**Syllabus HSW 120**

**Thriving in the Seven Dimensions of Wellness: Mindful Living Retreat**

**Fall 2023**

**1 credit**

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**Purpose and Objectives**

Purpose

Integrate the social, physical, emotional, career, intellectual, environmental, spiritual (SPECIES) model to understand the link to thriving well-being. Participate in an experiential wellness retreat emphasizing the seven dimensions of wellness. The retreat also focuses on emotional and social well-being, group dynamics, use of the natural environment to facilitate group interaction.

About

This is a one credit wellness course in the General Education Program.

There are no prerequisites for this class. This retreat is held one weekend each semester at Treehaven, UW Stevens Point natural resource research, learning, and recreation facility in Tomahawk, WI. Course fees will apply to cover lodging and food during retreat. This course is 95% face-to-face with pre-retreat work and post-retreat follow up all online.

Learning Outcomes

1. Build competence in wellness and resilience techniques that enable adaptability, self-regulation, and supports academic and career goal achievement.
2. Help students build community among peers to improve communication and problem-solving skills and the impact these have on personal wellness.
3. Develop an understanding of the interaction between the dimensions of wellness and personal character strengths.
4. Assess student’s wellness in each of the seven dimensions of wellness and explain how the dimensions and the interactions among them impact overall personal health and well-being.
5. Develop an individual plan for healthy living that demonstrates an understanding of the principles of wellness.

**Retreat Policy**

1. Upon arrival Friday until retreat is complete, stay on the grounds of Treehaven.  You are responsible for being at the off-campus location throughout the entire time from 5:00 p.m. on Friday to noon on Sunday.  Leaving during the weekend will result in loss of the participation points.
2. Treehaven is a part of the UW Stevens Point campus therefor all campus policies apply as do the same disciplinary policies.
3. No cell phones are to be used during planned activities.  You may use phones during break times.  There are many people who are sharing personal information and any invasion of our safe space is not permissible.
4. No alcohol to be brought with you to Treehaven or used during the weekend. The weekend is focused on all the dimensions of wellness and though alcohol can be used safely, it is best to keep it out of our practice for the weekend.
5. If there is an emergency during retreat or a student becomes ill and needs to leave, the instructor should be notified in advance to see how to best assist each student.  Do not leave without getting approval from the instructor.  It is discourteous to all and can raise unneeded alarms if a student leaves without notice.
6. Be courteous to your roommates and others who may also be using the facility.  This includes late at night while others might be sleeping.
7. Make sure you have arrived early enough to check in to your room and are ready to start at 5:00 p.m. Keep track of your room key and have your room cleared by 10:00 on Sunday.

**Retreat grading:**

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| RETREAT   * Engagement (40)   + Pre Retreat Meeting   + Waivers   + Participation * Experiential Learning Activities (15) * Post retreat summary (10) * Wellness Plan (10) * [VIA Character Strengths (Links to an external site.)](https://www.viacharacter.org/account/register) (25)   + Assessment (5)   + Graphic of strengths related to wellness dimensions (5)   + Personal purpose statement (5)   + Themes Worksheet (5) | 100 |

**Grading Scale**

90 – 100 A 60 – 69 D

80 – 89 B < 60 F

70 – 79 C

**Campus Policies**

Campus Communications

All communications and marketing materials should follow guidelines set up by the University Communications and Marketing Department. You can access the complete Communications Standards Manual online (Links to an external site.).

Academic Honesty

Academic Integrity is an expectation of each UW-Stevens Point student. Campus community members are responsible for fostering and upholding an environment in which student learning is fair, just, and honest. Through your studies as a student, it is essential to exhibit the highest level of personal honesty and respect for the intellectual property of others. Academic misconduct is unacceptable. It compromises and disrespects the integrity of our university and those who study here. To maintain academic integrity, a student must only claim work which is the authentic work solely of their own, providing correct citations and credit to others as needed. Cheating, fabrication, plagiarism, unauthorized collaboration, and/or helping others commit these acts are examples of academic misconduct, which can result in disciplinary action. Failure to understand what constitutes academic misconduct does not exempt responsibility from engaging in it.

UWSP 14.03 Academic misconduct subject to disciplinary action.

(1) Academic misconduct is an act in which a student:

(a) Seeks to claim credit for the work or efforts of another without authorization or citation.

(b) Uses unauthorized materials or fabricated data in any academic exercise.

(c) Forges or falsifies academic documents or records.

(d) Intentionally impedes or damages the academic work of others.

(e) Engages in conduct aimed at making false representation of a student's academic performance; or

(f) Assists other students in any of these acts.

(2) Examples of academic misconduct include, but are not limited to:

* Cheating on an examination
* Collaborating with others in work to be presented, contrary to the stated rules of the course
* Submitting a paper or assignment as one's own work when a part or all the paper or assignment is the work of another
* Submitting a paper or assignment that contains ideas or research of others without appropriately identifying the sources of those ideas
* Stealing examinations or course materials
* Submitting, if contrary to the rules of a course, work previously presented in another course
* Tampering with the laboratory experiment or computer program of another student

Knowingly and intentionally assisting another student in any of the above, including assistance in an arrangement whereby any work, classroom performance, examination or other activity is submitted or performed by a person other than the student under whose name the work is submitted or performed.

Students suspected of academic misconduct will be asked to meet with the instructor to discuss the concerns. If academic misconduct is evident, procedures for determining disciplinary sanctions will be followed as outlined in the University System Administrative Code, Chapter 14 (Links to an external site.).

Other Campus Policies

*FERPA*

The Family Educational Rights and Privacy Act (Links to an external site.) (FERPA) provides students with a right to protect, review, and correct their student records. Staff of the university with a clear educational need to know may also have to access to certain student records. Exceptions to the law include parental notification in cases of alcohol or drug use, and in case of a health or safety concern. FERPA also permits a school to disclose personally identifiable information from a student’s education records, without consent, to another school in which the student seeks or intends to enroll.

*Title IX*

UW-Stevens Point is committed to fostering a safe, productive learning environment. Title IX and institutional policy prohibit discrimination based on sex, which includes harassment, domestic and dating violence, sexual assault, and stalking. In the event that you choose to disclose information about having survived sexual violence, including harassment, rape, sexual assault, dating violence, domestic violence, or stalking, and specify that this violence occurred while a student at UWSP, federal and state laws mandate that I, as your instructor, notify the Title IX Coordinator/Office of the Dean of Students.

Please see the information on the Dean of Students webpage (Links to an external site.) for information on making confidential reports of misconduct or interpersonal violence, as well as campus and community resources available to students. For more information see the Title IX page. (Links to an external site.)

*Clery Act*

The US Department of Education requires universities to disclose and publish campus crime statistics, security information, and fire safety information annually. Statistics for the three previous calendar years and policy statements are released on or before October 1st in our Annual Security Report (Links to an external site.). Another requirement of the Clery Act is that the campus community must be given timely warnings of ongoing safety threats and immediate/emergency notifications. For more information about when and how these notices will be sent out, please see our Jeanne Clery Act (Links to an external site.) page.

*Drug Free Schools and Communities Act*

The Drug Free Schools and Communities Act (DFSCA) requires institutions of higher education to establish policies that address unlawful possession, use, or distribution of alcohol and illicit drugs. The DFSCA also requires the establishment of a drug and alcohol prevention program. The Center for Prevention lists information about alcohol and drugs, their effects, and the legal consequences if found in possession of these substances. Center for Prevention – DFSCA (Links to an external site.)

*Copyright infringement*

This is the act of exercising, without permission or legal authority, one or more of the exclusive rights granted to the copyright owner under section 106 of the Copyright Act. Each year students violate these laws and campus policies, putting themselves at risk of federal prosecution. For more information about what to expect if you are caught, or to take preventive measures to keep your computing device clean, visit our copyright page (Links to an external site.).

*Absences due to Military Service*

As stated in the UWSP Catalog, you will not be penalized for class absence due to unavoidable or legitimate required military obligations, or medical appointments at a VA facility, not to exceed two (2) (Links to an external site.) weeks (Links to an external site.) unless special permission is granted by the instructor. You are responsible for notifying faculty members of such circumstances as far in advance as possible and for providing documentation to the Office of the Dean of Students to verify the reason for the absence. The faculty member is responsible to provide reasonable accommodations or opportunities to make up exams or other course assignments that have an impact on the course grade. For absences due to being deployed for active duty, please refer to the Military Call-Up Instructions for Students (Links to an external site.).

*Religious Beliefs Accommodation*

It is UW System policy (UWS 22 (Links to an external site.)) to reasonably accommodate your sincerely held religious beliefs with respect to all examinations and other academic requirements.

You will be permitted to make up an exam or other academic requirement at another time or by an alternative method, without any prejudicial effect, if:

There is a scheduling conflict between your sincerely held religious beliefs and taking the exam or meeting the academic requirements; and

You have notified your instructor within the first three weeks of the beginning of classes (first week of summer or interim courses) of the specific days or dates that you will request relief from an examination or academic requirement.

Your instructor will accept the sincerity of your religious beliefs at face value and keep your request confidential.

Your instructor will schedule a make-up exam or requirement before or after the regularly scheduled exam or requirement.

You may file any complaints regarding compliance with this policy in the Equity and Affirmative Action Office.

*Equal Access for Students with Disabilities\**

UW-Stevens Point will modify academic program requirements as necessary to ensure that they do not discriminate against qualified applicants or students with disabilities. The modifications should not affect the substance of educational programs or compromise academic standards; nor should they intrude upon academic freedom. Examinations or other procedures used for evaluating students' academic achievements may be adapted. The results of such evaluation must demonstrate the student's achievement in the academic activity, rather than describe his/her disability.

If modifications are required due to a disability, please inform the instructor and contact the Disability and Assistive Technology Center (Links to an external site.) to complete an Accommodations Request form. Phone: 346-3365 or Room 609