

## SALISBURY UNIVERSITY FACULTY SENATE MOTION

Submit this form to the Faculty Senate President

SUBJECT: Improving student choice on General Education Wellness requirements.

SENATOR PROPOSING MOTION: José I. Juncosa, Jr.

SENATOR SECONDING MOTION: John Raley

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MOTION: That the description of the Personal, Social and Cultural responsibility item in SU's General Education Student Learning Outcomes titled "Personal Health & Wellness" be modified to read as follows:

Personal Health & Wellness: Students will be able to demonstrate knowledge of skills and habits to promote personal lifelong health and wellness in at least two of the eight dimensions of wellness as defined by the Substance Abuse and Mental Health Services Administration (SAMHSA): Emotional, Spiritual, Intellectual, Physical, Environmental, Financial, Occupational and Social.

Amendments made at the meeting:

JUSTIFICATION: The first change within this language is to define the dimensions of wellness using an accepted source. The current language ("including, but not limited to, emotional, financial, and physical") is vague regarding what would constitute wellness for this category.

The second change is to not require all eight dimensions of wellness from a single course. Currently, the only course within SU that satisfies all the requirements within this SLO for students to complete their General Education requirements is FTWL 106. There are many other courses at SU focused heavily on wellness that do not currently satisfy the Wellness SLO because they don't cover all dimensions of wellness. Examples are:

- MUSC 318: Wellness in Performance
- BIOL 217: Nutrition
- FINA 104: Personal Finance
- HLTH 101: Basic Health

If additional, more focused courses were to be offered that could satisfy this SLO, students would have many more options to choose a General Education experience that better fits their needs and preferences. The flexibility provided by this change would also allow for new General Education courses to be developed in areas where our students show great need, including Mental Health, Stress Management, and others.

This change could also help majors like music, which can greatly exceed 120 credits and offer a wellness class, allowing them to reduce the required number of credits for graduation and thus ease the outsize demands on their students.

If this motion were adopted, the GEOC and the Personal Health and Wellness advisory subcommittee would develop new guidelines for courses to be approved for this category as our new General Education program ramps up.

ANTICIPATED IMPACT:

Negative: FTWL 106 would likely no longer be required of all students. There could be staffing implications, where less faculty would be needed to teach FTWL 106 and those hours would be shifted elsewhere. Students might not cover all dimensions of wellness during their General Education journey.

Positive: The Personal Health and Wellness SLO would be clearer regarding what are the dimensions of wellness considered within our General Education Program. Students could choose an approved wellness course that fits their needs and preferences, increasing their engagement and buy-in to a General Education program that would become more relevant to them. Programs would have the option of including General Education Wellness courses offered by their department within their major, freeing up credits to reduce demands on their students, for example. Students might get a much more in-depth experience within the dimensions of wellness covered in their chosen course.

Is this a recommendation to the Provost? Yes\_\_\_ No\_\_x\_\_

Is this a recommendation to someone else? No\_\_x\_ Yes, to \_\_\_\_\_

DATE: Number of Senators Present:

Votes in Favor:

Motion Passes or Fails:

DRAFT