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| Day/Date | For this Day | Content to Master  | Due/Hand In |
| Tuesday, September 4 | Introduction to WellnessGames Hand out SyllabusAttendance | Tennis Ball Game Stare MasterClumps of threeIntroduce 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 Tuesday, Sept. 11 |
| Thursday, September 6 | Quick quiz over narrative syllabusWellness pre-test powerpoint and identify dimensions activityAttendance (quiz) | Describe Interview Assignment #1Interview 5 people –Dimensions of wellnessThink 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 groupWhat 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 syllabusWhat are your philosophies of life? What do you believe? What do you commit to do as a successful student? Assignment #1-Interviews Due Sept. 25 via D2L |
| Tuesday, September 11 | Circle of Life Dimensions Inventory ProjectCreate NameplatesAttendance – 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? |  |
| Thursday, September 13 | Speed DatingDescribe 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 Due October 2Look for commonalities and differences People you could work with/Things you have in common |  |
| Tuesday, September 18 | Break into Groups of 3 for What is Teamwork? (Rules of engagement for contacting, work, etc. ) What is Professional Behavior? Becky K. in Class to talk about Applying to the Major | Build a successful student-what traits/habits/skills do successful students have and do?  # students; # chaptersAssignment #3-Professional e-mail synopsis of Dunn article (group work) |  |
| Thursday, September 20 | Get to Know Wellness Dimensions Topic TreesIn-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 and blog-The video will be shot the week of October |  |
| Tuesday, September 25 | E-Portfolio for Application to the Major in Computer Lab | Preparing your e-portfolio and Resume!  | Turn in Assignment #1 Interviews and Top 3Challenges via D2L |
| Thursday, September 28 | What is High-level Wellness? (1st powerpoint lecture)10 minutes for assignment #3 work in group | Assignment #4- 30 second Promo (Elevator Speech) Akins in class to talk– Due October 26 or 31Assignment #5-Opportunity for self-development (Individual work) due October 12 | Assignment #2-Read Halbert Dunn High Level Wellness Due September 28  |
| Tuesday, October 3 | Continue What is High-level Wellness? (1st powerpoint lecture) | Introduce Program, Process, Philosophy Describe Groups for Behavior Change Presentation, and Dimension DevelopmentWhat makes a good resource?  |  |
| Thursday, October 5 | Finish What is High-level Wellness? Powerpoint  |  |  |
| Tuesday, October 10 | Work Day for preparing advocate speech | Describe assignment #6-Finding wellness jobs/internships worksheets Sallie Scovill in class to talk about Internship Sites- | Assignment #3-Professional E Mail due Oct. 10-via e-mail  |
| Thursday, October 12 | Behavior Change Power Point  | Presentations-Assignments made Time for Work in BC Presentation Groups (#8) Give requirements for presentations  | Assignment #5 Self-development A due via D2L dropbox  |
| Tuesday, October 17 | Behavior Change Power Point | Assignment #8 Behavior Change Presentation given  |  |
| Thursday, October 19 | Educating Rita | Assignment #7 –Educating Rita Reaction Paper – Due November 16 | Assignment #6Finding Wellness Jobs due via D2L dropbox |
| Tuesday, October 24 | Educating Rita |  |  |
| Thursday, October 26 | Work Day/Shoot Videos/Behavior Change | Shoot Videos for 30 second Elevator Speech – Advocate for something UWSP students can relate too | Assignment #4 Due via video shoot |
| Tuesday, October 31 | Work Day/Shoot Videos/Behavior Change | Shoot Videos for 30 second Elevator Speech – Advocate for something UWSP students can relate too | Assignment #4 Due via video shoot |
| Thursday, November 2 | Work Day for Presentations  |  |  |
| Tuesday, Nov 7 | Work Day for Presentations  |  |  |
| Thursday, Nov. 9 | Group Presentations1-4 |  | Assignment #7-Reaction to Educating Rita Due in D2L Dropbox |
| Tuesday, November 14 |  | Assignment #9-Assign opportunity for self-development 2-Due December 12 |  |
| Thursday, November 16 | Group Presentations 5-8 | Assignment #10-Dimension Presentations the Week of December 12-19Assignment #11 –Develop a Dimension description for college age students for your dimension- Due December 12 |  |
| Tuesday, November 21 | Introduce Dimension PresentationsDo example presentation Assignment #10Cover Sheets for each dimension - Find resources/ideas for dimensions Mapping Activity for Immature/Mature behaviors for each dimension Assignment #10 |  |  |
| Tuesday, November 28 | Goals and Objectives for Presentation |  |  |
| Thursday, November 30 | Meet with groups 1,2,3,4 |  |  |
| Tuesday, December 5 | Meet with groups 5,6,7,8 |  | Assignment #9 Self-development Opportunity B Due via D2L Dropbox Assignment #11-E-Portfolio Description of Dimension via D2L |
| Thursday, December 7 | Presentations 1,2 |  | Assignment #10-Dimension Description and Presentation Packet |
| Tuesday, December 12 | Presentations 3,4,5 |  | Assignment #10-Dimension Description/Presentation Packetand Assignment #12 Final Reflections  |
| Thursday, December 14 | 6,7 |  |  |
| Tuesday, December 19 Final 8:00-10:00 a.m. |  |  |  |
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