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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** |
| 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 |
| Thurs, Sep. 26 | **NARCAN Training** | * (Resources: SEAR) * **Due Oct. 1: Reflection 3 (Mindfulness)** |
| 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** |
| Week 8 | Tues, Oct. 8 | **Final Presentations** | * Complete Course Post-Survey * **Final: In-class presentation on outcome for individual networking SMART goal.** |