HEALTH AND WELLNESS COURSE
RISE: RESILIENCE, INFORMATION, SKILLS AND EXPERIENCES

- COURSE: HWL 671
- CLASS MEETINGS TIMES: MON 3:30 – 4:50
- FULL FALL SEMESTER: 12 weeks

Starting college is exciting, but it is also a big transition full of new experiences and challenges. RISE is a course for students who would benefit from learning skills to help them thrive in college, support their mental wellbeing and cope with academic stress.

The course will meet weekly during the fall semester, and will fulfill 2 Mind and Body Balance modules toward the Health, Wellness and Life Skills general education requirement.

Throughout RISE, learning is primarily experiential with discussions and hands on opportunities to practice skills. Students will work in small groups with faculty and counseling center clinicians. Clinicians will focus on teaching students skills for coping with and bouncing back from stress, as well as strategies to support their wellbeing. Whereas faculty will focus on skills for preventing stress by using effective test taking, time management and goal setting techniques.

If you are interested in enrolling in RISE contact Hannah Snyder (hrsnyder@brandeis.edu) for a consent code to add the course to your class schedule.

Build your toolbox to thrive at Brandeis ...

- Learn tips to ace your classes
- Lean how to better cope with stress
- Develop study skills for academic success
- Fulfill 2/3 of your Health, Wellness and Life Skills Gen. Ed. Requirement

IF YOU HAVE ANY QUESTIONS ABOUT THE COURSE PLEASE CONTACT COPELAB@BRANDEIS.EDU