Bemidji State University

UNIV 1300: Personal & Financial Wellness

A. COURSE DESCRIPTION

Credits: 1
Lecture Hours/Week: 0
Lab Hours/Week: 0
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

Personal & Financial Wellness will address personal and financial wellness topics for students; examine the importance of regular physical activity, identify & implement time management and academic wellness opportunities, learn about financial topics including saving money, budgeting, loan information and developing job seeking skills. Learning about, and implementing these topics can help avoid, or decrease stress and in turn, increase personal wellness. [BSU Focus: Performance & Participation]

B. COURSE EFFECTIVE DATES: 05/04/2024 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Self-evaluation, reflection and metacognitive approach to incorporate the following course content to daily life:
   Personal Wellness topics:
   - academic wellness/learning strategies
   - time management strategies
   - multiple physical wellness (sleep, nutrition, physical)
   - emotional wellness
   - relationship/social wellness

2. Financial Wellness topics:
   - savings
   - budget
   - consumer awareness
   - debt
   - actions that can be taken while in college

D. LEARNING OUTCOMES (General)

1. examine the importance of regular physical activity in their lifestyle.
2. apply effective job search skills.
3. identify wants versus needs, expenses and income.
4. explain the role opportunity cost plays in purchasing decisions.
5. compile your loan information to date; find lender, amount, loan fees/percent, estimate total loans after college.
6. list the three basic reasons for saving money.
7. list common problems associated with budget failures.
8. analyze their own physical activity behavior.
9. implement (or continue) various physical activity behaviors.
E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted