

UNAS3347 Cross Currents Seminar: Thinking About Wellness

No textbook is required.

Course Syllabus

Wednesdays 4:30-5:45 pm (in-person), Stokes Hall 107S

Spring 2024 Semester: January 17 - April 24, 2024

Instructors: Jeannine Kremer, LICSW, and Chloe Amour, MA

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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, healthy sleep, eating, and exercise habits, decision-making around alcohol and drugs, and more. 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 project to enhance student community and self-care

Objectives

- Define “health and wellness” and explain various components of this term
- Explore 12 areas of wellness through education and reflection
- Integrate health insights into a behavior change plan
- Identify on and off-campus health and wellness resources
- Understand the ecological approach to improve health at both the individual and community level
- Construct and utilize a wellness toolbox and present the implementation of a tool targeted toward a specific wellness area

Course Assignments, Grading, & Attendance Policy

Weekly reflection assignments will be due at the beginning of class, at 4:30 pm, and uploaded to Canvas. These assignments will allow you to build your wellness toolbox and will include various readings, activities, videos, or podcasts that accompany a reflection post. If done well, these assignments will provide the bulk of the content you will need for your final paper. Additional details on assignment criteria for the weekly assignments can be found on the last page of your syllabus.

***For one week of your choice**, instead of doing your weekly assignment you can choose to have a wellness coaching session*. Appointments can be made at bc.edu/wellnesscoach.

Final Presentation

Throughout the semester (through your weekly assignments) you will be collecting information on and implementing a variety of self-care strategies related to various topics of wellness. Your final assignment is to choose one of the tools from your wellness toolbox that you engaged in this semester and tell us about what you did, why, and how it resonated with you. Please connect your presentation to at least one piece of content you learned throughout the semester (either in class or through the various resources you were provided) regarding that wellness topic. You will give a 5-minute (maximum) presentation to “teach” us your practice. The presentation can be created in any medium you feel comfortable with: demonstrating in person in class, using videos, a PowerPoint, pictures, another creative medium, etc. Whatever method you wish. You will be asked to let us know the tool you have chosen in class on March 27th. Presentations will occur on April 17th and April 24th.

Final Paper

For your final paper, you will craft a wellness toolbox. You must include 10 “tools” in your final paper. Each tool will get one page of reflection, content, and explanation about why you chose it, how you utilized it, and what you noticed through the implementation of it in your daily life. The goal is that throughout the semester, you will have compiled 8 tools already (through your weekly assignments). The final paper will ask you to incorporate two more of your choice, for a total of 10 tools. If you missed any assignments, you can make them up by adding additional tools (up to 12 total). Finally, you will write a one-page reflection summarizing what you learned about yourself through this process; additional questions to consider can be found on Canvas if you need ideas for where to start.

Attendance

Students are required to attend **all classes** and to arrive on time for class. Students who miss class will be required to complete any make-up assignments, but will not receive credit for class discussion and attendance. Please email Chloe & Jeannine if you will not

be present in class. **Students who miss more than two classes will be unable to pass the course.**

Course Schedule

Date	Topic
1/17	Introduction to the course /Community building
1/24	Body: Sleep
1/31	Body: Nutrition & Movement
2/7	Mind: Mental Health
2/14	Body: Alcohol & Other Drugs
2/21	Mind: Stress
2/28	Mind: Resilience
3/13	Soul: Relationships & Social Life
3/20	Soul: Spirituality & Community
3/27	Digital Wellness Choose tools for final presentation
4/3	No class <i>Administrative Monday</i>
4/10	Tying it all together: Building your wellness toolbox in-class project work time

Date	Topic
4/17	Wellness Toolbox final presentations day #1
4/24	Wellness Toolbox final presentations day #2

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 takes you to the page on Academic Policies and Procedures. Your work in this course will chiefly be an original reflection on your own experience. Any quotations from class material or other sources should be noted as such, giving only the 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

Your health and wellness is the priority. If you are struggling and in need of support, we encourage you to do what is necessary to care for yourself. Please visit this [PDF](#) for some of the on-campus resources available to you.

We ask that at least once throughout this semester, to schedule an appointment with either Jeannine or Chloe (or both!) to check-in. This time is yours to use how you see fit, and we are happy to meet with you as many times as you'd like. Please reach out to schedule your meeting.

If you are feeling stressed, having challenges managing your time, and sleep, making choices around substance use, or more, the Center for Student Wellness offers individual appointments with a Wellness Coach. Please reach out by going to bc.edu/wellnesscoach,

or walk over to Gasson 025 or 013 and talk with someone on staff. If you are interested in meeting with a clinician in University Counseling Services, you can visit their office (Gasson 001) or call to schedule an appointment at 617-552-3310.

Weekly Assignment Criteria for Cross Currents: Thinking about Wellness Seminar

During your time in this course, we want you to develop a toolbox that will aid in maintaining your wellness throughout this semester and beyond. The tools in this toolbox will be different skills, resources, or activities that enable you to practice self-care in a variety of forms. The strategies that keep your mind, body, and soul feeling well will look different for everyone. Each week you will be responsible for incorporating the wellness tool of your choice, related to the topic we will discuss that week, before class. Your goal is to utilize this tool every day, in whatever capacity it entails, for that week. **For example**, you will use a tool related to nutrition and/or movement for the week leading up to 1/31 (thus, starting after our first class). You have the option of choosing from a variety of ideas on the CSW website, under “Building Your Mental Health Toolkit”, or you can incorporate your own. Remember, there is no one-size-fits-all approach, and the purpose of this is to build a toolbox that will be relevant for you.

Your assignment will include a brief activity (either an article, video, podcast episode, or some other activity) that will directly relate to the wellness topic of the week. There are a variety of different options you can choose from; you may enjoy them all but are only required to use one. These resources are accessible via Canvas. Find a self-care practice, or tool, that you want to incorporate that week. You may learn about a tool through the article you read or podcast you listen to or you can also find tools/self-care resources on the CSW website. You also are allowed (and encouraged!) to find your own, we just ask that you share the resource with us so we can add it to the collective toolbox - chances are the rest of us may find it valuable information as well.

Finally, you will write a brief reflection paper on what you chose to do and why.

Important note: these weekly assignments - specifically the accompanying lessons you will complete along with the chosen tools - will be extremely useful for your final paper. If you do these well, the bulk of your final paper will be completed as the semester progresses.

Assignment Requirements

- Upload your reflection by 4:30 the day we meet.

- If you do a wellness coaching session, upload a copy of the follow-up email from your wellness coach to Canvas