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

This minor provides students with a well-grounded understanding of the nature of human well-being, 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, resilience, mind-body wellness, 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 the science of well-being to his or her own field of study.

Faculty
Fuertes, Thurston, Weinstein

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 (http://catalog.gmu.edu/policies/academic/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>Mindfulness, Meaning Well-Being</td>
<td>3</td>
</tr>
<tr>
<td>GCH 325</td>
<td>Stress and Well-Being (Mason Core)</td>
<td>3</td>
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<tr>
<td></td>
<td>(<a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a>)</td>
<td></td>
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<tr>
<td>Total Credits</td>
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<td>6</td>
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Electives

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>Select two to three courses from the following:</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>COMM 304</td>
<td>Foundations of Health Communication</td>
<td></td>
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<tr>
<td>COMM 305</td>
<td>Foundations of Intercultural Communication (Mason Core) (<a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a>)</td>
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</tr>
<tr>
<td>COMM 334</td>
<td>Family and Health Communication</td>
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</tbody>
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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 (Mason Core) (http://catalog.gmu.edu/mason-core/)
INTS 337 | Social Justice Consciousness and Action
INTS 356 | Foundations of Resilience and Well-Being
INTS 455 | Consciousness and Transformation in Action
INTS 456 | Self-Care and Well-Being for Helping Professionals
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 341 | Spirituality and Healing (Mason Core) (http://catalog.gmu.edu/mason-core/)
RELI 342 | Comparative Study of Mysticism