

MENTAL HEALTH LITERACY AND WELLNESS UNDERGRADUATE MINOR

The Mental Health Literacy and Wellness minor is designed to give undergraduate students foundational information about mental health, wellness, and information literacy, as well as core coping and communication skills. These will support students' own mental wellbeing as well as help them understand how to navigate areas questions of mental health and wellness with their peers and members of their communities. Each of these pieces are core to helping them navigate some of the challenges that they may face as they transition from adolescence to adulthood, including negotiating challenges that could impact their academic success—students' ability to focus, concentrate, and retain information, for example.

Program Requirements

- Students must earn a C or higher in the required courses.
- Students must also maintain an overall GPA of 2.0 within the minor.

| Code | Title | Credit Hours |
|---|---|--------------|
| Required | | 15 |
| CED 101 | Mental Health Literacy and Wellbeing | |
| CED 274 | Stress Management | |
| CED 310 | Helping Skills | |
| CED 392 | Love, Sex, and Relationships: Skills for Building Satisfying, Healthy Relationships | |
| <i>Select one course from the list below:</i> | | |
| CTR 102 | Creating a Meaningful Life | |
| GRO 201 | Introduction to Gerontology: Thinking about Aging | |
| HDF 111 | Human Development Across the Life Span | |
| HDF 112 | Families and Close Relationships | |
| HDF 201 | Development of School-Age Children | |
| HDF 202 | Infant and Child Development | |
| HDF 203 | Adolescent Development: From Puberty to Young Adulthood | |
| HDF 204 | Adult Development | |
| HDF 221 | Issues in Parenting | |
| HEA 201 | Personal Health | |
| HEA 310 | Mental Health and Well-Being | |
| KIN 220 | Lifetime Wellness | |
| LIS 199 | Information Use in a Digital World | |
| PCS 218 | Managing Conflict in Professional Contexts | |
| PCS 308 | Working through Interpersonal Conflicts | |
| PSY 121 | General Psychology | |
| SOC 335 | Sociology of the Family | |