



**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.)

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

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**Office Hours:** By appointment

Available between 8am-8pm M-F

**REQUIRED TEXT—**

**COURSE DESCRIPTION:** Students will explore work-life balance and factors related to personal and emotional health 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 shall be prepared to engage in meaningful discussion. Reading and written assignments are to be completed by the assigned due date.
- Students will be expected to complete all assignments.
- This course will use Canvas throughout the semester to distribute materials, conduct online quizzes/discussions, and inform students of syllabus changes become familiar with Canvas and make it a point to check the course page on Canvas regularly.
- 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. You will be expected to complete the assigned preparatory work.
  - Readings, videos, or tasks will be listed in the syllabus for that week.
  - All readings and links to videos will be located with the appropriate module in Canvas
2. Assignments
  1. You will complete various assignments on topics related to emotional health and wellness.

2. All assignments should be submitted through Canvas by the due date.
  3. Please take the time to critically think about the topics – when it comes this course, you only get out what you put in.
  4. I will not grade for grammar and spelling; however I do ask you submit your best work.
  5. Many assignments build upon each other and/or require a few days/weeks to complete. Please take the time to look through all the assignments at the beginning of the course to help you be successful.
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3. The core assignment for this course is a 3-week behavior change project. This project is meant for you to intentionally change one behavior you feel could positively impact your emotional wellness and recorder your journey and process.
  4. Additional assignments will cover a variety of topics including:
    - **Seven Dimensions of Wellness**
    - **Emotional IQ**
    - **Mindfulness**
    - **Understanding Stress**
    - **Recognizing and Coping with Stress**
    - **Time Management**
    - **Stress Action Plan**
    - **Personal Growth**

### **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/Escape, 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>