

# MENTAL HEALTH AND WELL-BEING, MINOR

(Code 460-402)

Mental Health and Well-Being Minor

Note 1: Students must earn a grade of C or better in any course used to fulfill the requirements for the minor.

Note 2: Courses in the minor may have pre-requisites. See catalog for details.

Note 3: A course may not be used to meet both a required course requirement and an elective course requirement.

Code	Title	Credits
<b>Required Course</b>		
SW 100	Introduction to Social Work	3
<b>Social Work Core</b>		
Select six credits from the following:		
SW 377	Self-Care in the Helping Professions	3
SW 389	Understanding Trauma	3
SW 394	Introduction to Counseling Skills for Helping Professionals	3
SW 490	Mental Health and Substance Use	3
<b>Electives</b>		
Select fifteen credits from the following:		
AIS 244	American Indian Literature of Healing	
ART 303	Art Therapy	
CJ 452	Health Communication	
CRMJ 325	Victimology	
CRMJ 344	Reentry and Reintegration	
IDIS 125	Brain: Introduction to Neuroscience	
KINS 312	Psychology of Sport and Physical Activity	
NRSRG 211	Wellness: Food for Fitness	
NRSRG 212	Navigating Health Care	
NRSRG 213	Body, Mind, Spirit Wellness	
NRSRG 220	The Language of Health Care	
NRSRG 225	Introduction to Public Health	
NRSRG 385	Men's Health Issues	
NRSRG 389	Cross Cultural Health	
PH 115	Global Health	
PH 225	Introduction to Public Health	
PH 341	Rural Public Health	
PH 370	US Health Systems and Policy	
MUSI 333	Influence of Music on Behavior	
PSYC 100	Introduction to Psychology	
PSYC 230	Human Development	
PSYC 251	Abnormal Psychology	
PSYC 286	Understanding Suicide	
PSYC 325	Theories of Counseling	
PSYC 336	Psychology of Women	
PSYC 340	Personality Psychology	

PSYC 348	Black Psychology
PSYC 353	Health Psychology
PSYC 354	Clinical Psychology
PSYC 363	Psychology of Addictions
SOC 164	Family and Intimate Relationships
SOC 230	Health and Society
SOC 248	Sociology of Mental Illness
SEIP 430	Trauma-Informed Practices for Inclusive Educators
SW 377	Self-Care in the Helping Professions
SW 389	Understanding Trauma
SW 394	Introduction to Counseling Skills for Helping Professionals
SW 360	Death and Bereavement
SW 490	Mental Health and Substance Use

Other courses as approved by the student's advisor or department chair. Three credits of Directed Study, Independent Study, or Special Topics coursework focused on mental health and well-being can be used to fulfill minor requirements.

NOTE: A grade of C or better must be earned in all classes used to fulfill minor requirements.

NOTE: A single course may not be used to fulfill Social Work Core requirements and Elective requirements. No more than six credits of SW-prefix courses can be used to meet Elective requirements.

NOTE: No more than nine credits can be used to fulfill both major requirements and minor requirements.

#### Other Catalog Notes/Restrictions

- No more than nine credits can count from within a student's major towards the minor.
- Up to three credits from Directed Studies, Independent Study, or Special Topics courses that focus on mental health and well-being may be applied to the minor with approval from the Mental Health and Well-Being advisor.
- No more than six credits of elective courses with the social work prefix can count towards the minor.