

# HS101- Emotional Health & Wellbeing

---

Tori L. Jennings, PhD Anthropology  
Email: [Tori.Jennings@uwsp.edu](mailto:Tori.Jennings@uwsp.edu)

Office Hours – Mon. 12:00-1:30PM  
CCC 413 or by appointment

**Course Description:** Explore work-life balance and factors related to personal and emotional health as a foundation for success and healthy lifestyle.

## Learning Outcomes:

At the end of the course students will be able to:

- describe the seven dimensions of wellness and explain their impact on personal health and wellbeing in your own life.
- discuss various lifestyle strategies to enhance personal wellbeing while balancing the demands of school/work.
- prepare a wellness plan based on the Wellness Model of Health.
- illustrate personal progress in the plan and evaluate its overall impact on wellness from an individual and social standpoint.

## Required Texts:

- Health & Wellness by Edlin and Golanty, 12<sup>th</sup> edition.

## Course Expectations and Requirements

- **Active online participation** throughout the course is required.
- Students shall be prepared to engage in meaningful written discussion activities.
- Students will be expected to complete all assignments on time and are due by the dates given in the syllabus and on D2L. Assignments turned in late will be dropped one letter grade per day. Students should expect additional assignments throughout the semester to facilitate learning.
- This course will use Desire 2 Learn (D2L) throughout the semester to distribute materials, conduct online discussions, and inform students of syllabus changes become familiar with D2L and make it a point to check the course page on D2L regularly.

## Course Evaluation Guidelines – 200 Points Total

1. Readings, videos, and activities will be listed in the syllabus and on D2L each week. All readings and links to videos will be located in D2L under Week 9 through 15. You will be expected to complete the assigned preparatory work by the date given in the syllabus and on D2L (generally this is Friday by 10:00PM unless otherwise stated). **Assignments turned in late will be lowered one letter grade per day, so plan ahead!**

2. **Five Reflection Exercises (5pts each)**
  - a. You will complete reflection assignments on topics related to emotional health and well being beginning the second week of class.
  - b. Your reflections should be submitted through D2L Discussions by the due date.
  - c. Please take the time to critically think about the topics – when it comes to journaling, you only get out what you put in.
  
3. 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 paper on how all 7 dimensions are interrelated and how they affect your wellbeing as a college student.
  - b. **I'm stressed out!! (25 pts)**
    - i. Choose one of the research articles provided on D2L – pick the one that you might relate to the best. Provide a summary of the strategies provided to help manage stress that might be beneficial to you. Include how you will incorporate the strategies into your daily habits as a student.
  - c. **Time Management (25 pts)**
    - i. After viewing the videos links provided on D2L; 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 3-4 days.
  - d. **Wellness 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 D2L..
  - 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%

### **Writing Expectations:**

Good writing and critical thinking are the two most important skills with which you can leave a liberal arts education at UWSP. For this reason, writing assignments in this course are intended to improve your writing and help develop clear expression of thought. Further information about college writing and a guide to written assignments are posted on D2L. Please review this material.

### *Late Policy*

All assignments are expected on time. Late assignments will be lowered one letter grade per day including the day the assignment was due.

### *Plagiarism Policy*

In keeping with the policy of this university, plagiarism (using other people's thoughts or words without acknowledging the source) is unacceptable and can lead to a failing grade in the course. The minimum penalty for a violation of academic integrity is a failure (zero) for the assignment. In addition, all infractions will be reported to the university and entered into the student's file. For more information please refer to: <http://www.uwsp.edu/regrec/Pages/ferpaStudent.aspx>

### *Disability Resources*

If you are in need of any special accommodations or resources, please contact me.


## Course Schedule


---

\*Note: Look for supplemental readings and videos posted weekly on D2L. **All required readings must be completed for the week indicated.**

### **Week 9** – October 31- November 4

*What do Health and Wellness Mean?*

 Required readings: Edlin & Golanty, Chapter 1, pp. 3-19

 Watch videos (links posted on D2L)

*How stress affects your body - Sharon Horesh Bergquist*

<http://ed.ted.com/lessons/how-stress-affects-your-body-sharon-horesh-bergquist>

*How stress affects your brain - Madhumita Murgia*

<https://www.youtube.com/watch?v=WuyPuH9ojCE>


 **D2L – The Dimensions of Wellness Exercise (see 3A above)**

**Due by Sunday, Nov. 6 at 10:00 PM (25 points).**

### **Week 10** – November 7-11

*Strategies for Wellness – Part I*

 Required readings: Edlin & Golanty, Chapter 3, pp. 45-50

 Watch video (link posted on D2L)

 **Complete Health and Wellness Assessment, Edlin & Golanty, pp. 582-583**


 **Begin journal and upload to D2L Discussions by Friday, Nov. 11, 10:00 PM**

**Include results and analysis of your Health and Wellness Assessment (10 points total)**

### **Week 11**– November 14-18

*Strategies for Wellness – Part II*

 Required readings: Edlin & Golanty, Chapter 3, pp. 51-62

 Watch video (link posted on D2L)

 **Journal upload to D2L Discussions by Friday, Nov. 18, 10:00PM (5 points)**


 **D2L – I'm Stressed Out! Exercise (see 3B above)**

**Due by Sunday, Nov. 20 at 10:00 PM (25 points).**

### **Week 12** – November 21-25

*Creating a Wellness Plan*

 Required readings: Edlin & Golanty, Chapter 4, pp. 66-87


 Watch video (link posted on D2L)

 **Journal upload to D2L Discussions by Friday, Nov. 25, 10:00PM (5 points)**

**Week 13** – November 28- December 2

*Working Towards a Healthy Self and Society*

 Required readings: Edlin & Golanty, Chapter 24, pp. 528-550

 Watch video (link posted on D2L)

 **Journal upload to D2L Discussions by Friday, Dec. 2, 10:00PM (5 points)**


 **D2L – Time Management Exercise (see 3C above)**

**Due by Sunday, Dec. 4 at 10:00 PM (25 points).**

**Week 14** – December 5-9

*Assessment of Wellness Plan*

 **Journal upload to D2L Discussions by Friday, Dec. 9, 10:00PM (5 points)**

 **Wellness Plan assessment and 1<sup>st</sup> draft of final paper (50 points)**

**Week 15** - December 12-16

**\*Final Wellness Plan report – Friday, December 16 by 10:00 PM (50 points)**