WELL 100
Introduction to College Life at the University of Richmond

Course Instructor: **Peer Instructor:**
Name: Name:
Email Address: Email Address:

Course Details:
Day/Time of Course:
Location of Course:

Course Overview:
WELL 100 is an introductory course for first-year and transfer students, designed to provide a solid foundation for a successful college experience at the University of Richmond. The course both has strong well-being components and introduces students to a Richmond education. Its three primary learning objectives are adjustment, community, and transformation. Combined, the overarching goal is to help students make a successful transition to college.

Learning Outcomes: Adjustment, Community, & Transformation
        Adjustment: get to know Richmond and find ways to thrive here
        Community: build fellowship with others, as a result of sharing common attitudes,
                interests, and goals
        Transformation: become a thoughtful, engaged, successful Richmond student

Grading, Attendance, and Participation:
WELL 100 is a non-credit graduation requirement that must be completed in the student's first semester of enrollment at the University of Richmond. The course is graded 'S' for satisfactory or 'U' for unsatisfactory.

To receive satisfactory completion, students must attend and actively participate in every class session. If you must miss class for any reason, please contact the instructor in advance of class time. Students are permitted to miss a total of two class sessions. Students missing a class will be given a make-up assignment; failure to complete the make-up assignment will result in an unsatisfactory grade.

If a student misses more than two class sessions, the student must either withdraw before the withdrawal deadline or will receive an unsatisfactory grade. Students who withdraw or receive an unsatisfactory grade will have to repeat the course in the following semester. Students who have questions about potentially withdrawing after the deadline should consult their College Dean.

Passport Program
Students must attend four programs and events on-campus. Students must attend one program from each category:
- Diversity, equity, inclusion, and belonging
- Health and well-being
- Pursuit of knowledge
- Student growth

Students are required to swipe-into events or programs (where applicable) or complete the program [completion form](#) on Presence. More information about the Passport is located on [Presence](#).

Class Expectations

Our Classroom
Our classroom is one of mutual respect, one in which all of us are welcome and feel welcome, and we are able to learn about and engage with challenging topics together. Mutual respect requires the efforts of all of us, in many ways.

Honor Code
All students are expected to abide by the [Honor Code](#). All suspected violations will be reported to the Honor Council. Being found responsible of an Honor Code violation will result in the failure of this course.

The Honor Code prohibits the use of any unauthorized assistance. For this course, the use of text-generating artificial intelligence tools (such as but not limited to ChatGPT) is considered unauthorized assistance, and using it in connection with any assignment that you submit to me will be considered an Honor Code violation. This includes the use of generative AI for any stage of the work from conception to completion. If you ever have any questions, please do not hesitate to ask me before you act.

COVID-19 Mask Policy
Instructors may require students to wear a mask while attending class. If they do, the face covering must be worn for the duration of the class and must completely cover both the nose and mouth in accordance with the [University's masking policy](#).

Non-Discrimination Statement
The University of Richmond prohibits discrimination and harassment against applicants, students, faculty or staff on the basis of race, religion, national or ethnic origin, age, sex, sexual orientation, gender identity, gender expression, disability, status as a veteran or any classification protected by local, state or federal law.

Disability Services Statement
The University of Richmond strives to make all aspects of the Richmond experience accessible for all students. This course has been designed to be as inclusive and accessible as possible, but there may be instances, activities, or materials that may still require modification so that they are accessible to everyone. If you anticipate potential barriers and have been approved for accommodations through Disability Services, please reach out as early as you can to review your DAN together and plan for the semester. If you think you may qualify for accommodations, but have not done so already or are unsure if this is an appropriate path to take, you are encouraged to review the [Disability Services website](#).

August 25th	Welcome & Academic Wellness I
Week of August 28	Academic Wellness II
Week of September 4	Relationships
Week of September 11	DEIB (Diversity, Equity, Inclusion, & Belonging)
Week of September 18	Bystander Intervention & ATOD (Alcohol Tobacco & Other Drugs) Education
Week of September 25	Physical & Mental Health
Week of October 2	Financial Wellness
Week of October 9	Civic Engagement
Week of October 16	Fall Break – Wellness Week (no in-person class) Well-being programming outside of class
Week of October 23	Understanding Gender
Week of October 30	Career Services
Week of November 6	Physical Wellness II
Week of November 13	Sustainability
Week of November 20	Thanksgiving Break (no in-person class)
Week of November 27	Looking Ahead to Spring