

CREATIVE WELLNESS, MINOR

Student Learning Outcomes

1. Collaborate effectively and integrate learning across psychology and arts/humanities disciplines.
2. Comprehend and apply an understanding of positive psychology to promote wellness in the community through creative expression.
3. Practice self-care through experiential learning creative wellness activities.

Specific Program Requirements

Course	Title	Credits
Core Requirements		
		9
ARC 110	Integrated Studies	3
CW 100	Introduction to Creative Wellness	3
PSYC 405	Positive Psychology	3
Electives No more than 6 credits from the same discipline (unless CW).		
		12
CW 491	Special Topics	1-3
ARC 174	Fundamentals of Digital Media	3
ART 141	Drawing I: Observational Drawing	3
ART 176	Photography: Expressive Composition	3
ART 233	Sculpture I	3
ART 247	Ceramics I	3
ART 274	Art & Design Essentials	3
ART 333	Sculpture II: Site Art	3
ART 347	Ceramics II	3
ART 270	Printmaking I	3
ART 370	Printmaking II	3
ART 242	Drawing II: Life Drawing	3
ART 234	Painting I	3
ART 334	Painting II	3
CS 235	Ballet Folklorico	3
CS 325	Health in the Chicano Community	3
CS 420	Voices of Protest	3
ENG 114	Introduction to Creative Writing (GT-AH1)	3
ENG 315	Creative Writing: Poetry	3
ENG 316	Creative Writing: Fiction	3
ENG 317	Creative Nonfiction	3
ENG 318	Creative Writing: Drama	3
ENG 414	Advanced Creative Writing Workshop	3
MUS 110	Music and Audio Production I	2
MUS 125	Piano Class for Non-Majors	1
MUS 130	Guitar Class	1
MUS 152	Jazz Improvisation I	2
MUS 169	Applied Voice, Non-Major	1
MUS 208	Vocal Jazz Ensemble	.5
MUS 207	University Band	.5
MUS 209	Chamber Choir	.5
PSYC 403	Emotional Intelligence	3
SW 328	Spirituality and Social Work	3

SOC 315	Health, Culture, and Society	3
SOC 452	Sociology of the Self	3
SOC 453	Inside-Out Prisoner Exchange	3
HS 320	Evaluation of Public Health Issues	3
HS 322	Health Coaching Concepts	3
EPER 102	Mountain Orientation	2
EPER 103	Winter Orientation	2
EPER 104	Desert Orientation	2
EPER 105	Canyon Orientation	2
EPER 107L	Triathlon	1
EPER 108L	Yoga	1
EPER 112L	Rock Climbing	1
EPER 123L	Zumba	1
EPER 124L	Tai Chi	1
EPER 116L	Camping	1
EPER 117L	Backpacking	1
EPER 118L	Fly Fishing	1
EPER 119L	Walking for Fitness	1
EPER 127L	Jogging	1
EPER 128L	Aerobics	1
EPER 143L	Folk, Square, and Ballroom Dance	1
EPER 162	Personal Health	3
EPER 162L	Personal Health Lab	1
EPER 249	Challenge Course Leadership	2
EPER 222	Behavior Facilitation	3