

# 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 Course Details

[https://hub.ucd.ie/usis/!W\\_HU\\_MENU.P\\_PUBLISH?p\\_tag=MODULE&MODULE=PERS20030](https://hub.ucd.ie/usis/!W_HU_MENU.P_PUBLISH?p_tag=MODULE&MODULE=PERS20030)

## Host Institution Campus

University College Dublin

## Host Institution Faculty

## Host Institution Degree

## Host Institution Department

Science

## Course Last Reviewed

2023-2024

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