



## Phase 1 Elective Description

**Campus:** Grand Forks

**Elective/Experience Title:** Essentials of Personal Wellness

**Location of Elective:** online (Zoom)

**Department:** Psychiatry and Behavioral Science

**Course Number:** MED 9601-10

**Other Phases That Can Enroll:** none

**Preceptor(s):** Michelle Montgomery

**Phase 1 Period(s) Offered:**  Summer-I  Summer-II

**Number of students per period:** 10

**Elective Length:**  4 weeks  8 weeks

**Course Prerequisites:** N/A

**Estimated # of Hours Required (over 4 weeks):**

Face-to-Face/Zoom 16 Independent/Asynchronous 20

**Will any Face-to-Face/Zoom hours occur on Weekends?**

Yes  No

**Will any Face-to-Face/Zoom hours occur on after 5pm?**

Yes  No

**Purpose:** The overall purpose of this elective is to foster medical student's well-being, self-care, and promote resilience.

**Objectives:** Following successful completion of this elective, the student will be able to:

1. Choose to show a commitment to personal health and well-being in order to foster personal and patient care and manage influences on personal well-being evidenced by appropriate participation and discussion (Competency 8.1, 8.2, 8.3)
2. Demonstrate in-class awareness of the dimensions of wellness including social, emotional, physical, intellectual, spiritual, and occupational. (Competency 8.1, 8.2)
3. Generate a personal health improvement plan by applying evidence-based wellness strategies. (Competency 8.1, 8.2, 8.3)

**Instructional Activities:** During this elective, the student will be involved in/experience:

1. Meeting with faculty/staff daily in small groups to discuss concepts and explore unknowns with fostering personal development and awareness of their own well-being. Participation in all discussions is required.
2. Asynchronously working through readings and journaling.
3. Development of a personal wellness plan.
4. Completion of pre- and post-course surveys.

Grading for this elective is Satisfactory/Unsatisfactory.

**Criteria for Grading:** During and following this elective, the preceptor will:

1. Utilize the standardized UNDSMHS phase I elective evaluation form.
2. By direct review of the students' personal wellness plan evaluate their use of evidence-based wellness strategies (Objective 3).
3. By direct observation of students' participation in discussion sessions and performance on the post-course survey evaluate the students' commitment to personal health and well-being and awareness of the dimensions of wellness (Objective 1-2)