Semester: Fall 2017
Course Number and Title: 10:832:243:02 Wellness Community I (1.5 cr)
Course Day and Time: Wednesday 4:30-5:50 PM, CSB 369
Course Instructor and Contact Information: Professor Dona Schneider donas@ejb.rutgers.edu
Course Assistant and Contact Information: NA
Office Hours and Location: EJB Room 554, BA
Course Materials: On Sakai

Course Description: Exploration of health and wellness in an experiential learning context designed to assess and plan health promotion strategies at the individual, community and global levels.

Course Objectives:

- Increase environmental awareness and decrease impact on the physical environment.
- Think critically about physical wellness.
- Think critically about emotional wellness.
- Increase social respect within personal and community relationships.
- Utilize health information for effective decision-making.
- Effectively communicate health care information.

Rules of the Road:

Academic Integrity

Academic Integrity is a core value that supports trust among students, and between students and teachers. Academic dishonesty is not an individual act that affects only the students involved. It violates communal trust, impacts other members of the community, and is an offense against scholarship. For this reason, any instance of cheating or plagiarism will be dealt with harshly. Honesty matters. See the Rutgers Academic Code and Academic Oath at:

http://academicintegrity.rutgers.edu/

Attendance and Cancellation of Classes

In accordance with Rutgers University regulations, attendance is expected at all regularly scheduled meetings of a course and individual courses may set policies for absences. Please refer to the link below for more specific information:
http://sasundergrad.rutgers.edu/academics/courses/registration-and-course-policies/attendance-and-cancellation-of-class

**Other Concerns**

- Students requiring accommodation due to a disability (learning, physical, emotional) must present proper documentation at the beginning of the semester.
- If issues arise that impact your class attendance or work, or if you have a grade dispute, you must meet with me to discuss the issue.
- Out of respect to your classmates and instructor, no texting or phone calls are permitted during class. Students found using laptops for email or social media will be asked to leave the class and will have points deducted from their final grade.

**Grading:**

Students are responsible for:

- Assuring that written assignments are legible.
- Assuring that electronic submissions are submitted in the proper format (as assigned).
- Arriving to class, taking exams, and turning in assignments on time. Assignments are happily accepted early but late assignments will not be accepted.

Grades are earned for performance. Thus, grades are not negotiable. If you earned 89.9 points, you have earned a B+ and that grade will stand. There is no extra credit, so don’t ask. However, if you feel I have graded an hourly question or assignment unfairly, I am happy to review that particular question with you and make any necessary adjustments to your grade. If I have entered a grade into Sakai in error, show me where I made the error and I will happily fix it.

**Final Grade Scale**

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>90-100</td>
<td>A</td>
</tr>
<tr>
<td>85-89.9</td>
<td>B+</td>
</tr>
<tr>
<td>80-84.9</td>
<td>B</td>
</tr>
<tr>
<td>75-79.9</td>
<td>C+</td>
</tr>
<tr>
<td>70-74.9</td>
<td>C</td>
</tr>
<tr>
<td>60-69.9</td>
<td>D</td>
</tr>
<tr>
<td>&lt;60</td>
<td>F</td>
</tr>
</tbody>
</table>
## Week 1: Sept 6
**Introduction to the Course**

## Week 2: Sept 13
**Environmental Wellness**

## Week 3: Sept 20
**Setting Goals and Time Management**  
Guest Speaker: Ann Marie Hill (EJB)

## Week 4: Sept 27
**Financial Management**  
Guest Speaker: Vincent Joseph (EJB)

## Week 5: Oct 4
**Career Exploration**  
Guest Speaker: Joe Scott (Career Services)

## Week 6: Oct 11
**Nutrition and Behavior**  
Guest Speaker: John Worobey (Nutritional Sciences)

## Week 7: Oct 18
**Exercise and Wellness**  
Guest Speaker: Brittany Bozzini (Kinesiology and Physiology)

## Week 8: Oct 25
**Emotional Wellness**  
Guest Speaker: Molly St. Denis (Graduate School of Applied and Professional Psychology)

## Week 9: Nov 1
**Sexual Health**  
Guest Speaker: Francesca Maresca (Health Outreach, Prevention and Education)

## Week 10: Nov 8
**Sexual Violence**  
Guest Speaker: Laura Luciano (Violence Prevention and Victim Assistance)

## Week 11: Nov 15
**Violence and Bullying**  
Guest Speaker: Maren Greathouse (Tyler Clementi Center)

## Week 12: Nov 22
**No Class – Thanksgiving Break**

## Week 13: Nov 29
**Drugs and Alcohol**  
Guest Speaker: Alexandra Lopez (EJB)

## Week 14: Dec 6
**Leadership and Communication**  
Guest Speaker: Michelle Jefferson (Organizational Leadership)

## Week 15: Dec 13
**Hourly and Course Evaluation**