



UNIVERSITY of
LOUISIANA
L A F A Y E T T E

Office of First-Year Experience

A Division of Academic Affairs

<https://firstyear.louisiana.edu>

Course: UNIV 100 – Section 006 **Theme:** Leadership & Engagement

Course Topic: *Just For The Health of It!*

Description: In this class we will first explore the changes that will occur when arriving to college. We will tackle some challenging questions about your overall health and wellness such as: Are you resilient? Do you know ways to cope with daily stressors? Why is change inevitable? Are you able to communicate effectively? Do you know the best way to problem solve? What are your time management skills? We will also discuss the significance of physical, mental, and emotional health, and how apply it to your life. In this class, we will learn to communicate effectively, and engage in fun ways to release stress. We will also complete fun in-class and out-of-class activities that will foster lifelong learning. Whether you are a health guru, or know very little about health, this class will deliver the skills to successfully navigate your life in college and beyond.