WELL-BEING MINOR

Banner Code: WELB

Academic Advising
402 Enterprise Hall
Fairfax Campus

Email: sisinfo@gmu.edu
Website: integrative.gmu.edu/programs/la-minor-nc-welb

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 the Undergraduate Policies section of this catalog.

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>INTS 355</td>
<td>Mindfullness, Meaning Well-Being</td>
<td>3</td>
</tr>
<tr>
<td>GCH 325</td>
<td>Stress and Well-Being (Mason Core)</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Total Credits</td>
<td>6</td>
</tr>
</tbody>
</table>

Electives

Select two to three courses from the following:

- 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
- HEAL 351  Relationship Health
- HEAL 372  Health Communication
- INTS 305  Conflict Resolution and Transformation
- INTS 314  Conflict, Trauma and Healing (Mason Core)
- INTS 315  Spirituality and Conflict Transformation (Mason Core)
- INTS 337  Social Justice Consciousness and Personal Transformation
- INTS 356  Foundations of Resilience and Well-Being
- 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