

WELL-BEING MINOR

Banner Code: WELB

Academic Advising

402 Enterprise Hall
Fairfax Campus

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Website: integrative.gmu.edu/programs/la-minor-nc-cntr

The minor provides students with a well-grounded understanding of the nature of human consciousness, 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, 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 consciousness and transformation to his or her own field of study.

Faculty

Fuertes, Guenther, Thurston

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 AP.5.3.4 Minors.

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

INTS 355	Mindfulness, Meaning Well-Being	3
GCH 325	Stress and Well-Being (Mason Core)	3
Total Credits		6

Electives

Select two to three courses from the following: 9

COMM 304	Foundations of Health Communication
COMM 305	Foundations of Intercultural Communication (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
INTS 337	Social Justice Consciousness and Personal Transformation
INTS 455	Consciousness and Transformation in Action
MUSI 455	Music as a Healing Art
MUSI 477	Music and Consciousness
PHIL 251	Happiness and the Good Life
PRLS 300	People with Nature
PSYC 408	Psychological Fitness
PSYC 417	Science of Well Being
RELI 337	Mysticism: East and West
RELI 341	Global Perspectives on Spirituality and Healing (Mason Core)
UNIV 370	Special Topics (Dimensions of Well-Being)

Total Credits

9