?  What do you advocate for? Assignment #4-Talk through your plan to create 30 second promo |  |
| Thursday, February 14 | E-Portfolio for Application to the Major | Preparing your e-portfolio and Resume!  Assignment # 4 - 30 second promo | Assignment #2-Dunn Questions Due via D2L dropbox |
| Tuesday, February  19 | What is High-level Wellness? (1st powerpoint lecture)  10 minutes for assignment #3 work in group | Assignment #5-Opportunity for self-development (Individual work) due March 5 | Assignment #3- Professional E-Mails Due via E-mail |
| Thursday, February 21 | Continue What is High-level Wellness? (1st powerpoint lecture) | Corey Huck in class to talk about Internship Sites-Assignment #6- Describe assignment #6-Finding wellness jobs/internships worksheets  What makes a good resource? |  |
| Tuesday,  February 26 | Finish What is High-level Wellness? Powerpoint | Introduce Program, Process, Philosophy | Assignment #6 –Finding jobs/internships Due March 12 |
| Thursday,February 28 | Assignment #4 30 second Promo (Elevator Speech) Akins in class to talk | Work Day for shooting advocate speech |  |
| Tuesday, March 5 | Behavior Change Power Point | Describe Groups for Behavior Change Presentation, and Time for Work in BC Presentation Groups (Assignment #7) Give requirements for presentations | Assignment #5 Self-development A due via D2L dropbox |
| Thursday, March 7 | Behavior Change Power Point | Assignment #7 Behavior Change Presentations-Assignments made |  |
| Tuesday, March 12 | Educating Rita | Assignment #8 –Educating Rita Reaction Paper due March 28th | Assignment #6  Finding Wellness Jobs due via D2L dropbox |
| Thursday, March 14 | Educating Rita |  |  |
| Spring Break 19/21 | Spring Break | Spring Break |  |
| Tuesday, March 26 | Meet with groups for B.C. presentation | Assignment #7 |  |
| Thursday, March 28 | Group Presentations  1-3 |  | Assignment #8 Reaction to Educating Rita Due in D2L Dropbox |
| Tuesday, April 2 | Group Presentations 4-6 |  | Assignment #7 BC Presentations Handouts Due in Class during presentations |
| Thursday, April 4 | Group Presentation  7-8 |  |  |
| Tuesday, April 9 | Introduce Dimension Presentations  Do example presentation Assignment #9 |  |  |
| Thursday, April 11 | Introduce Dimension Project Cover Sheets for each dimension  - Find resources/ideas for dimensions Mapping Activity for Immature/Mature behaviors for each dimension  Assignment #10 |  |  |
| Tuesday, April 16 | Record Promotion group videos |  |  |
| Thursday, April 18 | Goals and Objectives for Presentation |  |  |
| Tuesday, April 23 | Meet with groups 1,2,3,4 |  |  |
| Thursday, April 25 | Meet with groups 5,6,7,8 |  |  |
| Tuesday, April 30 | Presentations 1,2 |  | Assignment #10-Dimension Description and Presentation Packet |
| Thursday, May 2 | Presentations 3,4 |  | Assignment #10-Dimension Description and Presentation Packet |
| Tuesday, May 7 | Presentation 5,6, |  | Assignment #10-Dimension Description and Presentation Packet |
| Thursday, May 9 | Presentation 7,8 |  | Assignment #10-Dimension Description and Presentation Packet |
| Section I-Tuesday, |  |  | Final Reflections Due |
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