

The University Senate of Michigan Technological University

Proposal 36-26

“Minor in Individual Health and Well-being”

Basic Program Information

Primary Contact: Kelly Steelman

Program/Degree type: Minor

Program Title: Minor in Individual Health and Well-being

Planned Implementation Date: Fall 2026

Program location/modality: on-campus

Target student population: Current undergraduate students across all majors

Restrictions: Psychology Majors

General Description and Characteristics of the Program

The Department of Psychology and Human Factors, in collaboration with the Department of Kinesiology and Integrative Physiology (KIP), proposes a new undergraduate minor in **Individual Health and Well-being**. This minor is designed to help students understand and cultivate evidence-based approaches to the eight Dimensions of Wellness. This program integrates interdisciplinary knowledge and skills from psychology, health sciences, kinesiology, and humanities to support students’ formation and lifelong well-being.

Students will explore the scientific foundations of well-being, build practical skills to support resilience, and reflect on their own values and sense of purpose. The curriculum emphasizes individual growth and self-awareness as foundations for thriving both personally and professionally. This foundation is applicable to all students wishing to build their own skillsets in these areas and to future clinicians working in behavior change on the individual level.

The minor requires **19 credits** and is designed to meet the requirements of the Essential Education program. It will be administered by the Department of Psychology and Human Factors, and advising support may be provided by the advising staff in the department as needed. Future changes to the minor requirements will be reviewed and approved by the Essential Education Steering Committee.

Rationale

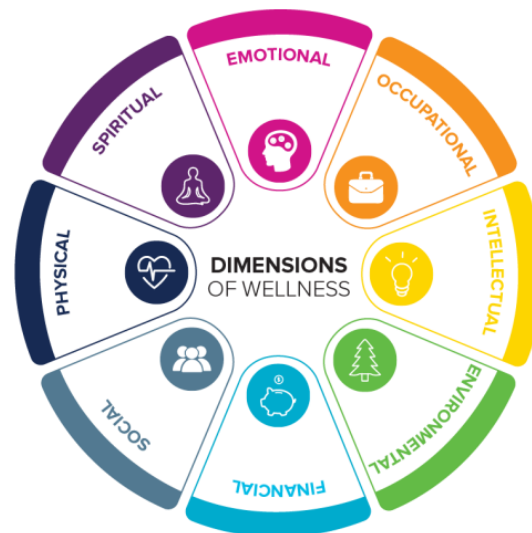
The proposed **Minor in Individual Health and Well-being** responds to a growing need for interdisciplinary approaches to well-being that integrate **physical health, mental health, social connectedness, and resilience skills**. Employers and graduate programs increasingly value students who can balance technical or disciplinary expertise with the Essential Abilities to

maintain and share resilience, self-care, and integrative wellness practices. These skills are relevant for both human flourishing and external coaching/clinical applications.

Health and wellness are consistently identified as priority areas for student success, supporting retention, academic performance, and long-term career sustainability. Peer institutions have established wellness-focused programs that emphasize personal growth, applied wellness strategies, and interdisciplinary perspectives on well-being. This program ensures that Michigan Tech students have similar opportunities to integrate wellness education into their undergraduate experience.

Related Programs:

- Michigan Tech: [Public Health minor \(KIP\)](#), [Population Health Minor \(KIP\)](#)
- [Harvard - Human Flourishing Program](#)
- Rutgers University - [Holistic Wellness Minor](#)
- NYU - [Health & Wellbeing Studies BS Major](#)
- University of Wisconsin - [M.S. in Health and Wellness Management](#)
- Stanford University - [Flourishing: The Art and Science of a Life Well Lived](#)



[Dimensions of Well-being](#)

Projected Enrollment

The program as designed can accommodate cohorts of up to 50 students per year, with anticipated growth as wellness education is increasingly prioritized by students across disciplines.

Specialized Accreditation Requirements

None required.

Professional Licensure Requirements

None required.

Curriculum Details

Learning Goals

Aligned Essential Ed Goals	Program Learning Outcomes
Think Critically	<ul style="list-style-type: none">● Develop evidence-based perspectives on human flourishing by critically evaluating personal, social, and environmental factors influencing well-being.
Adapt	<ul style="list-style-type: none">● Welcome the challenge of educational experiences that integrate the Dimensions of Well-being into practice.● Reflect on a plan to sustain individual resilience.

Assessment Plan

Student learning and program outcomes will be assessed through an **integrative ePortfolio**. Each student will document and reflect upon their development across the Essential Education learning goals and program outcomes.

Curriculum Design 19 Credits Total

List 1 *Introduction to Well-being* [SHAPE] 3 cr.

- **Focus:** Introduce the dimensions of well-being and are able to apply these dimensions to their essential ed minor experience.

List 2 *Communicating Personal Well-being* [Communication Intensive] 3 cr

- **Focus:** Building skills in persuasive, empathetic, and evidence-based communication to develop a personal narrative about well-being.
- **Aligned Dimensions:**
 - **Emotional** – self-expression, articulating feelings
 - **Intellectual** – critical thinking and evidence-based communication
 - **Social** – fostering empathy and connection in dialogue

List 3 *Global Perspectives on Well-being* [Cultural Competency] 3 cr.

- **Focus:** Understanding how health and well-being are shaped by diverse cultural contexts, values, and social systems.
- **Aligned Dimensions:**
 - **Cultural/Intellectual** – broadening worldview and cultural literacy

- **Social** – navigating diverse relationships and communities
- **Environmental** – recognizing global systems affecting health

List 4 *Physical or Psychological Well-being* [SHAPE] 3 cr.

- **Focus:** Explore how (a) movement, nutrition, sleep, and other lifestyle factors or (b) psychological, physiological, emotional and social determinants contribute to long-term physical functioning, disease prevention, and well-being.
- **Aligned Dimensions:**
 - **Physical** – exercise, nutrition, sleep
 - **Emotional** – stress regulation through lifestyle habits, mental health and resilience
 - **Intellectual** – applying scientific knowledge about human behavior
 - **Social** – relational and community aspects of mental health
 - **Environmental** – engaging with healthy environments that support movement and health

List 5 *Cultivating Purpose and Meaning* [Open Elective] 3 cr.

- **Focus:** Developing a sense of purpose and meaning based on core values and interests.
- **Aligned Dimensions:**
 - **Spiritual** – meaning, values, inner fulfillment
 - **Occupational** – aligning career and life paths with values
 - **Emotional** – building resilience through purpose

List 6 *Experience in Individual Health & Well-being* [E3] 3-4 cr.

- **Focus:** Applying knowledge and skills through internships, service learning, leadership roles, or research related to health and well-being.
- **Aligned Dimensions:**
 - **Social** – relationships and community involvement
 - **Occupational** – career readiness and real-world practice
 - **Financial** – learning practical aspects of wellbeing in work settings
 - **Environmental** – engaging with community and sustainability initiatives

Course	Credits	Semesters Offered	Pre-reqs
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List 1: <i>Introduction to Well-being</i> [SHAPE] 3 cr.			
PSY2000: Introduction to Psychology	3	Fall, Spring, Summer	None

List 2: Communicating a Personal Well-being [Communication Intensive] 3 cr.

HU2830: Public Speaking & Multimedia	3	Fall, Spring, Summer	None
HU2840: Interpersonal Communication and Technology	3	On Demand	None
HU3120: Technical and Professional Communication	3	Fall, Spring, Summer	UN1015 and UN1025
HU3130: Rhetoric of Science and Technology	3	Fall	UN1015
HU3140: Writing for Health and Medicine	3	On Demand	UN1015
HU3160: The Rhetoric and Culture of Games	3		UN1015
HU3698: Writing for Health/Medical Audiences	3	On Demand	UN1015; Not freshman

List 3: Global Perspectives on Well-being [Intercultural Competency] 3 cr.

FW4111: Indigenous Nat Res Management	3	Spring	Not freshman
HU3261: Communicating Across Culture	3	On Demand	UN1015
HU3400: Topics in Diversity Studies	3	Spring	UN1015
HU3401: Gender and Culture	3	On Demand	UN1015
HU3545: Literature Across Borders	3	Spring, even years	UN1015
HU3830: Creativity, Culture, & Change	3	On Demand	UN1015
HU3850: Cultural Studies	3	On Demand	UN1015
HU3860: Cultural Theory & Popular Culture	3	On Demand	UN1015
SS3105: Native American and Indigenous Communities	3	On Demand	UN1015
SS4710: Geographies of Migrant and National Communities	3	Spring, odd years	UN1015

List 4: Physical or Psychological Well-being [SHAPE] 3 cr.

FIN2400: Financial Literacy	3	Fall	None
FIN4300: Personal Financial Planning	3	Spring	BA3400 or EC3400 or FIN3000, Not freshman or sophomore
HON2150: Know Yourself	1	Fall, Spring	HON1150
HU2510: Intro to Creative Writing	3	Fall, Spring	UN1015
HU2700: Introduction to Philosophy	3	Fall, Spring, Summer	None
HU2702: Ethical Theory and Moral Problems	3	On Demand	None
HU3800: Media and Society	3	Spring	UN1015
HU3830: HU Experience in Creativity, Culture, and Change	3	On Demand	UN1015
HU4725: Existentialism and Phenomenology	3	Spring, odd years	UN1015
KIP3700: Lifetime Fitness	3	Summer	None
PSY2010: Wellness and Resilience for College & Beyond	3	On demand	None
PSY2082: Psychology of Friendship	3	On Demand	PSY2000 or HF2000
PSY2083: Psychology of Happiness	3	On Demand	PSY2000 or HF2000
PSY2400: Health Psychology	3	Spring	PSY2000
PSY2600: Psychology of Death and Dying	3	Fall, even years	PSY2000
PSY3030: Abnormal Psychology	3	Fall, Summer	PSY2000 and UN1015
PSY3200: Motivation and Emotion	3	On Demand	PSY2000 or HF2000, Not freshman

List 5: Cultivating Values, Purpose, and Meaning [Unrestricted Courses] 3 cr.

ART1850: Special Arts Activities for Wellness + Success	1; Max x3; P/F	Fall, Spring, Summer	None
ART1855: Special Arts Workshop for Wellness + Success	0.5; Max x3; P/F	Fall, Spring, Summer	None
BL2000: Biology of Movement & Meditation	3	On Demand	None
BL2940: Human Nutrition	3	Spring, Summer	None

BL3090: Spirituality in Healthcare	3	Fall	None
HON2150: Know Yourself	1	Fall, Spring	HON1150
HU2510: Intro to Creative Writing	3	Fall, Spring	UN1015
HU2700: Introduction to Philosophy	3	Fall, Spring, Summer	None
HU2702: Ethical Theory and Moral Problems	3	On Demand	None
HU3702: Philosophy of Religion	3	Fall	UN1015
HU3711: Biomedical Ethics	3	On Demand	UN1015
HU3800: Media and Society	3	Spring	UN1015
HU3940: Language and Identity	3	On Demand	Not freshman; UN1015
HU4725: Existentialism and Phenomenology	3	Spring, odd years	UN1015
KIP1500: Foundations of Kinesiology	3	Spring, Summer	None
KIP3000: Sports Psychology	3	Spring, Summer	PSY2000
KIP4000: Sports Nutrition Seminar	2	Fall, Spring	BL2940
KIP4400: Strength and Conditioning	3	Fall	BL2020 and BL2021
PE1000: Fitness Foundations	1; Max x2; P/F	Fall, Spring	None
PE1010: Active Michigan Tech	1; Max x2; P/F	Fall, Spring, Summer	Freshman/Sophomore
PE1367: Mindful Yoga	1; Max x2; P/F	Fall, Spring, Summer	None
PSY1100: Life Skills for Building Emotional Resilience	1; P/F	On Demand	None
PSY1101: Performance Through Biofeedback / MSPE	1; P/F	On Demand	None
PSY1102: Practical Approaches to Emotional Regulation	1; P/F	On Demand	None
PSY1103: Mindfulness Based Stress Reduction	1; P/F	On Demand	None
PSY1104: Motivation through Self-Compassion	1; P/F	On Demand	None
PSY2200: Behavioral Modification	3	Fall, odd years	PSY2000
PSY2600: Psychology of Death and Dying`	3	Fall, even years	PSY2000
PSY3100: Applied Counseling Techniques	3	On Demand	PSY3030
PSY3880: Psychology of Social Media	3	On Demand	PSY2000 and UN1015
PSY4031: Psychology of Trauma	3	Spring, odd years	PSY3030
PSY4750: Judgement & Decision Making	3	Spring	PSY2000 or HF2000, Not freshman or sophomore

List 6: <i>Experience in Individual Health & Well-being</i> [Experience] 4 cr.			
ePortfolio Submission: 1 cr			
UN3023 Advanced Portfolio for Essential Ed	1 cr	all	None
AND 1 of the following: 3 cr			
BL3090: Spirituality in Healthcare	3	Fall	None
FIN4300: Personal Financial Planning	3	Spring	BA3400 or EC3400 or FIN3000, Not freshman or sophomore
HU3702: Philosophy of Religion	3	Fall	UN1015
HU3711: Biomedical Ethics	3	On Demand	UN1015
HU3800: Media and Society	3	Spring	UN1015
HU4725: Existentialism and Phenomenology	3	Spring, odd years	UN1015
KIP3700: Lifetime Fitness	3	Summer	None
PSY3030: Abnormal Psychology	3	Fall, Summer	PSY2000 and UN1015
PSY3200: Motivation and Emotion	3	On Demand	PSY2000 or HF2000, Not freshman
PSY3340: Psychology of Race	3	Spring	PSY2000 and UN1015
PSY3720: Social Psychology	3	Fall, Summer	PSY2000

New Course Descriptions

No new courses are required to launch this minor.

Model Schedule

The model schedule below shows an idealized sequence where the minor courses are completed in years 2 and 3, which is a recommended practice.

Semester	Year 1	Year 2	Year 3	Year 4
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Fall		[List 1 Introduction to Well-being / SHAPE] PSY2000: Introduction to Psychology	[List 2 Communicating a Personal Well-being / Communication Intensive] HU2830: Public Speaking & Multimedia	
		[List 5 Cultivating Value, Purpose, and Meaning/ unrestricted minor course] HU2700: Introduction to Philosophy	[List 4 Physical or Psychological Well-being / SHAPE] PSY3030: Abnormal Psychology	
Spring		[List 3 Global Perspectives on Well-being/ Intercultural Competency] HU3400: Topics in Diversity Studies	[List 6 Experience in Individual Health and Well-being / E3 / Upper-level SHAPE + UN3023] PSY3340: Psychology of Race	
			UN3023: Advanced Portfolio for Essential Ed	
Totals		9 credits	10 credits	

Faculty Qualifications

Courses will be taught by faculty determined to be qualified by their respective home units and other university review, where appropriate.

Faculty qualifications will be available upon request.

Resources Needed

No new library resources are needed to support this minor.

Suitability of existing space, facilities, and equipment

Current spaces and facilities are sufficient.

Program Costs

No additional costs are expected.