

COURSE DETAIL

SORT OUT YOUR LIFE AND THRIVE

Country

Ireland

Host Institution

University College Dublin

Program(s)

University College Dublin

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Health Sciences

UCEAP Course Number

110

UCEAP Course Suffix**UCEAP Official Title**

SORT OUT YOUR LIFE AND THRIVE

UCEAP Transcript Title

SORT OUT YOUR LIFE

UCEAP Quarter Units

5.00

UCEAP Semester Units

3.30

Course Description

This is a course that focuses on student wellbeing, personal growth, and coping with stress, so that students can equip themselves with lifelong skills for learning, working, and being well. Students learn how to thrive in university life and beyond - including leadership skills for future employment - through fostering physical, cognitive, emotional, and social skills that will support their wellbeing. The course is delivered in the context of our digital world: understanding data and finding digital supports and strategies for life management. Expert speakers join for sessions around areas such as nutrition, sleep, and mental health, and students track their own personal data and progress in areas of their choice (e.g. emotional wellbeing, study habits, time management, exercise).

Language(s) of Instruction

English

Host Institution Course Number

PERS20030

Host Institution Course Title

SORT OUT YOUR LIFE AND THRIVE

Host Institution Campus

University College Dublin

Host Institution Faculty

Host Institution Degree

Host Institution Department

Science

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