



**University of Wisconsin – Stevens Point  
School of Health Care Professions**



University of Wisconsin  
Stevens Point

**Course Title:** Health Science 101: Emotional Health and Well Being (1 cr.)

**Semester:** Winterm

**Instructor:** Beth Kinslow      **Office:** 129 HEC

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**Office Hours:** By appointment      Available between 8am-8pm

**REQUIRED TEXT—None**

**COURSE DESCRIPTION:** Students will explore work-life balance and factors related to personal and emotional health and wellness as a foundation for success and healthy lifestyle.

**COURSE OBJECTIVES:**

- Students will gain an understanding of work-life balance and the interrelationship between work-life balance and the seven dimensions of wellness.
- Student will understand how mental and emotional well-being can contribute to personal wellness and be a foundation for success and a healthy lifestyle.
- Students will explore various strategies to increase their mental and emotional wellbeing while balancing the demands of school/work.
- Students will evaluate their current work/life balance and create a wellness plan to emphasis emotional and personal health.
- Students will reflect on personal progress in the plan and how it has overall impacted their emotional and personal health.

**COURSE REQUIREMENTS/EXPECTATIONS:**

- Students will be expected to complete all assignments on time based on the syllabus and due dates given by the instructor. Assignments turned in late will be dropped one letter grade per day. Students should expect additional assignments throughout the semester to facilitate learning.
- Students are expected to treat everyone with respect and disrespect of any kind will not be tolerated. If anyone feels uncomfortable during class for any reason, please feel free to discuss your concerns with the instructors.

**COURSE EVALUATION GUIDELINES**

**1. Written reflection assignments (5pts each)**

- a. You will complete assignments reflecting on various topics related to emotional health and wellbeing.
- b. Please take the time to critically think about the topics – when it comes to reflections you only get out what you put in.

**2. Small topic-related assignments –**

**a. The Dimensions of Wellness (25 pts)**

- i. Using the UWSP posted definition (<http://www.uwsp.edu/HPHD/Pages/7dimensions.aspx>) – define the Seven Dimensions of Wellness. DO NOT copy and paste from the internet – please take the time to define these in your own words and how you interpret them to fit your life.

- ii. After providing the definitions for each of the 7 dimensions, please write a 1-page (minimum) paper on how all 7 dimensions are interrelated and affect your overall wellness as a college student.
- b. **Stress Management (25 pts)**
  - i. Managing stress is all about taking charge. For this assignment you will need to keep a stress journal for a minimum of 3 days.
  - ii. After completion of your stress journal you will need to examine your current coping strategies and determine how affective they are for your stress.
  - iii. Additionally, you need to try one of the 6 listed stress management techniques and reflect on how it helped you manage your stress. (details provided on the assignment sheet)
- c. **Time Management (25 pts)**
  - i. After viewing the videos links provided on CANVAS; evaluate your current time management strategies. List your current strategies along with how they are effective or ineffective.
  - ii. Additionally try two new time management strategies and discuss why you chose those strategies and if/how they were beneficial in your life over the course of a minimum of 2 days.
- d. **Behavior Change Plan (100 pts)**
  - i. For this assignment you will be asked to create a behavior change plan including goals, implementation strategies and an assessment/reflection.
  - ii. A detailed assignment sheet will be provided on CANVAS.
- e. **Additional assignments as deemed appropriate by instructor**

**GRADING PLAN**

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F = below 60

## University Policies:

- Academic Integrity
  - The board of regents, administrators, faculty, academic staff and students of the university of Wisconsin system believe that academic honesty and integrity are fundamental to the mission of higher education and of the university of Wisconsin system. The university has a responsibility to promote academic honesty and integrity and to develop procedures to deal effectively with instances of academic dishonesty. Students are responsible for the honest completion and representation of their work, for the appropriate citation of sources, and for respect of others' academic endeavors. Students who violate these standards must be confronted and must accept the consequences of their actions.
- Attendance Policy
  - Attend all your classes regularly. We do not have a system of permitted "cuts." If you decide to drop a class, please do so using myPoint or visit the Enrollment Services Center. Changes in class enrollment will impact your tuition and fee balance, financial aid award and veterans educational benefit. During the first eight days of the regular 16 week term, your instructor will take attendance (see [Attendance Roster Reporting](#)). If you are not in attendance, you may be dropped from the class. You are responsible for dropping any of your enrolled classes.
- Drop/Add/Withdrawal Policy
  - You are expected to complete the courses for which you register. If you decide you do not want to take a course, you MUST follow the procedures established by the university to OFFICIALLY DROP the course. If you never attend or stop attending a course and fail to officially drop, you will receive an F in the course at end of the semester.
- Incomplete Policy
  - If you are unable to complete your work in a course due to extenuating circumstances or if you need to extend your research or performance beyond the normal limits of a term, you may ask the instructor for an "incomplete" in the course. You will have until the end of the next semester (excluding summer session) to complete the work unless your instructor gives you an earlier deadline. Failure to complete the work prior to the appropriate deadline will result in a grade of F.
- Students' Rights and Responsibilities
  - The Office of Student Rights and Responsibilities protects your rights as a student. If you believe that your rights have been violated, or if you have questions concerning your rights, write or visit the office in Room 139 Delzell Hall, or call 715-346-2611.
- Academic Accommodation Policy
  - Individuals seeking accommodations are expected to demonstrate initiative in obtaining and arranging assistance. The Accommodation Request Form needs to be completed for each qualified student with a disability on a one-to-one basis. Students are encouraged to meet with the Disability & Assistive Technology Center staff early in the semester to discuss which accommodations are appropriate (based on disability and documentation) and what accommodations are needed.
- Emergency Procedures
  - "In the event of a medical emergency, call 911 or use red emergency phone. Offer assistance if trained and willing to do so. Guide emergency responders to victim.
  - In the event of a tornado warning, proceed to the lowest level interior room without window exposure in the athletic training facility. Avoid wide-span rooms and buildings.
  - In the event of a fire alarm, evacuate the building in a calm manner. Meet outside the Quandt Gym entrance. Notify instructor or emergency command personnel of any missing individuals.
  - Active Shooter – Run/Escapes, Hide, Fight. If trapped hide, lock doors, turn off lights, spread out and remain quiet. Follow instructions of emergency responders.
  - See UW-Stevens Point Emergency Management Plan at [www.uwsp.edu/rmgt](http://www.uwsp.edu/rmgt) for details on all emergency response at UW-Stevens Point."
- **All University Policies can be found in the University Handbook**  
<http://www.uwsp.edu/acadaff/Pages/handbook.aspx>

**Course Schedule Winterm 2019**

<b>Date</b>	<b>Topic—Readings</b>	<b>Assignments/Suggested Due Dates*</b>
<b>Unit 1</b>	<b>Dimensions of Health &amp; Wellness</b> <a href="http://www.uwsp.edu/HPHD/Pages/7dimensions.aspx">http://www.uwsp.edu/HPHD/Pages/7dimensions.aspx</a>	<b>Reflection 1: Current Level of Health</b> <b>Due Jan 4<sup>th</sup></b>  <b>Behavior Change Plan-Parts 1</b> <b>Due Jan 7<sup>th</sup></b>  <b>The Dimensions of Wellness-</b> <b>Due Jan 8<sup>th</sup></b>
<b>Unit 2</b>	<b>Mind-Body Connection</b>	<b>Reflection 2: Mind-Body Connection</b> <b>Due Jan 10<sup>th</sup></b>
<b>Unit 3</b>	<b>Physical Health</b>  <b>Stress &amp; Burnout</b>	<b>Reflection 3: What does Stress mean to you?</b> <b>Due Jan 11<sup>th</sup></b>  <b>Stress Management</b> <b>Due Jan 14<sup>th</sup></b>
<b>Unit 4</b>	<b>Coping &amp; Time Management</b>	<b>Reflection 4: Personalized Coping</b> <b>Due Jan 15<sup>th</sup></b>  <b>Time Management Assignment</b> <b>Due Jan 17<sup>th</sup></b>
<b>Unit 5</b>	<b>Healthy College Student</b>	<b>Reflection 5: Where should I go from here?</b> <b>Due Jan 18<sup>th</sup></b>  <b>Behavior Change Plan Parts 2</b> <b>Due Jan 18<sup>th</sup></b>

\*I will accept assignments throughout the Winterm session. I have put suggested due dates to help decrease procrastination, but you may submit work at any point for full credit. My grading is based on completing and investing in the assignment not on the date completed.