**Wellness Crossroads/Health & Wellness**

**Living Learning Community**

**Syllabus**

**Fall 2022**

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**Curriculum**

Wellness is composed of physical, mental, social, and emotional health. These aspects are closely linked, which you will learn throughout the year. Improving physical health improves mental health and vice versa. “Wellness is an intentional, ongoing, and holistic approach to making healthy choices.” In Session 1, we will primarily learn about mental health and look at how mental health relates to the other aspects of health, such as the practice of mind and body connection in yoga. In these workshops, I encourage everyone to participate and discuss their own experiences because I expect everyone to help create a safe space where we feel safe to be vulnerable. Examining our own stories can help us learn from each other and understand that we all have struggles and victories. In Session 2, we will primarily focus on physical health, including food workshops and physical activities.

**Proposed Community Activities**

Focus for Session 1: **Mental Health**

* Focus Points
  + Goal Making
  + Healthy Relationships
  + Mind and Body Connection
  + School and Social Life Balance
  + De-Stressing
* Core Questions: What is mental health? How can I build healthy relationships with myself, family, friends, and significant others? Why is mind and body connection important? How can I practice this connection in my life? How can I create a healthy school and life balance? What activities help me de-stress?
* Major Events:
  + Workshop 1: Introduction to Mental Health and the Relationship Spectrum
  + Field Trip: Meditation at Tai Hu
  + Workshop 2: School Stress and Balancing Life Roles
  + World Mental Health Day Activity
  + Weekly Wellness Walks
  + Group Dinner (2-3)
  + Office hours: 6 per week
* DKU Mental Health Resources
  + CAPS (Counseling and Psychological Services)
    - Phone: +86-0512-3665-7829
    - Email: caps@dukekunshan.edu.cn
  + DKU Emergency Hotline
    - Phone: +86-0512-3665-7110

Focus for Session 2: **Physical Health**

* Focus Points
  + Healthy Eating
  + Exploring Types of Physical Activity
  + Importance of Bodily Rest
  + Hygiene
* Core Questions: How can I make small changes to improve my eating habits? What is a physical activity that I enjoy and can continue in the future? What is the importance of giving your body time to rest?
* Major Events:
  + Workshop 1: Exploring Physical Activities and Why The Body Needs Rest
  + Activity 1: Physical Activity coordinated with the Athletic Department
  + Workshop 2/Activity 2: Healthy Eating Habits and Cooking A Healthy Meal
  + Random Acts of Kindness for World Kindness Day
  + Weekly Wellness Walks
  + Group Dinner (2-3)
  + Office hours: 6 per week
* DKU Physical Health Resources:
  + Campus Health Service
    - Location: Service Building, Room 1024
    - Email: [campushealth@dukekunshan.edu.cn](mailto:campushealth@dukekunshan.edu.cn)
    - Phone: 0512-3665-7228
  + Athletic Department

**Special Events**

#WHYYOUMATTER Campaign:

The idea behind this movement is for students and teachers to understand their value and others’ values in this world. This also creates a community where students start to feel more comfortable with talking about their mental health. When teachers are vulnerable, the students start to become vulnerable and open up about their feelings and hardships at home or in school. In this campaign, we will ask you what you think your purpose in life is or why you matter. Some popular answers I have come across are, “I matter because I am a daughter,” “I matter because I love my dogs,” or “I matter because I spread kindness.” We will then ask to photograph you with your phrase and share these pictures across the campus. The purpose is to foster communication and vulnerability among DKU students and staff. This is also an important exercise to self-reflect and think about good qualities within yourselves. Oftentimes, people tend to delve into what they lack and what they are bad at, but this creates a space for positive thoughts.

**Important Dates for Academic Year**

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| **Time** | **Event** | **Location** |
| Week1, Session 1 | Workshop: What is Mental Health?/Loving You (Building Healthy Relationships With Yourself and Others) | LLC Common Area |
| Week 3, Session 1 | Meditation Field Trip | Tai Hu |
| September 4, 2022 | House Dinner | Dining Hall |
| Week 5, Session 1 | Workshop: School and Social Life Balance/De-Stress Activities | LLC Common Area |
| October 9, 2022 | House Dinner | Dining Hall |
| October 10, 2022 | World Mental Health Day | LLC Common Area |
| Week1, Session 2 | Workshop: Types of Physical Activity and Why Rest Is Important | LLC Common Area/DKU gym |
| Week 3, Session 2 | Physical Activity Field Trip | TBD |
| November 6, 2022 | House Dinner | Dining Hall |
| November 13, 2022 | World Kindness Day | LLC Common Area |
| Week 5, Session 2 | Workshop: Healthy Eating  Activity: Cooking Healthy Food | TBD |
| December 4, 2022 | House Dinner | Dining Hall |

**Overall Living Learning Community Goals**

* Provide students with a sense of belonging in a community of their peers united by a common interest
* Ensure students’ intellectual, personal, and social growth by providing them with opportunities to learn in a collaborative, engaging environment.
* Integrate students’ academic, social, and residential experiences, providing a seamless learning environment in which students develop “connected knowing” outside of the classroom on disciplinary and interdisciplinary projects.
* Challenge and support students to test their skills/knowledge through applications, experiences, reflection and synthesis outside the classroom. Examples of this include intellectual discussions, trips, projects, speakers and events.

**LLC Commitment**

As a member of the Wellness LLC, I agree to the best of my ability to attend LLC functions and actively participate in LLC events. Also, as a member of this community I will strive to:

* Attend *at least* one LLC event per semester
* Respect and appreciate art as a mutual space for communication
* Connect through acknowledging wellness on an intellectual and emotional level
* See the world through different perspectives and mediums advancing appreciation for diversity
* Support each other’s artistic and creative endeavors
* Connect to the larger DKU campus community through advocacy of wellness
* Use the opportunity as a means of serving others

**Events that will be scheduled throughout the semester\*\* may include:**

* Dinners with alumni from DKU University who has interest and involvement in the field of wellness
* Movie nights
* Game Nights
* Weekly Walks
* Advisor lunch/coffee with Prof. Zarko

I welcome you to email me with ideas and suggestions for LLC Events and Trips!

*\*\*These events have not yet been scheduled but will be ongoing throughout both the fall and spring semesters.*

**Compliance with Residence Life Policies and Procedures**

In the Global Citizenship LLC, all individual conducts and organized actitives must comply with the policies and procedures of DKU Residence Life. Any violation can result in the intervention from RAs, Res Life staff, or Student Conduct.

Residence Life ([residencelife@dukekunshan.edu.cn](mailto:mailto:residencelife@dukekunshan.edu.cn)) manages several policies and procedures particularly important for residents, such as Bulletin Board Posting, Kitchen, Lockouts, Sports, and more. These policies and procedures, and more, can be found in the Handbook. If there’s a discrepancy between the Handbook and what’s written below, the Handbook will be considered the official version.

**Guests**

Residents are allowed to have visitors in their room with the approval of their roommate(s). All visitors (defined as anyone not assigned to the room or suite) must abide by all University and Room Assignment Agreement policies, and they are the responsibility of the hosting resident. Residents can have no more than four visitors at a time. DKU student visitors can spend the night in the host resident’s room a maximum of 4 consecutive nights, if and only if the roommate(s) allows. People who are not DKU students are not allowed in the residence halls between 11:00 PM – 8:00 AM and are required to sign in at the entrance of the residence hall. Residence Life staff may require a guest to leave a room.

**Quiet Hours**

Quiet Hours are in effect nightly Sun night – Fri morning from 11:00 PM – 8:00 AM nightly, and Sat and Sun mornings from 1:00 AM – 10:00 AM. Reasonable levels of noise can occur outside Quiet Hours. Excessive or intrusive noise at any time is prohibited. 24-Hour Quiet Hours are in effect from the last day of class through the end of the session.

**Residence Hall Opening & Closing Dates**

For the current academic year, the dates of residence hall opening and closings can be found in your Room Assignment Agreement or online at [https://dukekunshan.edu.cn/en/student-life/residencelife/residence-life-calendar](https://dukekunshan.edu.cn/en/student-life/residencelife/residence-life-calendar" \t "_blank).

**Room Assignment Agreement**

The Room Assignment Agreement, available in MERCURY, is legally binding, and all policies and procedures outlined therein apply. In the event of a policy or procedural discrepancy between this Handbook and the Room Assignment Agreement, the Room Assignment Agreement will be considered the official version.

**Room Consolidation**

In an effort to create more room options for incoming and existing residents, ensure payment and experience equity, and maximize use of available space, the University enact a consolidation process within the first two weeks of classes each semester. Residents without roommates and/or completely full suites, for any reason, will be emailed and given the options below. Residence Life reserves the right to mandate a relocation for consolidation purposes.

* **Select a New Roommate:** You may select a new roommate from among those in the consolidation process, and chose which of your current rooms you will live in
* **Have a Roommate Assigned/Wait:** If you do not select a roommate from among those in the consolidation process, Residence Life will assign you a new roommate, based on room assignment application lifestyle selection compatibility. The room you will live in will be randomly assigned. If the number of people and spaces don’t match, it is possible for a person to remain in their current situation, which is considered “waiting”. If a student is “waiting”, they will stay in their current space (without a rate adjustment), with the understanding that a new roommate may be assigned to them at any time. They are required to keep the empty space ready for immediate and welcoming move in. Advance notice will be attempted, but isn’t guaranteed in all circumstances

**Roommate Mediation Process**

Interpersonal misunderstandings, tension, and conflicts seem to be inevitable for the engaged citizen. Sometimes, these things happen right at home, in our own rooms. Therefore, Residence Life sets forward this roommate-driven process to help students learn through the situation at hand, giving them tools for success in the future. The process of harmonious relationship restoration or coping can be slow, time consuming, and frustrating. The first step is to attempt to work things out directly between roommates, using the Roommate Agreement and whatever explicit and implicit agreements were made. In situations where residents are unable to pleasantly resolve disputes on their own in this manner, Residence Life may intervene to work towards a resolution. The next step is to involve the Resident Assistant for a mediated conversation. The decision-making authority on how to move forward rests solely with the residents and the conversation will conclude with next steps on how to live together.

If residents continue to be unable to come to a resolution on their own, Residence Life will become more involved, and take some of the resolution decision-making authority from the residents and give it to the building’s Residence Life Coordinator. The Residence Life Coordinator will arrange another mediated conversation and work with residents to dictate next steps on how to live together.

Roommate who continue to be unable to come to a resolution on their own, may be referred to an arbitration hearing. In an arbitration hearing, the head of Residence Life will review written statements about the case from each involved resident, the Resident Assistant who mediated, and the Residence Life Coordinator who mediated. They will then make a final resolution for the case. Possible outcomes include, but are not limited to, all residents receiving a mandatory administrative re-assignment.

Refusal to engage in any step of this process will result in re-assignments requests not being reviewed, or their case will move directly to an arbitration hearing, subjecting them to the possibility of a mandatory administrative re-assignment.

**Team Room Usage**

These spaces are available to everyone, any time, without reservation. As this is a community space, we expect you to share the space and not treat a room as if it were your own personal study location. Food and drinks are prohibited in the team rooms, as is leaving personal belongings. Items left in these spaces may be thrown away or confiscated.