

# **IDPO 1010 Behavioral Foundations of University Education: Habits, Mindsets, and Wellness**

## **Course Outline**

### **Course Instructors**

Prof LAI, Beatrice, Assistant Professor of Social Science Education, SHSS

Ms MEGAN, Melissa, Senior Lecturer, Center for Language Education, SHSS

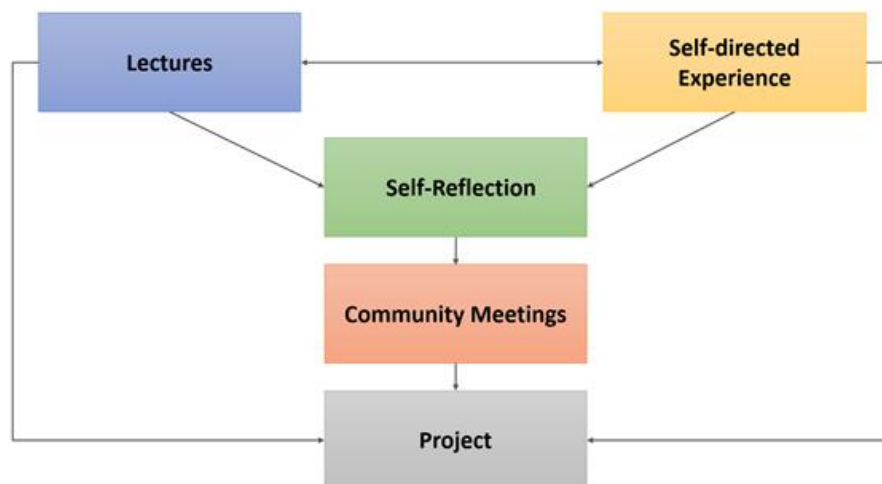
Prof NG, Tai Kai, Chair Professor of Physics, SSCI

Ms WONG, Rufina, Senior Learning & Development Trainer, Dean of Students' Office

### **Course Description**

This course will increase your awareness of your well-being. We hope that it will also help you build habits for personal and interpersonal development and foster your identity and confidence as a student at HKUST.

The course has a few interrelated components: Lectures will provide the facts and scientific knowledge about well-being. Self-directed experiences will provide opportunities to assess and practise your wellness skills (physical, emotional and social). You will bring your knowledge and skills together through self-reflection, reflecting on how you could integrate the knowledge and practices into your life, as well as promote them to others. In a small class group called a 'community', you will share your self-reflections. You will also work in your community on a project to devise wellness initiatives for a target group.



### **Course Highlights**

- 6 Lectures provide the facts and scientific basis of well-being.
- 24 hours of self-directed experience provides choice of ways to assess and practise wellness skills (e.g. sports skills classes, social-emotional workshops, community service) and promotes development of self-management skills.
- 5 Community Meetings and the Group Project promote a sense of belonging and development of interpersonal communication skills as well as opportunities to contribute to society.
- Self-Reflection prompts thinking about how to integrate knowledge and practices into daily life. Sharing of reflections promotes a sense of belonging/community.

### **Course ILOs**

Upon completion of this course, students are expected to be able to do the following:

- 1 Understand well-being, physical and mental, and its importance
- 2 Demonstrate a capacity to take care of wellness using a variety of theories, practices, and experiences
- 3 Demonstrate self-awareness and a capacity to self-manage, set and pursue goals and respond to challenges and failure
- 4 Build sustainable habits promoting personal and interpersonal development and well-being while in University and beyond
- 5 Identify and utilize people's different skills, strengths and weaknesses to work effectively in teams in a diverse, dynamic and international environment

### Transferable Competencies

This course is focused on two broad competencies - personal development and social responsibility.

Specifically, students will have opportunities to develop and will be assessed on the sub-competencies of life-long learning, self-awareness and collaboration. You will also be assessed on the sub-competency of mode of communication.

### Assessment

Task	Weighting	Due dates	Assessment focus
Online quizzes	30%	Weeks 3, 5, 7, 9, 11,	Understanding of well-being, physical and mental and its importance
Project <ul style="list-style-type: none"> <li>- Proposal (group)</li> <li>- Product (group)</li> <li>- Peer-evaluation (individual)</li> <li>- Guided reflection (individual)</li> </ul>	40% <ul style="list-style-type: none"> <li>(5%)</li> <li>(25%)</li> <li>(5%)</li> <li>(5%)</li> </ul>	<ul style="list-style-type: none"> <li>Week 7</li> <li>Week 13</li> <li>Week 13</li> <li>Dec 8</li> </ul>	Understanding of well-being, physical and mental and its importance + self-awareness, mode of communication and collaboration sub-competencies
Surveys, self-directed experience and self-reflection <ul style="list-style-type: none"> <li>- pre- and post- course surveys</li> <li>- Experiences (24 hours) and self-reflection (3)</li> <li>- Guided self-reflection (5)</li> </ul>	30% <ul style="list-style-type: none"> <li>(5%)</li> <li>(15%)</li> <li>(10%)</li> </ul>	<ul style="list-style-type: none"> <li>Weeks 1 and 13</li> <li>Dec 8</li> <li>Dec 8</li> </ul>	Self-awareness and life-long learning sub-competencies

### Course Schedule

Week	Face-to-face	Out-of-class
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1	<p><b>Wednesday, Sep 1 - Lecture #1:</b> Orientation and introduction to well-being, wellness and self-reflection</p> <p>Topic: <u>Science of well-being &amp; Healthy behaviors</u> The connection between healthy behaviors and well-being; psychological models of health behaviors; how to bring about health behavior change and turning it into a habit; self-reflection as a habit</p>	<p>Pre-course survey completion (due Sep 3), VIA Survey completion, guided self-reflection and goal setting.</p> <p>Experience workshop registration*</p>
2	<p><b>Wednesday, Sep 8 - Community Meeting #1</b> – Focus: Building a sense of community; self-reflection as a wellness habit; setting goals for personal change and growth – starting with your strengths</p>	<p>Experience and self-reflection</p> <p>Experience workshop registration*</p>
3	<p><b>Wednesday, Sep 15 - Lecture #2</b> + quiz (online)</p> <p>Topic: <u>Happiness</u> Determinants of happiness; challenging intuitions about happiness with research findings, such as paradox of choice.</p> <p><b>Monday, Sep 13 - Experience workshop</b> (VA-S): Unlocking the Power of Diversity</p>	<p>Guided self-reflection</p> <p>Self-reflection submission for facilitator feedback (due Sep 17)</p> <p>(possible additional experience and self-reflection)</p>
4	<p><b>Wednesday, Sep 22 – No class (public holiday)</b></p> <p><b>Monday, Sep 20 - Experience workshop</b> (VA-S): Socializing Made Easy</p>	<p>Experience and self-reflection</p>
5	<p><b>Wednesday, Sep 29 - Community Meeting #2</b> – Focus: Building supportive relationships through strengths-spotting; sharing self-reflection as a wellness practice – seeking and giving feedback.</p> <p><b>Monday, Sep 27 - Experience workshop</b> (VA-P): You are What you Eat</p>	<p>Experience and self-reflection</p>
6	<p><b>Wednesday, Oct 6 - Lecture #3</b> + quiz (online)</p> <p>Topic: <u>Mindset</u> Meaning of success and failure in learning; grit, growth and fixed mindset; the Fast and Slow mind model of thinking; self-reflection.</p> <p><b>Monday, Oct 4 - Experience workshop</b> (VA-E/S): Building your Resilience - Muscle</p>	<p>Guided self-reflection</p> <p>(possible additional experience and self-reflection)</p>
7	<p><b>Wednesday, Oct 13 - Community Meeting #3</b> – Focus: Working in a group – the importance of trust and establishing priorities; sharing self-reflection as a wellness practice – learning from others</p> <p>Form project groups</p> <p><b>Monday, Oct 11 - Experience workshop</b> (VA-P): You are How you Sleep</p>	<p>Experience and self-reflection</p> <p>Project proposal (due Oct 15)</p>

8	<p><b>Project proposal consultations</b> (scheduled with CM facilitator)</p> <p><b>Monday, Oct 18 - Social-emotional workshop</b> (VA-E): Exploring your Mind &amp; Emotional Spaces</p>	Experience and self-reflection + project preparation
9	<p><b>Wednesday, Oct 27 - Lecture #4</b> + quiz (online)</p> <p>Topic: <u>Working with others</u> Importance of human community; well-being as a skill: empathy, forgiveness and gratitude; self-reflection.</p> <p><b>Monday, Oct 25 - Experience workshop</b> (VA-S): Managing Conflicts in Relationships</p>	<p>Guided self-reflection + project preparation</p> <p>(possible additional experience and self-reflection)</p>
10	<p><b>Wednesday, Nov 3 - Community Meeting #4</b> – Focus: Working in a group - motivating others to contribute and being a flexible team player; being a good listener; Sharing self-reflection as a wellness practice- reflecting on achievements as well as failures/setbacks and re-evaluating goals</p> <p><b>Monday, Nov 1 - Experience workshop</b> (VA-S): Effective Communication to Resolve Conflicts</p>	Experience and self-reflection + project preparation
11	<p><b>Wednesday, Nov 10 - Lecture #5</b> + quiz (online)</p> <p>Topic: <u>Stress and Coping</u> Types of stressors; theories of stress; stress management skills. Also connect with previous weeks about mindset and coping.</p> <p><b>Monday, Nov 8 - Experience workshop</b> (VA-E/S): Why can't I Say Sorry?</p>	<p>Guided self-reflection + project preparation</p> <p>(possible additional experience and self-reflection)</p>
12	<p><b>Wednesday, Nov 17 - Lecture #6</b> + quiz (online)</p> <p>Topic: <u>Online Issues</u> Online interactions, such as cyber bullying, online dating, gaining approval from others, emotion contagion.</p> <p><b>Monday, Nov 15 - Experience workshop</b> (VA-E/S): Forgive=Forget?</p>	<p>Guided self-reflection + project preparation</p> <p>(possible additional experience and self-reflection)</p>
13	<p><b>Wednesday, Nov 24 - Community Meeting #5</b> – Focus: Evaluating a learning experience; evaluating contributions to a group – strengths spotting, recognising how people contribute differently, recognising and celebrating success; sharing self-reflection as a wellness practice - looking to the future and continuing to pursue personal change, growth and well-being</p>	<p>Experience and self-reflection + project preparation</p> <p>Post- course survey completion (by Nov 26)</p>
13	<b>**Project product exhibition**</b> (Nov 29 – 30)	Peer evaluation (due Nov 30)
14	Self-reflection + Guided reflection on project (due Dec 8)	

\* All students are required to complete at least 24 hours of ‘experience’– at least 14 hours of ‘verified attendance’ (VA) selected from workshops on Mondays and other programs offered by DSTO + up to 10 hours of documented/evidenced, self-directed experience e.g. team/social sports, volunteer service, a hike. Experiences should include 12 hours of physical (P) and at least 12 hours of emotional (E) and social (S).