

Student Personal Wellness Course Schedule – SCCITL Example 2019

Course Schedule

Weekly Course Breakdown – (schedule subject to change)

In-person meetings will occur approximately every 3 weeks on Monday afternoon/evening

Week of:	In-Person Meeting?	Topic / Content	Weekly Wellness Assignment <i>*To be completed or submitted by <u>Friday</u> of each week.</i>
Dec 31st	No -	Review course materials found online	Complete pre-course assessment and survey.
Jan 7th	Yes – Monday Jan 7 th 3-4pm	Course Introduction – “Why this course exists and why you should care” Review course Weekly Wellness Assignments and course schedule	-Read the “required” Sleep Hygiene article <u>and</u> 1 of the 2 “supplemental” articles online. Post a reflection on the forum. -Print and start sleep log (will continue for 1 month) – <i>*~ 4 copies will be needed for 1 month.</i> -Reach out to one person you’ve lost contact with since starting PA school (<i>any communication medium is acceptable</i>).
Jan 14th	No -	Identifying your own life stressors	-Identify and reflect on the major stressors in your life. Reflect on how this may compare to other medical/PA students. -Bring a list with you to the class meeting next week. -Compare week 1 of your sleep log to recommended amount of sleep; make adjustments where possible/as necessary.
Jan 21st	Yes – Tuesday Jan 22 nd 3-4pm	Common career burnout factors discussion & Discuss stress reduction techniques for students and beyond. Bring your “stressors list” (<i>Note: will not be required to share, but rather look for stress reduction techniques to apply to these</i>)	-Practice 1 stress reduction technique and post-technique journal entry on your own. -Schedule one personal “wellness” appointment or visit (<i>i.e. dentist, doctor, massage, chiropractor, psychic, acupuncture, etc.</i>). This should be completed by the end of semester. -In preparation of exams next week, practice one stress reduction technique each day for the 3 days leading up to exams & post-technique journal entry on your own.

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Jan 28th	No - Exams	De-stressing time	<p>-Pick an outdoor location nearby to where you live and sit for 15-20 minutes observing. This time should be free of electronics and distractions. Jot down your thoughts or observations in your journal about this experience. Report in the entry if this was difficult. Total this should take approx. 1 hour, including travel time. <i>(Please be sure that you choose a time of day and location that assures your safety!)</i></p> <p>-Treat yourself to something that is a “favorite” in your life. Enjoy it by being present in that moment. <i>(Example, if chocolate ice cream is your “favorite” ice cream, make a trip to get some ice cream).</i> -*Share online what you enjoyed in the forum</p>
Feb 4th	No -	Identifying things that are important in your life outside of work/school: Hobbies/Interests	<p>-Create a list of at least 5 hobbies or interests that are important to you. You may actively or currently participate in this, or may have lost touch with these due to time constraints of school.</p> <p>-Post those that you are willing to share on the online forum.</p>
Feb 11th	Yes – Monday Feb 11 th 2pm *This session may be hosted online - TBD	<p>Work-life balance discussion;</p> <p>Discussion of hobbies/interests list that you created</p> <p>*Vote this week on Apr 22nd meeting location/time</p>	<p>-Review guidelines for weekly physical activity (graphic posted online)</p> <p>-Answer sleep log questionnaire online.</p> <p>-Begin exercise log, which will be continued for 1 month, and follow AHA guidelines (posted online) for physical activity during that time*. <i>(*If a physical ailment or injury prevents you from following these guidelines, please adjust your activity level accordingly or per your physician’s orders.)</i></p>
Feb	No -	Time management	-Review the presentation online about time

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18 th			<p>management. This includes a list of phone apps that can help you improve your time management skill and help you study more effectively.</p> <p>-In preparation of exams next week, practice one stress reduction technique each day for the 3 days leading up to exams and post-technique journal entry on your own.</p>
Feb 25 th	No - Exams	Reliance on electronics – Addiction implications	<p>-Review electronics article (posted online)</p> <p>-Post your reflection on the online forum</p> <p>-Pick one day this week to be free from ALL electronics for 2 hours. Do not cheat! Briefly reflect in your journal after completion. Complete this task after completion of your exams.</p> <p>-IMPORTANT Reminder: Identify one small object that helps tell a story about who you are as a person outside of your role as a student. Bring this object to the meeting on March 4th. Don't forget!</p>
Mar 4 th	Yes – Monday March 4 th - 3pm	"Show and tell"	<p>-Identify a "dream vacation" to discuss during next in-person meeting. Consider location, length, who you'd travel with (if anyone), and at least one thing you'd like to do while there. <i>(Note: Do not consider cost or time as a limiting factor in this exercise, this can be anywhere with anyone, for any period of time.)</i></p> <p>-Read mindfulness articles (see online course)</p> <p>-Post your reflection on the online forum</p> <p>-Practice 1 stress reduction technique and post-technique journal entry on your own.</p>
Mar 11 th	Spring Break	Spring Break	<p>-Practice 1 stress reduction technique during Spring Break and post-technique journal entry on your own.</p>
Mar 18 th	No	N/A	<p>-In preparation of exams next week, practice one stress reduction technique each day for the 3 days leading up to exams and post-technique journal entry on your own.</p>

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Mar 25th	<p>Yes –</p> <p>Date: Tuesday, March 26th</p> <p>Location: Sunrise Park</p> <p>Time: 4:00pm</p>	<p>Field trip/Meet off-campus at Sunrise Park – Bring a beach towel or blanket to sit on.</p> <p><i>*Alternative Rain/Weather location is via online conference room</i></p> <p>“Dream vacation” discussion</p>	<p>-Watch one TedTalk Video (or YouTube) on motivation (see suggested list of presenters or videos online).</p> <p>-Record which video you watched on the online forum, regardless if it was on the suggested list, so that I can continue to compile and review videos.</p> <p>-After completion of the video, journal about your mood prior to watching and after listening and watching. Did it improve? Did it motivate you? Did it have any effect at all?</p> <p>-Answer online questionnaire about exercise log completion</p>
Apr 1st	<p>Yes –</p> <p>Date: Monday, April 1st</p> <p>Location: White Point Gardens</p> <p>Time: 4:00pm</p>	<p>Field trip/Meet off-campus at White Point Gardens - Bring a beach towel, yoga mat, or blanket to sit on.</p> <p><i>*Alternative Rain/Weather location TBD</i></p> <p>Discuss & practice mindfulness (review a “how to” and print one exercise for everyone)</p>	<p>-Practice 1 stress reduction technique and post-technique journal entry</p> <p>-In preparation of exams next week, practice 1 stress reduction technique each day for the 3 days leading up to exams and post-technique journal entry on your own.</p>
Apr 8th	<p>No - exams</p>	<p>Beyond graduation: The first job, job security, and financial stressors.</p>	<p>-Attempt to do at least 1 daily activity with your non-dominant hand (mindfulness exercise) – examples include brushing your teeth, eating, writing.</p> <p>-Afterwards, reflect in your journal about something that you do daily that you may take for granted if you could not use your dominant hand.</p>
Apr 15th	<p>No -</p>	<p>Identifying life goals</p>	<p>-Create a list of 3 life goals you’d like to accomplish in the next 10 years of your life.</p>

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			Post these online to share with others. We will discuss next week when we meet. -Submit one idea for implementation for next year in this course (via online course)
Apr 22nd	Yes – Monday April 22 nd Location TBD - 4pm meeting time	Field trip/Meet at off-campus location TBD by student vote; Discuss/share life goals list	-Post-course assessment and survey (links found online); -In preparation of exams next week, practice 1 stress reduction technique each day for the 3 days leading up to exams and post-technique journal entry on your own.
Apr 29th	No further meetings.	n/a	n/a

****See next page for course assignment summary**

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Summary of Elective Wellness Assignments: (check list)

- ☐ **Completion of Pre-course assessment and survey** (very important!)
 - Complete the survey and assessment by the end of week 1 of the course
- ☐ **Completion of Required Reading Assignments, Forum Postings, and Video Review**
 - Review sleep hygiene article and one “supplemental” sleep article. Post in forum after completion.
 - Review AHA physical activity guidelines
 - Review time management reading/PowerPoint on course webpage
 - Review electronics article. Post in forum after completion.
 - Watch one TedTalk Video on the topic of self motivation (see suggested speakers & links list online)
 - Review mindfulness reading assignment (article(s) online)
 - *Other assigned reading may come up throughout the semester, as determined by the course director*
- ☐ **Completion of Required Activities**
 - **Professional Requirements**
 - ☐ *Be present, be on time, be respectful to others during the required in-person meetings*
 - **Personal Requirements**
 - ☐ *Start your personal wellness journey log (journal) and record activities as requested in course schedule (see above)*
 - ☐ *Sleeping Log (keep log while attempting to follow ASA guidelines of 7-9 hrs/night)*
 - – At ~1 month, record average # of hours of sleep during the 1 month period online
 - ☐ *Exercise Log (keep log while attempting to follow AHA guidelines for 1 month)*
 - – At ~1 month, record average # of minutes of exercise during the 1 month period online
 - ☐ *Reconnect with 1 (or more) person(s) that medical training has caused you to drift apart from*
 - ☐ *Schedule 1 appointment for personal wellness (if due): i.e. dental, medical, massage, routine labs, etc.*
 - ☐ *Identify a “dream vacation” wellness activity*
 - ☐ *Practice stress reduction techniques at the frequency suggested in the course schedule (see above)*
 - ☐ *Schedule 1 appointment for personal wellness (if due): i.e. dental, medical, hygiene, massage, routine labs, etc.*
 - ☐ *“Staycation” for **ONE weekend day**. You should not undertake any didactic, lecture, or electronic duties during this time.*
 - ☐ *“Show and Tell” wellness assignment*
 - ☐ *Non-dominant hand wellness activity (Mindfulness)*
 - ☐ *Mindfulness wellness assignment*
 - ☐ *Life goals wellness assignment (Identify 3 life goals to share)*
 - ☐ *Develop 1 idea for consideration for next year to implement in this course that advocates personal and/or professional wellness*
- ☐ **Optional/Suggested:**
 - *Read one personal or professional development book, see suggested books list provided online*
- ☐ **Completion of Post-course assessment and survey** (very important!)
 - Complete by the last Friday of the course, prior to final examinations.