Amendment – Wellness Component

Responsibility 3 (R3): Use critical and creative thinking to address civic, social, and environmental challenges. Two learning experiences required, one of which must meet the University Service-Learning Requirement and one of which must contain a wellness component.

Reasons for the amendment:
- Wellness is a significant societal and personal issue. Individuals’ unhealthy behaviors decrease their quality of life, life expectancy, and our broader society incurs financial and social costs.

Evidence to support a required wellness component:
- Wellness courses have been associated with increases in healthy behaviors, both in the short (Mack & Shaddox, 2004; Higgins et al, 2009; Lockwood & Wohl, 2012; Clemmens et al, 2004; Becker et al, 2008) and long term (Pearman III et al., 1997)
- Health has been linked to academic success and retention (Grizzell & McNeil, 2007)

Potential experiences that could satisfy the wellness component requirement:
- Online and hybrid wellness courses
- Courses on wellness theory and concepts
- Nutrition courses
- Global health courses
- Environmental health courses
- Public health courses
- Participation in wellness seminar series presented by University Recreation and Sport Facilities
- Participation in the Healthy Living Community Living-Learning Community (e.g. resident, RA, Activity Coordinator)
- Work as a peer health educator for the Student Wellness Advocacy Team

Research: