

# MENTAL HEALTH AND WELLNESS UNDERGRADUATE MINOR

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The Mental Health 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
<b>Required</b>		<b>15</b>
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	