

# HON 120 Healthful Living



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**Section:** Hon 120-300  
**Location:** Randall Library - Honors room, 2<sup>nd</sup> floor  
**Class Hours:** W - 8:00 - 8:50 am  
**Office Hours:** Before and after class or by appointment

**Description:** Healthful Living is an honors course stressing the components of wellness (mental, emotional, physical, social, occupational, and spiritual) as the vehicle to making better life decisions, building and maintaining stronger support systems and resolving everyday conflicts.

## **Objectives:**

- 1) Students will learn how to integrate the components of wellness (mental, emotional, physical, spiritual, occupational, and social) into their daily lives.
- 2) Students will learn how to utilize decision-making skills in regards to various aspects of health, i.e. mental, emotional, and physical.
- 3) Students will be able to demonstrate techniques for everyday healthful living such as strategies for: conflict resolution, building and maintaining support systems, and meeting and interacting with new and diverse population's.
- 4) Students will be able to incorporate appropriate activities into their strategies for healthful living:

**Expectations:**

The realization that every day problems such as stress, conflict, difficult situations and people can be better managed when integrating healthful living skills into daily life.

**Student responsibilities:**

1. Attend all classes
2. Be prepared to participate
3. Contribute a level of work you will be proud of
4. Complete all assignments
5. Be FLEXIBLE

**Required text:**

- None, but selected readings will be given to highlight class activities.

**Grading:**

- Attendance, class participation including in-class assignments.....50%
- Project.....25%
- Reaction papers.....25%

\* Reaction papers will be your written thoughts on topics discussed in class. They will be due at the beginning of class on the due date. No reaction papers may be turned in late.

\* The project will be discussed at length during the second class meeting.

**Attendance:** This is required. Your input into this class is what makes it work.



**Honor code:** Academic misconduct will not be tolerated and may result in the student failing the class, being dropped from the class, or being referred to the Dean of Students Office for further action.

## Course Schedule:

Jan.	7.	Introduction and course syllabus
	14	Wellness is as wellness does
	21.	"Wayne, you're mental!" Intro to Mental health
	28	Ok, I'm stressed. Pass the chocolate...Stress
Feb.	4.	Feelings, nothing more than feelings... Relationships
	11	What do you want to do? I dunno, what do you want to do?
	18.	Just do it (Physical)
	25.	Work on projects out of class
March	3.	"That's what friends are for..." Social health
	10.	Spring break
	17.	What are you going to do when you grow up? Occupational
	24.	"I'm a believer" (Spiritual health)
	31.	A walk on the wild side ( <b>Projects due</b> )
April	7.	Easter Break - no class
	14.	Breakfast at the Beach
	21.	Projects handed back, wrap-up

## **Project for HON 120 - Health and Wellness**

In discussing the various components or dimensions of health, an often forgotten one is Occupational health. You will be getting out of bed and going to a job for the next 30-40 years. Liking your job and being passionate about your work is what we strive for; hating your job or doing it for the wrong reasons can make you sick. Therefore, we want you to be thinking about the job that would make you happy.

Project requirements -

1. Identify the occupation you feel at this time is the career choice for you
2. Research the field/market to find out the following:
  - a. education/time commitment to achieve the success you want
  - b. salary expectations
  - c. highest level you aspire to
  - d. potential impact on other life events (starting a family, travel for job, stress levels, financial outlay -vs- financial gain.
3. Identify a leader in the field. Contact them either by email, letter or phone call, and ask them 3 questions of your own choosing, for example:
  - When did you know you wanted to be a (CEO, a rock star, tax attorney)
  - How long has it taken you to get there?
  - Do you have any advice for me?
4. Attach all your findings, letters, etc., in a notebook and hand in to us.