

# WELLNESS (WELL)

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**WELL 110 - Engaging in Lifelong Wellness, 1 credits.**

Students will gain practical knowledge, discuss, and practice lifelong skill-building techniques in various dimensions of wellness. Topics include assessment and behavior change; social identity; healthy relationships; time management; stress management; mental health; personal safety and injury prevention; and harmful substances. Emphasis will be on self-assessment and reflection. Required for graduation.

**Frequency:** *Every Year - First Semester*

**WELL 111 - Engaging in a Balanced Life, 1 credits.**