

# COUN 104 - Foundations of Well-being Course Outline

Approval Date: 05/14/2020

Effective Date: 08/16/2021

## SECTION A

Unique ID Number CCC000604611

Discipline(s) Counseling

Division Counseling

Subject Area Counseling

Subject Code COUN

Course Number 104

Course Title Foundations of Well-being

TOP Code/SAM Code 4930.13 - Academic Guidance / E - Non-Occupational

Rationale for adding this course to the curriculum make suggested modifications for UC transfer approval.

Units 3

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

### Contact Hours

Lecture 54.00

Lab 0.00

Activity 0.00

Work Experience 0.00

Outside of Class Hours 108.00

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Total Contact Hours 54

Total Student Hours 162

Open Entry/Open Exit No

Entirely Online  
Online with Proctored Exams

## SECTION B

### General Education Information:

## SECTION C

### Course Description

**Repeatability** May be repeated 0 times

**Catalog Description** The study and application of key concepts that promote sustainable well-being. Topics include: happiness, positive and negative emotions,

relationships, accomplishment, stress management and vitality as they relate to the well-being of college students.

### Schedule Description

## SECTION D

### Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

1d. **Limitation on Enrollment:** *None*

## SECTION E

### Course Outline Information

#### 1. Student Learning Outcomes:

A. Students will identify research based practices that increase and sustain well-being.

#### 2. Course Objectives: Upon completion of this course, the student will be able to:

A. Understand research based theories of happiness and well-being

B. Examine concepts and practices that increase and decrease sustainable well-being

C. Compare and contrast the processes and effects of altruism, gratitude, engagement and courage, and develop activities to increase each of these.

D. Explain and discuss goal setting and accomplishment as it relates to life satisfaction

E. Compare and contrast socio-cultural perspectives on individual and collective well-being



- d. Stress reduction
- e. Stress and attitude
- f. Stress and its impact student learning and information retention
- g. Fight or flight reaction
- h. Stress and human evolution

7. Vitality and its role in stress management and sustainable well-being. Theories, concepts and practices related to:

- a. Sleep
- b. Physical Activity
- c. Nature
- d. Nutrition
- e. Breathing, relaxation and meditation
- F. Energy

**4. Methods of Instruction:**

**Activity:**

**Discussion:**

**Field Trips:**

**Lecture:**

**Visiting Lecturers:**

**Online Adaptation:** Activity, Directed Study, Discussion, Journal, Lecture

**5. Methods of Evaluation:** Describe the general types of evaluations for this course and provide at least two, specific examples.

**Typical classroom assessment techniques**

-5.912 515.83 468.36 203.122 468.36 75.888 reC90.7 436.58 8.36 75.888 reW\*nBT41.0 GB1

Book #1:

Author: Dalai Lama & Tutu, Desmond

Title: The Book of Joy

Publisher: Penguin

Date of Publication: 2016

Edition:

Book #2:

Author: Seligman, Martin E.P.

Title: Flourish

Publisher: Free Press

Date of Publication: 2011

Edition:

Book #3:

Author: Emmons, Robert A.

Title: Thanks!

Publisher: Houghton Mifflin

Date of Publication: 2008

Edition:

Book #4:

Author: Frankl, Viktor

Title: Man's Search For Meaning

Publisher: Beacon Press

Date of Publication: 1946

Edition:

Book #5:

Author: Greenberg, Jerrold S.

Title: Comprehensive Stress Management

Publisher: McGraw-Hill

Date of Publication: 2016

Edition: 14th

**B. Other required materials/supplies.**