

THE UNIVERSITY OF NORTH CAROLINA ASHEVILLE
FACULTY SENATE

Senate Document Number SD4721S
Date of Senate Approval 04/29/2021

Statement of Faculty Senate Action:

APC Document 40 (LA):

Add new course: LA 115, Self and Community Care

Effective Date: Fall 2021

1. Add: On page 298, new course, **LA 115, Self and Community Care:**

115 Self and Community Care (2)

Serves as a space to build skills and examine what it means to care for ourselves and our communities. Topics include the dimensions of wellness, applying popular and scientific health and wellness information to practice, mutual aid, and an overview of diverse self and community care topics. Skills include setting goals and documenting behavior change, practicing strategies to integrate the dimensions of wellness at the individual and community levels, and navigating campus resources. Through practice, class discussions, activities, lectures, and assigned course materials, students will understand what it takes to cultivate self and community care. Grading is S/U. Every year.

Impact: The course does not fulfill a major requirement, Liberal Arts Core requirement, or a requirement from another department, but can be used toward the required 120 hours for graduation. The class will be taught by a staff member (the Healthy Campus Liaison) as part of their role, so adjunct pay is not necessary, and this class does not divert any faculty teaching hours. Many staff would be qualified or equipped to teach this course should the current instructor be unavailable.

Student Learning Objectives

- Practice and document behavior change.
- Demonstrate critical thinking when consuming popular and scientific health and wellness information.
- Identify the eight dimensions of wellness.
- Practice concrete strategies for engaging in self and community care.
- Identify campus resources related to self and community care.
- Create a self and community care plan.

Anticipated class size: 18

The amount of scheduled class time: 100 minutes one day a week

Instructional format: lecture

Any specialized space or material needs: none

Rationale: A version of this course was offered as HWP 153 Personal Health and Wellness for many years and was required for all students. Once the requirement was eliminated from the Liberal Arts Core, the course was not regularly offered. Since then, many students came to 100- and 200-level HWP classes looking for personal health and wellness content, so the course was re-envisioned and offered again in Spring 2020 (19 students) and Summer 2020 (15 students) as HWP 153. We are proposing to offer the course with the LA prefix to eliminate confusion among students seeking entry level HWP courses. The course content has been expanded beyond personal wellness to include community care given the importance of building community and cultivating resilience in the context of a pandemic, climate change, and political and social upheaval. The Health and Wellness department will submit a future document to delete HWP 153 from its curriculum.

This course fits into the Liberal Arts curriculum because of its clear focus on good citizenship, on examining the relationship between the self and community/communities, and emphasis on critical thinking.

Students explore the capitalistic notion that self-care happens individually through bubble baths and “treat[ing] yourself” by spending money, and emerge with understanding that care is inherently what we do with each other.

This course is quintessentially liberal arts in that it is highly collaborative and student-driven; students assume responsibility for crafting the structure of the course by selecting course topics within the broad theme of care, and for bringing resources to the class such as events, presentations, guests, and the students’ own interests and experiences. The course provides a framework through which students build relationships with each other, take responsibility for their learning, and are challenged to reconsider previously held notions of care.