WELL-BEING MINOR

Banner Code: WELB

Academic Advising

402 Enterprise Hall
Fairfax Campus

Email: sisinfo@gmu.edu
Website: integrative.gmu.edu/programs/la-minor-nc-welb

This minor provides students with a well-grounded understanding of the nature of human well-being, including both the historical foundations and modern research findings. Through the required coursework, students develop an ability to implement personal practices that foster deeper self-awareness, resilience, mind-body wellness, the regulation of stress factors in his or her life, and an emerging sense of meaning for his or her life. Students will learn to creatively and effectively apply principles from the exploration of the science of well-being to his or her own field of study.

Faculty

Fuertes, Thurston, Weinstein

Admissions & Policies

Policies

Eight credits of coursework must be unique to the minor and students must earn a minimum grade of 2.00 in all courses applied to the minor. For policies governing all minors, see the Undergraduate Policies (http://catalog.gmu.edu/policies/academic/undergraduate-policies/) section of this catalog.

Requirements

Minor Requirements

Total credits: 15

Students should be aware of the specific policies associated with this program, located on the Admissions & Policies tab.

Core Courses

Code	Title	Credits
INTS 355	Mindfulness, Meaning Well-Being	3
GCH 325	Stress and Well-Being (Mason Core) (http://catalog.gmu.edu/mason-core/)	3
Total Credits		6

Electives

Code	Title	Credits
Select two to three courses from the following:		9
COMM 304	Foundations of Health Communication	
COMM 305	Foundations of Intercultural Communication (Mason Core) (http://catalog.gmu.edu/mason-core/)	
COMM 334	Family and Health Communication	
GCH 310	Health Behavior Theories	
GCH 332	Health and Disease	
GCH 350	Health Promotion and Education	
GCH 360	Health and Environment	
GCH 445	Social Determinants of Health	
or SOCW 445	Social Determinants of Health	
HEAL 351	Relationship Health	
HEAL 372	Health Communication	
INTS 305	Conflict Resolution and Transformation	
INTS 314	Conflict, Trauma and Healing	
INTS 315	Spirituality and Conflict Transformation (Mason Core) (http://catalog.gmu.edu/mason-core/)	
INTS 337	Social Justice Consciousness and Action	
INTS 356	Foundations of Resilience and Well-Being	
INTS 455	Consciousness and Transformation in Action	
INTS 456	Self-Care and Well-Being for Helping Professionals	
MUSI 455	Music as a Healing Art	
MUSI 477	Music and Consciousness	
PHIL 251	Happiness and the Good Life	
PRLS 300		
PSYC 408	Psychological Fitness	
PSYC 417	Science of Well Being	
RELI 341	Spirituality and Healing (Mason Core) (http://catalog.gmu.edu/mason-core/)	
RELI 342	Comparative Study of Mysticism	
Total Credits		9