



COUN 104 - Foundations of Well-being Course Outline

Approval Date: 05/14/2020

Effective Date: 08/16/2021

SECTION A

Unique ID Number CCC000604611

Discipline(s) Counseling

Division Counseling

Subject Area Counseling

Subject Code COUN

Course Number 104

Course Title Foundations of Well-being

TOP Code/SAM Code 4930.13 - Academic Guidance / E - Non-Occupational

Rationale for adding this course to the curriculum make suggested modifications for UC transfer approval.

Units 3

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 54.00

Lab 0.00

Activity 0.00

Work Experience 0.00

Outside of Class Hours 108.00

Total Contact Hours 54

Total Student Hours 162

Open Entry/Open Exit No

Maximum Enrollment 30

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus
Hybrid

Entirely Online
Online with Proctored Exams

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description The study and application of key concepts that promote sustainable well-being. Topics include: happiness, positive and negative emotions, relationships, accomplishment, stress management and vitality as they relate to the well-being of college students.

Schedule Description

SECTION D

Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

1d. **Limitation on Enrollment:** *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. Students will identify research based practices that increase and sustain well-being.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Understand research based theories of happiness and well-being
- B. Examine concepts and practices that increase and decrease sustainable well-being
- C. Compare and contrast the processes and effects of altruism, gratitude, engagement and courage, and develop activities to increase each of these.
- D. Explain and discuss goal setting and accomplishment as it relates to life satisfaction
- E. Compare and contrast socio-cultural perspectives on individual and collective well-being
- F. Identify the traits of healthy and toxic relationships and how to apply practices that transform negativity
- G. Understand researched based theories of stress and coping
- H. Examine and apply practices that help manage the body's physiological and mental response to stress.
- I. Understand the negative impact anxiety and depression have on student learning and develop holistic practices that mitigate this impact
- J. Examine and apply the concept of vitality and its role in increasing sustainable well-being
- K.

3. Course Content

A. 1. Positivity, happiness and well-being. Theories, concepts and practices related to:

- a. Understanding the role positive and negative emotions have on individual well-being
- b. Happiness and joy

- c. Savoring good experiences
- d. Positive Interventions
- e. Gratitude
- f. Optimistic thinking
- g. Happiness globally, across cultures
- h. Environmental and societal factors that negatively impact happiness and well-being
- i. Materialism and happiness
- J. Hedonic Adaptation

2. Engagement and Life Satisfaction. Theories, concepts and practices related to:

- a. creating flow
- b. Mindfulness
- c. Meditation
- d. Choice and the decision making process
- e. Self-regulation
- f. Strengths

3. Relationships and their impact on well-being. Theories, concepts and practices related to:

- a. Thriving relationships
- b. Toxic traits
- c. Transforming negativity
- c. Kindness & altruism
- d. Love

4. Meaning and Life Purpose. Theories, concepts and practices related to:

- a. Intersection of well-being and a purposeful life
- b. Spirituality
- c. Post traumatic growth
- d. Acts of courage

5. Accomplishment and Life Satisfaction. Theories, concepts and practices related to:

- a. Hope & Change
- b. Goal Setting & accomplishment
- c. Visualization
- d. Habit & materialism
- e. Motivation

6. Stress management and coping. Theories, concepts and practices related to:

- a. Different types of stress
- b. Physical and emotional manifestations of stress
- c. Mental illness and disease

- d. Stress reduction
- e. Stress and attitude
- f. Stress and its impact student learning and information retention
- g. Fight or flight reaction
- h. Stress and human evolution

7. Vitality and its role in stress management and sustainable well-being. Theories, concepts and practices related to:

- a. Sleep
- b. Physical Activity
- c. Nature
- d. Nutrition
- e. Breathing, relaxation and meditation
- F. Energy

4. Methods of Instruction:

Activity:

Discussion:

Field Trips:

Lecture:

Visiting Lecturers:

Online Adaptation: Activity, Directed Study, Discussion, Journal, Lecture

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests --

Quizzes --

Papers --

Oral Presentation --

Projects --

Field Trips --

Class Work --

Home Work --

Final Exam --

Mid Term --

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

- A. Reading Assignments
articles related to course topics
- B. Writing Assignments
weekly journal
- C. Other Assignments
out of class exercises that apply course content

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Dalai Lama & Tutu, Desmond

Title: The Book of Joy

Publisher: Penguin

Date of Publication: 2016

Edition:

Book #2:

Author: Seligman, Martin E.P.

Title: Flourish

Publisher: Free Press

Date of Publication: 2011

Edition:

Book #3:

Author: Emmons, Robert A.

Title: Thanks!

Publisher: Houghton Mifflin

Date of Publication: 2008

Edition:

Book #4:

Author: Frankl, Viktor

Title: Man's Search For Meaning

Publisher: Beacon Press

Date of Publication: 1946

Edition:

Book #5:

Author: Greenberg, Jerrold S.

Title: Comprehensive Stress Management

Publisher: McGraw-Hill

Date of Publication: 2016

Edition: 14th

B. Other required materials/supplies.