Course Description
This course is designed to apply Health Promotion theory to enhance the communal well-being of college students. Students will be exposed to important health topics, national health guidelines, data, and key messages about stress and time management, healthy sleep, eating, and exercise habits, and decision-making around alcohol and drugs. This seminar will enhance the student experience by discussing health behaviors, knowledge, attitudes, and skills to become healthier, grow as individuals, and impact the Boston College community.

Goals
- To understand concepts of health education, promotion, and prevention
- Identify health as a personal, communal, and ecosphere construct
- Enhance student health through personal behavior change
- Engage students in a BC community project to enhance student health on campus

Objectives
- Define “health and wellness” and explain various components of this term
- Reflect on personal levels of wellness through coaching sessions
- Describe 8 areas of wellness through key messages from health awareness campaigns
- Integrate health insights into a behavior change plan
- Identify on and off campus health and wellness resources
- Understand ecological approach to improve health at both the individual and community level
- Construct and present an intervention project targeted toward a specific wellness area

Course Assignments, Grading, & Attendance Policy
All weekly assignments are due on Mondays at 1 pm. Weekly assignments will include various readings, activities, or reflection posts. There will be a group project and final paper. All assignments are expected to be completed by the assigned due dates and time. Full credit will not be received for late assignments. If you have any challenges, please be in touch.

Real simple: You must be present for all class meetings. This course is Pass/Fail. A third absence from class will result in an automatic failing grade. Please e-mail Makayla or Amanda if you will be absent from class to explain your reason.

Course Schedule

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Introductions to Health and Wellness: Caring for the Mind, Body, and Soul

Body: Food & Body Image

Body: Movement

Body: Sleep

Body: Alcohol & Other Drugs

Soul: Relationships & Social Life

Mind: Stress

Mind: Mental Health & Resilience

Mind: Time Management

Soul: Spirituality & Community

Using Communication Theory to Create Community Health Messages

Independent Project Work Time

Present Group Intervention Project

Presentations Continued

No Class - Final Paper Due

Resources

Academic Integrity

You are responsible for knowing the University policy governing academic integrity, cheating, collusion, plagiarism, citation of research materials, and more.
This link (Links to an external site.) takes you to the page on Academic Policies and Procedures. Your work in this course will chiefly be original reflection on your own experience. Any quotations from class material or other sources should be noted as such, giving only author and page. Any use of Internet or Wikipedia materials must give the exact link. Failure to do so technically constitutes plagiarism.

Students with Special Learning Needs

If you have a disability and seek reasonable accommodations in this course, contact Kathy Duggan, (617) 552-8093, dugganka@bc.edu, at the Connors Family Learning Center regarding learning disabilities and ADHD, or Paulette Durrett, (617) 552-3470, paulette.durrett@bc.edu, in Disability Services Office regarding other disabilities, even temporary ones. Advance notice and documentation are required for adjustments.

Support for Your Wellbeing

If you are feeling stressed, having challenges managing your time, sleep, stress, or making choices around alcohol and food, the Office of Health Promotion offers individual appointments with a Wellness Coach, please reach out by going to bc.edu/wellnesscoach, or walk over to Gasson 025 or 13 and talk with someone on staff, or email Kate Sweeney the University nutritionist for anything food, body image, or exercise related - sweeneykz@bc.edu. If you are interested in talking more about your mental health with a clinician in University Counseling Services, you can visit their office (Gasson 001) or call to schedule an appointment at 617-552-3310.

Be Well!