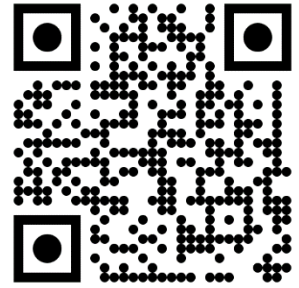


Teacher: Staci-Anne Nogami
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 Email: stacinogami@hum.nagoya.ac.jp
 Office Location: Takiko Campus
 Office Hours: Wed. @ 11:00-12:00p

Date:
 ClassTime:
 Building: Takiko Campus
 Office #: 622 Building: 1



IOC: Monday & Tuesday @10:20 -10:40, 10:40-11:00a BY APPOINTMENT. ONLY

Objective:

The aim of this course is to help students understand the many facets of well-being, how it directly affects the self and it can enable us to help others in the community. Although we have topics in class, students are encouraged to present on sub-related topics and other aspects that they have a genuine interest in, or something you would like to teach the rest of the class.

*Asynchronous is independent study, or individual work. There will be tasks that you will be working on during this time. Asynchronous task will be announced in class.

Evaluation

Assessment	Quantity	Weight
In-class skits	3	(5% each) 15%
Personal Reflection	3	10 %
Peer Evaluation	3	5 %
Class Participation		20 %
Final Reflection	1	10%
Final Skit and FINAL lesson plan	1	25 %
Attitude		15%

In-class Skits

Students will present a total of 3 skits during the semester. Each skit will be on a topic related to the class topic. Students are encouraged to use any skit style in connection to class material and personal experiences.

Personal Reflection

Students are to reflect deeply on their experience after each skit and think about how this experience has enhanced their understanding of concepts, and life.

Peer Evaluation

Students are to constructively look at their peers' work on their skits, and comment on ways to improve and help them with their skills for the next skit.

Class Participation

Student should be prepared to bring their positive attitudes to class, and do their best to help nurture a positive environment for all around them.

Final Reflection

The final reflection will be a culmination of how students have changed and developed over the course of the semester.

Final

The final will be a presentation in any style.

Deadlines

Anything submitted after the deadline is 0. If there is a personal situation, please see your teacher.

WEEK	Strategy	Objective	Learning Outcome	Links
1	Orientation to the course	To introduce the course objectives, expectations, class rules and learning outcomes.	To understand what is expected from the students in this class.	
2	Student Success and Academic Integrity	To build skills and good academic integrity to help students be successful.	To understand the importance of academic integrity, and to get organized.	
3	What is my well-being?	To discuss what my personal well-being is.	To understand what my well-being is and how it affects me.	What is Well Being? https://www.youtube.com/watch?v=mxz8KyV3Ydc
4	Preparation			
5	Skit 1	To demonstrate your understanding of class concepts and connecting them to daily situations.	To create a skit based on a topic or related topic covered in class.	Submit; Peer Evaluation Personal Reflection
6	What is stress? Good Stress and Bad stress	To discuss what stress is, the difference between good and bad stress.	To be able to understand what stress is and how it affects us.	What is stress? https://www.youtube.com/watch?v=jkdAgWJbXno Why Stress is Good for You? https://www.youtube.com/watch?v=ZlAl_FN3r0k How Stress Affects your Body https://www.youtube.com/watch?v=v-t1Z5-oPtU How Stress Affects Your Brain https://www.youtube.com/watch?v=WuyPuH9ojCE Habits to Reduce Stress https://www.youtube.com/watch?v=o18I23HCQtE
7	Preparation			

8	Skit 2	To demonstrate your understanding of class concepts and connecting them to daily situations.	To create a skit based on a topic or related topic covered in class.	Submit; Personal Reflection Peer Evaluation
9	Me and My Happiness	To understand how finding happiness affects your well being.	To understand what happiness means to you.	Boosting Mental Well-Being https://www.youtube.com/watch?v=_gJ5V525Sck
10	Preparation			
11	Skit 3	To demonstrate your understanding of class concepts and connecting them to daily situations.	To create a skit based on a topic or related topic covered in class.	Submit; Peer Evaluation Personal Reflection
12	The Hygee Lifestyle	To introduce what the hygee lifestyle is.	To understand how to create the hygee lifestyle and how to create it in the simplest of ways.	
13	Preparation	Preparation	preparation	
14	Final Practice	Final Preparation	Final preparation	
15	FINAL LESSON PLAN FINAL SKIT	Final Skit and Reflection	Final assessment	Submit FINAL PERSONAL REFLECTION FINAL FEEDBACK