



Wellness for Life Syllabus

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Classroom: A318

Office: A335

Course Description: This course is designed to provide students with a skills-based approach to managing their stress and wellness. It offers an examination of one's stressors and how to find a balance of mental, emotional, physical and environmental stress management techniques for leading healthier and more productive lives. Course information is presented in a practical manner incorporating current health trends and concerns, life management skills and interdisciplinary learning strategies to achieve optimal wellness. An emphasis is placed on the importance of making responsible decisions that will lead to a higher quality of life.

Classroom Expectations: Failure to respect the following classroom expectations may result in disciplinary action.

- Be respectful of others at all times (In-class and remote)
- Be on time, on task, and prepared to learn EVERYDAY
- Keep all personal devices away (and on silent) unless your teacher tells you otherwise
- Be responsible for your own learning
 - **ACADEMIC INTEGRITY** is a basic guiding principle for all academic work. Academic dishonesty includes, but is not limited to cheating, plagiarizing, fabrication of information or citations, facilitating acts of academic dishonesty by others, submitting work of another person or tampering with the academic work of other students.
- Use appropriate language.
- Follow all SCASD Health and Safety Guidelines

Grading and Assessment: Grades will be determined by a combination of class participation and cognitive assessments and assignments.

SCASD 2020-2021 Grading Scale

A+ = 100 to 96.5

A = 96.4 to 89.5

A- = 89.4 to 86.5

B+ = 86.4 to 84.5

B = 84.4 to 76.5

B- = 76.4 to 74.5

C+ = 74.4 to 71.5

C = 71.4 to 64.5

C- = 64.4 to 61.5

D+ = 61.4 to 59.5

D = 59.4 to 51.5

D- = 51.4 to 49.5

E = 49.4 to 20

In- Class Attendance: Attendance will be taken at the beginning of each class period. The expectation is for you to be in the classroom and seated at your assigned seat. If you show up late you will be marked tardy. Tardies will be addressed using Tier I & II intervention. If persistent tardies a call home will be made.

Remote Attendance Policy:

- Must show their faces via remote at the beginning of class for attendance purposes.
- You are required to be actively engaged in the class activities during remote day
- Must provide a parent excuse for any missed classes, including remote days

Late Work Policy

- Assignments are expected to be turned in by the due date. Late assignments will be accepted up two weeks after the due date.
- If you are absent, it is **YOUR** responsibility to make-up missed work. All classwork will be posted on Canvas.

Health and Safety Expectations:

- All members of the class will be required to wear a mask at all times while in the classroom
- Social Distancing of at least 6 feet must be maintained at all times
- Hand washing & hand sanitizing should be done on a regular basis
- Student is responsible to get a paper towel and wipe their own desk upon entering their classroom
 - Teacher will spray desks prior to class

Units of Instruction

1. Skills for Wellness (integrated throughout the course)

- a. Communication Relationship Building
- b. 7 Skills of Wellness
- c. Resiliency & Grit
- d. Goal Setting

2. Stress Management

- a. Stress Management Techniques
- b. Positive Self Talk
- c. Grief and loss
- d. Coping Strategies
- e. Destructive behaviors (self harm, self medication, substance abuse)
- f. Violence and Abuse
- g. Community Resources
- h. Prevention/Health Care

- i. Healthy Relationships
 - j. Sexual Assault/Violence Prevention
 - k. Suicide Prevention
 - l. Environmental Influences
3. **Media Consumerism** (Consumer Awareness)
- a. Managing Media Messages
 - b. Digital Media in the 21st Century
 - c. Fads, Craze & Quackery
 - d. Insurance/Budget and Expenses
4. **Current Health Trends** (Integrated throughout the course)