

TRANSITION HOUSE, INC.
INDEPENDENT STUDY/DIRECTED READING
DEPARTMENT OF HUMAN RELATIONS

COURSE TITLE:

The TH Wellness Project

COURSE DESCRIPTION

TH Wellness Project's Vision: to empower personal well-being, improve mental wellness and increase life joy.

COURSE INFORMATION

Dates: January 17 – May 2, 2017
Location: Transition House Drop-In Center,
700 Asp, Ste. 4, Norman Oklahoma.
Hours: Tuesdays 1:30 – 3:00pm

TRANSITION HOUSE CONTACTS:

Main Office Number 405-360-7926
Mary Hopkins, MHR mhopkins@coxinet.net
Bonnie L. Peruttzi, MHR transitionhouse@coxinet.net

PROFESSOR CONTACT INFORMATION:

Dr. Katie Barwick-Snell
Associate Professor
Department of Human Relations
Physical Science Building, 716
405/325-3115
katie@ou.edu

MATERIALS NEEDED:

- **You**
- Dr. Brené Brown "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are"
- Notebook/Journal for weekly reflections and creative expressions



COURSE OUTLINES/READINGS:

Readings are to be read prior to class. They can be found on the Transition House website at www.thouse.org – follow the [TH Wellness Project](#) link.

January 17:	Introduction (no reading required)
January 24:	Finding and Maintaining Wellness
January 31:	Developing a Sense of Enough – Gratitude and Joy
February 7:	What Gets in the Way of our Wellness
February 14:	Authenticity in the Real World
February 21:	Perfectionism – When Failure is Not an Option
February 28:	Resiliency – Energizing Hope
March 7:	Time to Relax and Have Fun
March 14:	No Class - Spring Break
March 21:	Wellness through Creativity
March 28:	Are We Being Mindful in our Lives
April 4:	Team Building
April 11:	Staying True to Ourselves
April 18:	Creating Calm and Stillness
April 25:	Wellness Plans – Does Yours Work
May 2:	Wrap-up and Celebration

REQUIREMENTS:

- **Mid-Semester Report: A reflective paper that includes:**
 - What you have learned from the class thus far
 - How is this impacting your daily life
 - What type of changes, if any, are you making related to your personal wellness
 - What type of changes would you like to make during the second half of the course
 - **Due Date: March 17, 2017**
- **Final Paper**
 - Overview of learning from this class
 - Reflection of your concepts related to holistic wellness, resiliency, wellbeing and joy
 - Life style changes you've made during the class
 - Life style changes you would like to implement to improve wellbeing and joy
 - How are you better prepared to manage your wellbeing in the future
 - Feedback on the class with suggestions for future classes
 - **Due Date: May 5, 2017**
- Papers are to be **five to six pages** due with resources in APA.
- **Papers for the class are to be submitted to Dr. Katie Barwick-Snell at katie@ou.edu**