

# COUN-104: FOUNDATIONS OF WELL-BEING

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**Effective Term**

Fall 2021

**BOT Approval**

05/14/2020

**SECTION A - Course Data Elements**
**CB04 Credit Status**

Credit - Degree Applicable

**Discipline**

| Minimum Qualifications       | And/Or |
|------------------------------|--------|
| Counseling (Master's Degree) |        |

**Subject Code**

COUN - Counseling

**Course Number**

104

**Department**

Counseling

**Division**

Counseling (COUN)

**Full Course Title**

Foundations of Well-being

**Short Title**

Foundations of Well-being

**CB03 TOP Code**

4930.13 - Academic Guidance

**CB08 Basic Skills Status**

NBS - Not Basic Skills

**CB09 SAM Code**

E - Non-Occupational

**Rationale**

Make suggested modifications for UC transfer approval.

**SECTION B - Course Description**
**Catalog Course 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.

**SECTION C - Conditions on Enrollment**
**Open Entry/Open Exit**

No

**Repeatability**

Not Repeatable

**Grading Options**

Letter Grade or Pass/No Pass

**Allow Audit**

Yes

**Requisites****SECTION D - Course Standards****Is this course variable unit?**

No

**Units**

3.00000

**Lecture Hours**

54.00

**Outside of Class Hours**

108

**Total Contact Hours**

54

**Total Student Hours**

162

**Distance Education Approval****Is this course offered through Distance Education?**

Yes

**Online Delivery Methods**

| DE Modalities               | Permanent or Emergency Only? |
|-----------------------------|------------------------------|
| Entirely Online             | Permanent                    |
| Hybrid                      | Permanent                    |
| Online with Proctored Exams | Permanent                    |

**SECTION E - Course Content****Student Learning Outcomes****Upon satisfactory completion of the course, students will be able to:**

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

**Course Objectives****Upon satisfactory completion of the course, students will be able to:**

1. Understand research-based theories of happiness and well-being.
2. Examine concepts and practices that increase and decrease sustainable well-being.
3. Compare and contrast the processes and effects of altruism, gratitude, engagement and courage, and develop activities to increase each of these.
4. Explain and discuss goal setting and accomplishment as it relates to life satisfaction.
5. Compare and contrast socio-cultural perspectives on individual and collective well-being.
6. Identify the traits of healthy and toxic relationships and how to apply practices that transform negativity.
7. Understand researched based theories of stress and coping.
8. Examine and apply practices that help manage the body's physiological and mental response to stress.

9. Understand the negative impact anxiety and depression have on student learning and develop holistic practices that mitigate this impact.
10. Examine and apply the concept of vitality and its role in increasing sustainable well-being.

### Course Content

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
  - d. Kindness & altruism
  - e. 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

## Methods of Instruction

### Methods of Instruction

| Types              | Examples of learning activities |
|--------------------|---------------------------------|
| Activity           |                                 |
| Discussion         |                                 |
| Field Trips        |                                 |
| Lecture            |                                 |
| Visiting Lecturers |                                 |

### Online Adaptation

| Types      | Examples of learning activities |
|------------|---------------------------------|
| Activity   |                                 |
| Discussion |                                 |
| Group Work |                                 |
| Journal    |                                 |
| Lecture    |                                 |

### Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards  
 Chat Rooms  
 Discussion Boards  
 E-mail Communication  
 Telephone Conversations  
 Video or Teleconferencing

### Student-Initiated Online Contact Types

Chat Rooms  
 Discussions  
 Group Work

### Course design is accessible

Yes

## Methods of Evaluation

### Methods of Evaluation

| Types              | Examples of classroom assessments |
|--------------------|-----------------------------------|
| Exams/Tests        | Final Exam<br>Midterm             |
| Quizzes            |                                   |
| Essays/Papers      |                                   |
| Oral Presentations |                                   |
| Projects           |                                   |
| Other              | Field Trips                       |
| Other              | Class Work                        |
| Homework           |                                   |

## Assignments

### Reading Assignments

Articles related to course topics.

### Writing Assignments

Weekly journal

**Outside-of-Class Assignments**

Out of class exercises that apply course content.

**SECTION F - Textbooks and Instructional Materials****Material Type**

Textbook

**Author**

Dalai Lama & Tutu, Desmond

**Title**

The Book of Joy

**Publisher**

Penguin

**Year**

2016

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**Material Type**

Textbook

**Author**

Seligman, Martin E.P.

**Title**

Flourish

**Publisher**

Free Press

**Year**

2011

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**Material Type**

Textbook

**Author**

Emmons, Robert A.

**Title**

Thanks!

**Publisher**

Houghton-Mifflin

**Year**

2008

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**Material Type**

Textbook

**Author**

Frankl, Viktor

**Title**

Man's Search for Meaning

**Publisher**

Beacon Press

**Year**

1946

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**Material Type**

Textbook

**Author**

Greenberg, Jerrold

**Title**

Comprehensive Stress Management

**Edition/Version**

14th

**Publisher**

McGraw-Hill

**Year**

2016

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**SECTION G - Diversity, Equity and Inclusivity**

**Course Codes (Admin Only)**

**CB00 State ID**

CCC000604611

**CB10 Cooperative Work Experience Status**

N - Is Not Part of a Cooperative Work Experience Education Program

**CB11 Course Classification Status**

Y - Credit Course

**CB13 Special Class Status**

N - The Course is Not an Approved Special Class

**CB23 Funding Agency Category**

Y - Not Applicable (Funding Not Used)

**CB24 Program Course Status**

Program Applicable

**Allow Pass/No Pass**

Yes

**Only Pass/No Pass**

No