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| Day/Date | For this Day | Content to Master | Due/Hand In |
| Tuesday,  September 4 | 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 Tuesday, Sept. 11 |
| Thursday,  September 6 | Quick quiz over narrative syllabus  Wellness pre-test powerpoint and identify dimensions activity  Attendance (quiz) | Describe Interview Assignment #1  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 Sept. 25 via D2L |
| Tuesday,  September 11 | 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? |  |
| Thursday,  September 13 | 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 Due October 2  Look 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; # chapters  Assignment #3-Professional e-mail synopsis of Dunn article (group work) |  |
| Thursday,  September 20 | 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 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 3  Challenges 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 31  Assignment #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 Development  What 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 #6  Finding 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 Presentations  1-4 |  | 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 12-19  Assignment #11 –Develop a Dimension description for college age students for your dimension- Due December 12 |  |
| Tuesday, November 21 | Introduce Dimension Presentations  Do example presentation Assignment #10  Cover 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 Packet  and Assignment #12 Final Reflections |
| Thursday, December 14 | 6,7 |  |  |
| Tuesday, December 19  Final 8:00-10:00 a.m. |  |  |  |
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