

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

### **Course Instructors**

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### **Course Description**

This course will increase students' awareness of their well-being and help them build habits for personal and interpersonal development. It also aims to foster their identity and confidence as students at HKUST.

Lectures will provide the facts and the scientific bases of well-being. Self-directed experience will provide opportunities to develop wellness habits (physical, emotional and social). Students will bring knowledge and skills together through self-reflection: reflecting on how they can integrate knowledge and practices into their lives, as well as promote them to others. In smaller class groups called 'communities', students will share their self-reflections. They will also work in their communities on a project to devise wellness initiatives for a specified group, for example, residents of a student hall.

### **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

### **Course Highlights**

- This is a pilot of one of the Common Core Foundations courses.
- In future this course will be offered in a blended-learning mode. However, for the pilot the online component will be replaced by face-to-face lectures.
- 6 Lectures provide the facts and scientific basis of well-being.
- 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-directed experience provides choice of ways to develop wellness habits (e.g. sports skills classes, social-emotional wellness workshops, community service) and promotes development of self-management skills.
- Self-Reflection prompts thinking about how to integrate knowledge and practices into one's life. Sharing of reflections promotes a sense of belonging/community.

## Assessment

Task	Weighting	Due dates	Assessment focus
<b>Online quizzes</b>	<b>30%</b>	After Lectures 2,3,4, 5, & 6	Understanding of well-being, physical and mental and its importance
<b>Project</b>	<b>40%</b>		Understanding of well-being, physical and mental and its importance +
- Proposal (group)	(10%)	Week 6	
- Progress report (individual)	(5%)	Week 10	
- Product (group)	(20%)	Week 12	Self-awareness, mode of communication and collaboration sub-competencies
- Guided reflection (individual)	(5%)	Week 13	
<b>Surveys, self-directed experience and self-reflections</b>	<b>30%</b>		
- Pre- and post- course surveys	(5%)	Weeks 1 & 13	Self-awareness and lifelong learning sub-competencies
- Experiences (24 hours) and self-reflections (3)	(15%)	Week 13	
- Guided self-reflections (5)	(10%)	In community meetings	

## Course Schedule

Week	Face-to-face	Out-of-class
1	<p><b>Friday, Feb 4 - Lecture #1:</b> Orientation and introduction to well-being, wellness and self-reflection  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  <b>Venue: Room 1410</b></p>	<p>Pre-course survey completion (due 11.59 pm, Feb 18), VIA Survey completion and goal setting.</p> <p>Experience workshop registration</p>
1	<p><b>Friday, Feb 11 - 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  Guided reflection #1  <b>Venue: Room 2128A/B/C</b></p>	<p>Experience workshop registration*</p>

<i>Week</i>	<i>Face-to-face</i>	<i>Out-of-class</i>
2	<p><b>Friday, Feb 18- Lecture #2</b>  Topic: <u>Happiness</u>  Determinants of happiness; challenging intuitions about happiness with research findings, such as paradox of choice.  <b>Venue: Room 1410</b></p>	Online Quiz (due 11.59 Feb 21)
3	<p><b>Monday, Feb 21- Experience Workshop #1</b> – Unlocking the Power of Diversity (optional)  <b>Venue: Room 1410</b></p> <p><b>Friday, Feb 25- Community Meeting #2</b> – Focus: Building supportive relationships through strengths-spotting; sharing self-reflection as a wellness practice – seeking and giving feedback.  Guided reflection #2  Form project groups  <b>Venue: Room 2128A/B/C</b></p>	Project proposal (due 11.59 pm, March 16)
4	<p><b>Friday, March 4- Lecture #3</b>  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.  <b>Venue: Room 1410</b></p>	Online Quiz (due 11.59 pm, March 7) Project proposal (due 11.59 pm, March 16)
5	<p><b>Monday, March 7- Experience Workshop #</b> – You are How you think (optional)  <b>Venue: Room 1410</b></p> <p><b>Friday, March 11- 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  Guided reflection #3  Project proposal presentations and feedback  <b>Venue: Room 2128A/B/C</b></p>	Project proposal (due 11.59 pm, March 16)
6	<p><b>Friday, March 18 - Lecture #4</b>  Topic: <u>Working with others</u>  Importance of human community; well-being as a skill: empathy, forgiveness and gratitude; self-reflection.  <b>Venue: Room 1410</b></p>	Project proposal (due 11.59 pm, March 16) Online Quiz (due 5 pm, March 21)

<i>Week</i>	<i>Face-to-face</i>	<i>Out-of-class</i>
7	<p><b>Project proposal consultations</b> (scheduled with CM facilitator)  <b>Venue: TBC</b></p> <p><b>Monday, March 21- Experience Workshop #3</b> – Topic TBC (optional)  <b>Venue: Room 1410</b></p>	
8	<p><b>Friday, April 1 - Lecture #5</b>  Topic: <u>Stress and Coping</u>  Types of stressors; theories of stress; stress management skills. Also connect with previous weeks about mindset and coping.  <b>Venue: Room 1410</b></p>	<p>Online Quiz (due 11.59 pm, April 4)</p> <p>Project preparation</p>
9	<p><b>Friday, April 8- 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  Guided reflection #4  <b>Venue: Room 2128A/B/C</b></p>	<p>Project preparation</p>
10	<p><b>Friday, April 15 – Public Holiday</b></p>	<p>Project progress report discussion (Open from 9 am, April 11 till 11.59 pm, April 14)  Project preparation</p>
10	<p><b>Friday, April 22 - Lecture #6</b>  Topic: <u>Online Issues</u>  Online interactions, such as cyber bullying, online dating, gaining approval from others, emotion contagion.  <b>Venue: Room 1410</b></p>	<p>Online Quiz (due 11.59 pm, April 25)</p>
11	<p><b>Friday, April 29 - 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  Guided reflection #5  <b>Venue: Room 2128A/B/C</b></p>	<p>Project preparation</p>
12	<p><b>Friday, May 6 - Project product exhibition</b></p>	
13	<p>Evidence of and reflections on Self-directed Experience + Guided reflection on project + post-course survey (due 11.59 pm, May 13)</p>	