

**Instructor:** Emily Page, M.S.

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713-348-5194

**Office:** Wellness Center**Class Time:** 6:30 – 8:40 PM**Location:** Baker Hall, Room 102**Course Description:**

This course is designed to provide the student with an opportunity to better understand the many factors that influence personal wellbeing. Particular attention will be given to individual needs and behavior-change goals. Students will be encouraged to use the information gathered to make informed decisions about their own behavior during their college years and beyond.

Topics vary from semester to semester, but may include: time management, coping strategies, healthy relationships, body image, food choices, self-esteem, physical activity, spirituality, environmental awareness, alternative medicine, and self-care.

**Course Learning Objectives:**

Upon completion of this course, the student will be able to:

- Understand wellness as a multi-dimensional and holistic concept.
- Describe the relationship between emotional, physical, social, spiritual, intellectual, and environmental wellness.
- Locate resources to help manage personal wellness issues.
- Recognize the role an individual and their community plays in shaping the individual's well being.
- Gain an awareness of the developmental issues of college life.
- List determinants of ill health and suggest ways of managing/minimizing them.
- Apply basic health behavior theories to critically evaluate and positively enhance their individual lifestyle.

**Class Format:**

This course will be taught in a workshop format, which includes in-class exercises and discussions regarding assigned readings, guest lectures and film viewings. Full participation in class exercises will be necessary to support the student's attainment of course objectives, as well as gaining the relevant materials for completion of class assignments.

**Class Attendance:**

Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, you are allowed two unexcused absences. A third unexcused absence will result in a one-letter grade drop for the final grade. A fourth absence will result in a two-letter grade drop. Should you miss more than 4 sessions, you will not receive credit for the course.

**Grading:**

Wellness Portfolio

50 pts.

Class Participation

50 pts.

**Course Total: 100 points**

**Grading Scale:**

98-100 points	= A+
94-97	= A
90-93	= A-
87-89	= B+
84-86	= B
80-83	= B-
77-79	= C+
74-76	= C
70-73	= C-
69 or fewer	= F

**Assignment Guidelines:**

All work should be the result of your own thoughts and should be written in your own words. You may not collaborate on assignments, unless permission has been granted by the instructor. All essays must be typed in 12-point font and double-spaced. APA format should be used for citations. Unless specifically stated, all assignments should be submitted as part of your personal Wellness Portfolio.

**Honor Code Violations:**

All students are expected to uphold their pledge to the Rice Honor Code. Any student suspected of cheating on an exam or written assignment will be reported to the Chair of the Honor Council, and an investigation will ensue. Any questions that you may have about what constitutes an honor code violation in this class can be directed to the instructor.

**Plagiarism:**

As commonly defined, plagiarism consists of passing off as one's own the ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it in as your own, even if you should have the permission of that person. Plagiarism is one of the worst academic sins, for the plagiarist destroys the trust among colleagues without which research cannot be safely communicated. If you have any questions regarding plagiarism, please consult the latest issue of the Rice University Student Handbook.

**Statement Regarding Disabilities**

The American Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. This ensures all students will be guaranteed a learning environment that provides for reasonable accommodations to their disabilities. Any student with a documented disability needing academic adjustments or accommodations is requested to speak with the instructors during the first two weeks of class. All discussions will remain confidential. Students with disabilities will need to also contact Disability Support Services in the Ley Student Center.

