University Student Wellness:
Certificate of Completion

Program Syllabus:

Program Description

Welcome to *Journey to Personal Growth: University Edition*, our comprehensive online personal development course tailored specifically for university students!

This course has been carefully designed to equip you with the essential skills, tools, and knowledge to navigate university life and the challenges that come with it.

From building healthy relationships to mastering effective time management, we're here to help you make the most of your university experience!

Throughout this transformative journey, you'll learn practical and impactful techniques rooted in JOY's six philosophies.

Together, we'll explore how to cultivate a resilient mindset, set healthy boundaries, overcome self-limiting beliefs, and enhance your self-awareness and emotional intelligence. With these skills, you'll gain the confidence to pursue your academic goals and embrace change with an open mind.

Our online course offers the convenience and flexibility to learn at your own pace and according to your schedule.

You'll have access to a variety of resources, including engaging videos, interactive worksheets, thought-provoking quizzes, immersive activities, and vibrant discussion forums.

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Program Structure:

This course consists of three distinct parts:

Part 1: Stress and Burnout

Part 2: University Student Stress

Part 3: Be Your Own Coach (BYOC)

The first part explores the broader themes of stress and burnout, offering a comprehensive understanding of the factors contributing to the strain experienced in everyday life. The second part focuses more specifically on the unique dimensions of university student stress. The third part equips you with the tools to help you overcome stress and burnout and allows you to embark on a transformative journey by following JOY's six philosophies and practicing effective coaching techniques for yourself. See below for more details.

Learning Outcomes:

By the end of this program, you will be able to:

- Identify JOY's philosophies and understand how they relate to your own life.
- Gain insights into different types of stress and recognize which ones you may experience.
- Understand burnout and acquire strategies to prevent it from taking over.
- Recognize imposter syndrome and learn how to mitigate its negative effects.
- Pinpoint specific stressors you encounter at university and develop strategies to address them.
- Master the art of saying "no" and establish healthy boundaries in both academic and personal life.
- Transform old unhelpful habits into new beneficial patterns.
- Overcome self-limiting beliefs that hinder your personal and academic success.
- Incorporate positive psychology, gratitude, and affirmations to eliminate negative thoughts and emotions that can derail your progress.
- Prioritize self-love and understand your role in the drama triangle, while learning to adopt a more constructive and supportive role.
- Develop skills in the five components of emotional intelligence.
- Integrate mindfulness into your daily life and practice five mindfulness exercises.
- Discover the stages of change and acquire strategies to stay motivated in achieving your goals.
- Focus on enhancing aspects of life within your control, rather than becoming overwhelmed by those that are not.
- Manage your time effectively to handle tasks, projects, and exam preparation without feeling overwhelmed.

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- Master mind-mapping and vision boards to propel you toward your goals and desired life.
- Develop SMART goals that enable you to track aspirations, identify achievable targets, and outline steps for success.
- Sharpen listening skills and become adept at reading body language to enhance communication.
- Cultivate acceptance and become more tolerant of challenging situations.

Who is the Course for?

This program is developed for students who are struggling in the university environment, are currently at risk of experiencing stress and/or burnout, or who wish to learn or improve valuable soft skills. JOY's University Student Wellness Program is designed specifically to equip students with skills, tools, and knowledge to manage university-related stress through learning the most in-demand soft skills such as time management, communication, empathy, and emotional intelligence, ultimately allowing them to achieve a harmonious university-life balance.

Program Rationale and Approach:

JOY's University Student Wellness Program was developed with a blend of theoretical and practical approaches, providing learners with a strong foundation in both.

The theory segments will help learners:

- Stay updated with the latest research, approaches, and methodologies in managing university student stress and burnout.
- Gain a comprehensive understanding of the Journey of You methodology.

The practical approach in this program aims to help learners acquire:

- Professional, technical, and personal skills used in coaching practices.
- New abilities to improve themselves.
- A reflective voice that helps determine personal needs for managing university-related stress and burnout.

To accomplish this, the program:

- Includes engaging videos with clear explanations.
- Provides video transcripts for follow-up and future reference.
- Allows learners to move at their own pace, giving them time to absorb and reflect.

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- Encourages group discussions through forums.
- Offers activities to assess comprehension.
- Incorporates critical thinking and reflection questions essential for personal development.
- Uses graded examinations to test knowledge of the material.

Program Duration:

While the program allows learners to move at their own pace, they will have access for up to 6 months, which is more than enough to complete the program. After this period, access expires.

Participants requesting an extension must have a valid reason and provide substantiation. Without a valid reason, learners will need to re-register and repay program fees.

Program Components:

The program is composed of various sections and methods, which are explored in detail below.

Participation in Discussion Forums: Discussion forums are a core component of the program, and each forum is designed to take 15 – 20 minutes. Through these discussions, learners are provided with a question or set of questions that allow for individual reflection and interaction with others' input. This exchange of ideas provides a broader perspective and diverse points of view, enriching each learner's personal journey.

Videos and Transcripts

The program content is based on Joumana Mansour's book, *Journey to Personal Growth*. Animated videos present the book's content in a visually appealing and engaging way. Key words and phrases are highlighted to draw attention to important information and enhance understanding.

The length of each video depends on the material's content. Adopting a microlearning approach, the content is broken down into several videos to:

- Organize ideas more effectively, and
- Create shorter videos that allow for increased focus and comprehension.

Learners will find a transcript link under each video, which they may download to read at their own pace and save for later use. If information is divided across multiple videos, the transcript will be available on the page with the last video.

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Activities

Each program section includes various exercises and activities to foster an engaging and interactive dynamic.

Activities are designed to achieve one of three goals:

1. Assess learners' knowledge of concepts before covering a topic,
2. Test understanding of material already covered, helping learners determine if they have a firm grasp,
3. Encourage self-assessment, allowing learners to reflect on their characteristics and position in relation to the content.

Quizzes

To assess understanding of the content, learners will take quizzes on the material covered. Each quiz consists of ten multiple-choice and true/false questions, which help learners determine their understanding of the subject matter.

The passing grade for each quiz is 60%. Learners can retake the quiz multiple times to achieve the desired grade.

Daily Self-Practice

Another fundamental component of the program is self-practice activities, including mindful breathing exercises, positive affirmations, and journaling. Although these activities are not formally evaluated, they are strongly recommended for personal development. Ideally, learners should dedicate 30 minutes daily to these practices.

Program Content :

Part 1: Stress and Burnout

Outline and Objectives:

In our fast-paced, busy lives, stress has become so commonplace that we barely notice it anymore. However, this hidden disruptor is responsible for many physical illnesses, mental breakdowns, family dysfunctions, and marital issues.

But what if you could take control of your stress and navigate obstacles in a healthy, productive way, reducing the negative effects of daily pressures?

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To do this, this chapter first focuses on stress and burnout, the different types of stress, and how they manifest in our lives. When we are aware of the issue, we can address it. By the end of this chapter, you will understand how stress has been impacting your emotional, mental, and physical health and what you can do to manage stress and burnout. Take a deep breath and get ready to lighten your load!

By the end of this part, you should be able to:

- Define stress and its different types;
- Recognize symptoms of stress and their effects on the body;
- Understand the distinction between stress and burnout;
- Learn strategies to manage burnout;
- Understand the roles of the sympathetic and parasympathetic nervous systems in stress regulation;
- Differentiate between instant and delayed gratification.

Part 2: University Student Stress

Outline and Objectives

University life can be challenging, and many students find it difficult to navigate its various stages, from undergraduate to graduate studies. It's no surprise that university life often involves significant stress and burnout.

This section is designed to help you identify how the university environment may contribute to your stress levels and how this stress affects other areas of your life. We'll provide practical strategies to manage stress and burnout effectively, helping you counteract the pressures of university life. Take a deep breath and get ready to transform your university experience!

By the end of this part, you should be able to:

- Identify university stress and how it manifests;
- Understand university wellness and its importance in your student experience;
- Manage and prevent stress and burnout as a university student;
- Address specific stressors faced at undergraduate and graduate levels.

Part 3: Be Your Own Coach

At JOY, we believe everyone deserves to learn how to live life to the fullest. That's why we created BYOC. Our goal is to provide you with skills, tools, and knowledge to guide yourself on a path of personal and professional growth. Throughout this course, you'll embark on a transformative journey, following JOY's six philosophies and practicing effective coaching techniques independently at no additional cost.

This journey will empower you to use the core principles of positive psychology, enabling you to shift your perspective, recognize codependent relationships, prioritize self-love, integrate

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mindfulness into every part of your life, enhance self-awareness and emotional intelligence, acquire invaluable life skills, improve communication, and embrace change with an open mind.

By the end of this part, learners will be able to:

- Understand JOY's philosophies and their relevance to your life;
- Transform old habits into new positive patterns;
- Overcome self-limiting beliefs that hold back progress;
- Use positive psychology, gratitude, and affirmations to counteract negative thoughts;
- Prioritize self-love and recognize your role in the drama triangle, adopting a healthier perspective;
- Develop emotional intelligence across its five components;
- Integrate mindfulness into daily life with five mindfulness exercises;
- Understand the stages of change and sustain motivation;
- Establish healthy boundaries to maintain control over your life;
- Effectively manage time to handle tasks without feeling overwhelmed.

Ethics of Conduct

We recognize each learner's passion for personal growth, which motivates them to participate in this course. As such, we expect learners to remain actively engaged and committed.

Remember that other learners come from diverse cultures and backgrounds. Respect and consideration for others are essential, especially in discussion forums.

Learners are encouraged to create a safe space by respecting others' cultures, experiences, and ideas.

For Questions and Inquiries

For any questions or inquiries, learners can reach out to our JOY team at:**info@journey-of-you.com** or call us at **+961 1 360 008** or **+961 81 360 008.**

Wishing each learner a meaningful and transformative journey of personal growth.

Good Luck!

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