## Wellbeing

### Course Description:

Courses designated as fulfilling the Wellbeing requirement will allow students to learn and practice strategies for enhanced health, happiness, and functioning across the lifespan. Students can choose from courses exploring multiple dimensions of wellbeing (Emotional, Relational, Physical, Financial, Intellectual, Environmental, Vocational, Career, Spiritual) and will explore how at least two dimensions of wellbeing intersect.

1. **Criteria:** Wellbeing courses will
   1. Introduce at least one dimension of wellbeing (Emotional, Relational, Physical, Financial, Intellectual, Environmental, Vocational, Career, Spiritual) and explore strategies for developing that dimension.
   2. Offer opportunities for students to explore how one additional dimension of wellbeing might intersect with the target/ focus dimension.
   3. Require opportunities to apply knowledge of wellbeing to personal and/or professional development.
2. **SLOs:** Wellbeing students will
3. Identify strategies for developing at least one dimension of wellbeing.
4. Analyze enduring and contemporary challenges that stem from at least one dimension of wellbeing.
5. Explore their individual wellbeing using a multidimensional perspective.