CURRICULUM

Alcohol & College Life: Insight for all students to balance social life and academics and make safe decisions

Financial Fitness: Money management basics for making informed choices and mitigating financial distress

Sexuality Matters: Skills necessary to create healthy relationships, advocate for sexual health and foster inclusivity

Sleep, Eat & Exercise: Self-care and time management strategies to prioritize a healthy and balanced lifestyle

Success Over Stress: Tools to recognize symptoms and develop strategies to proactively prevent and manage stress

IMPLEMENTATION OPTIONS

Each offering within our health and wellness curriculum is designed as an entirely online, 1-credit, elective undergraduate course. However, the curriculum is flexible and can be implemented in a variety of ways, such as:

- online component of a hybrid/blended course
- assigned eTextbook for an existing course
- component of a 2, 3, or 4-credit course
- custom combination of selected modules from the curriculum
- first-year-experience or college success course
- pre-matriculation, program, or gradation requirement
- component of a college-prep or readiness program

INSTRUCTOR QUOTES

“I am teaching this class as a ‘blended’ class, which I love! This is the best of both worlds for me—personal face-to-face contact, and an outstanding curriculum!”

—Instructor at Vermilion Community College

“Like the course title, ‘Success Over Stress,’ this experience has been great. We needed to broaden our offerings, and we were up-and-running with the comprehensive content and assessments. The customer support has been exceptional.”

—Instructor at Mineral Area College
WHY EDUCATORS ADOPT OUR CURRICULUM

CONFIDENCE IN THE CURRICULUM
• From a top-ranked school of public health
• Theory-based and evidence-informed
• Accurate and up-to-date
• Learner-centered and inclusive
• Aligned learning objectives, content, and assessments
• Assignments that foster critical thinking, problem-solving, and skill-building

INNOVATIVE LEARNING TECHNOLOGY
• Engaging and easy-to-navigate online lessons accessible 24/7 from a desktop, laptop, or mobile device
• Customized school branding, instructor information, and campus-specific resources
• Materials compatible with any LMS
• Universal design for diverse learning preferences and abilities

TIME SAVINGS
• Exceptional customer service and technical support
• Get Started Checklist with suggested steps and timeline
• Course Setup Guide addressing FAQs
• Sample course syllabus and schedule
• Ready-to-use assignment templates and quiz question banks
• Marketing templates to generate student interest and enrollment

LEARN MORE
RI.UMN.EDU

STUDENT QUOTES

“By offering this class, the university is investing in students’ health and ultimately helps them succeed. I am a better, more capable person as a result of enrolling in this course and participating.”
— Success Over Stress student

“... I’m hard-pressed to name another class I’ve taken that has taught me so much about the real world around me, and given me tools to use in everyday life.”
— Alcohol & College Life student

“Because of this course I’ve actually begun to set health related goals instead of just wanting to be more healthy, but not knowing how to go about it.”
— Sleep, Eat & Exercise student

“The information was presented in a way that made it relevant to everyone regardless of their financial resources.”
— Financial Fitness student

“It provided many viewpoints to the subject matter, which increased my consideration and tolerance of how the people around me may have different opinions than me.”
— Sexuality Matters student

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