COUN 104 - Foundations of Well-being Course Outline

Rationale for adding this course to the curriculum:
The purpose for creating this course is to provide tools to students who want to create sustainable well-being in their life. It will also address the high rates of anxiety and depression college students suffer from.

Units 3
This Course Is N/A
Cross List N/A
Typical Course Weeks 18

Contact Hours
Lecture 54.00
Lab 0.00
Activity 0.00
Work Experience 0.00

Total Contact Hours 54

Hours per semester in outside of class assignments 108.00

Open Entry/Open Exit No
Maximum Enrollment 30

Grading Option Letter Grade or P/NP
Distance Education On-Campus
Mode of Instruction Hybrid
Entirely Online
Online with Proctored Exams

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability  May be repeated 0 times
Catalog  This course provides an introduction to the study of well-being and how to apply practices that foster it. Topics include the role of positivity, engagement, relationships, meaning, aspirations and vitality to sustainable well-being.

Schedule

SECTION D

Condition on Enrollment

1a. Prerequisite(s): None
1b. Corequisite(s): None
1c. Recommended: None
1d. Limitation on Enrollment: None

SECTION E

Course Outline Information

1. Student Learning Outcomes:
   A. Students will identify research based practices that increase and sustain well-being.

2. Course Objectives: Upon completion of this course, the student will be able to:
   A. Understand key concepts related to happiness and well-being
   B. Describe practices that increase and sustain well-being
   C. Understand the role and practice of gratitude
   D. Identify practices that set and accomplish goals
   E. Explain how 'Flow' and 'Mindfulness' foster engagement in life
   F. Describe the foundations of thriving relationships
   G. Explain the connection of sleep, exercise and nutrition to happiness and well-being
   H.

3. Course Content
   A. Positivity
      a. positive emotions
      b. Happiness and joy
      c. Savoring good experiences
      d. Positive Interventions
      e. Gratitude
      f. Optimistic thinking
      g. Happiness globally, across cultures
      h. Factors that negatively impact happiness and well-being

2. Engagement
a. Practices that create flow
b. Mindfulness
c. Meditation
d. Choice and the decision making process
e. Self-regulation
f. Strengths

3. Relationships
a. Thriving Relationships
b. Transforming Negativity
c. Kindness & Altruism
d. Love

4. Meaning
a. Meaning & Purpose
b. Spirituality
c. Post Traumatic Growth

5. Accomplishment
a. Hope & Change
b. Goal Setting & Meeting
c. Visualization
d. Habit & Materialism
e. Motivation

6. Vitality
a. Sleep
b. Physical Activity
c. Nature
d. Nutrition
e. Breathing and Relaxation
F. Energy
4. Methods of Instruction:
   Activity
   Discussion
   Field Trips
   Lecture
   Visiting Lecturers

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques
   Exams/Tests --
   Quizzes --
   Papers --
   Oral Presentation --
   Projects --
   Field Trips --
   Class Work --
   Home Work --
   Final Exam --
   Mid Term --
   Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.
   A. Reading Assignments
      articles related to course topics
   B. Writing Assignments
      weekly journal
   C. Other Assignments
      out of class exercises that apply course content

7. Required Materials
   A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.
      Book #1:
      Author: Dalai Lama & Tutu, Desmond
      Title: The Book of Joy
      Publisher: Penguin
      Date of Publication: 2016
      Edition:

      Book #2:
      Author: Seligman, Martin E.P.
      Title: Flourish
      Publisher: Free Press
      Date of Publication: 2011
      Edition:

      Book #3:
      Author: Emmons, Robert A.
      Title: Thanks!
B. Other required materials/supplies.