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| Week | Date  | Topic  | Notes |
| Week 1 | Tues, Aug. 20 | **Intro to the Course**  | * Review Syllabus
* Ice Breaker: Two Truths & A Lie
* Create Core Motivation groups
* Complete Course Pre-Survey
 |
| Thurs, Aug. 22 | **Intro to Wellness in Engineering** | * Eight Dimensions of Wellness
* Wellness Wheel Activity
* (Resources: Wellness Center)
* **Due Aug 27: Reflection #1 (Wellness)**
 |
| Week 2 | Tues, Aug. 27 | **Part 1: Balancing School & Life** | * Work-life balance
* Consequences of imbalance & burnout
* In
* (Resources: UREC)
 |
| Thurs, Aug. 29 | **Part 2: Balance in Your Schedule** | * Create a weekly schedule
* Prioritizing
* **Due Sept. 3: Weekly Schedule**
 |
| Week 3 | Tues, Sep. 3 | **Self-Advocacy & Assertiveness** | * (Resources: CEA, SSC)
 |
| Thurs, Sep. 5 | **(Open for class vote in response to pre-survey results, or FLEX day)** | * TBD
* **Due Sept. 10: Reflection #2 (Self-Advocacy)**
 |
| Week 4 | Tues, Sep. 10 | **How to pay for college** | * Guest Speakers: Rachel Dennis & Eric Miller
* (Resources: Financial aid, scholarships)
 |
| Thurs, Sep. 12 | **Mental Health & Insurance** | * Medicaid insurance (how to apply & eligibility)
* Private insurance (in-network, deductible/copay, etc.)
* (Resources: CAPS, CNED)
* **Due Sept. 13: Office Hour Meeting**
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| Week 5 | Tues, Sep. 17 | **Part 1: Intro to Networking** | * How to create/initiate networking
* Conversational intelligence
* (Resources: Career Connections)
 |
| Thurs, Sep. 19 | **Part 2: Networking Strategies** | * Applying networking strategies
* In-Class Group Activity: Create two SMART goals for networking strategies.
* **Due Sept. 24: Networking SMART Goals**
 |
| Week 6 | Tues, Sep. 24 | **Mindfulness** | * Stress Management
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| Thurs, Sep. 26 | **NARCAN Training** | * (Resources: SEAR)
* **Due Oct. 1: Reflection 3 (Mindfulness)**
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| Week 7 | Tues, Oct. 1 | **Designing Your Life: Build Your Compass** | * Illustrate your Workview and Lifeview
 |
| Thurs, Oct. 3 | **Designing Your Life: Odyssey Planning** | * **Due Oct 8: Design Thinking Odyssey Plans**
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| Week 8 | Tues, Oct. 8 | **Final Presentations**  | * Complete Course Post-Survey
* **Final: In-class presentation on outcome for individual networking SMART goal.**
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