

# Syllabus HPW 301

Fall 2020

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## Purpose and Objectives

### Purpose

As a pre-professional you have studied hard to make the transition from being a student to "the facilitator", "the teacher". The Retreat will challenge you to "be", to "walk your talk". It is easy to learn the intellectual theories about human behavior and what one must do to be healthy. It is integrating the "practice" of being human and healthy daily that challenges each of us in this profession. You will have an opportunity to reflect on what you have learned, share your fears and successes, be supportive and supported for who you are and who you are about to become. This retreat will help you to determine what else you will need to attend to become a successful professionally. Retreat has become the Ritual for HP students to transition from the Student to the Professional. Our volunteer faculty will issue "challenges" to you in order that you can re-evaluate your own personal and career wellness. We will explore more deeply, the motivational and spiritual levels of wellness. Reflecting on this retreat experience, you will be asked to answer the questions, "Who am I?" "Am I on the right path?"

### Objectives

This retreat focuses on the four main themes students need to be successful in their profession. These themes were also identified by employers as being crucial to job success:

1. Communication – written and oral exchange of information between individuals.
2. Integrity – commitment to developing and adhering to a set of principles and a personal value system.
3. Attitude – positive attitude that balances initiative with humility, realizing you know a lot but don't know it all.
4. Strengths – understanding what you bring to the workplace to match the right person to the right job.

# Retreat Policy

1. Retreat is required and has been a long-standing tradition of the HPW. The instructor wants to create a safe, welcoming, and personal space for you to learn more about yourself and others in the course.
2. Here are areas that are requirements of retreat:
  - Upon arrival Friday until retreat is complete, stay on the grounds of Treehaven. You are responsible for being at the off campus location throughout the entire time from 5:00 p.m. on Friday to noon on Sunday. Leaving during the weekend will result in loss of the participation points.
  - Treehaven is a part of the UW Stevens Point campus therefore all campus policies apply as do the same disciplinary policies. We have not had a problem on the past and hope to keep it this way.
  - No cell phones are to be used during planned activities. You may use phones during break times. There are many people who are sharing personal information and any invasion of our safe space is not permissible.
  - No alcohol to be brought with you to Treehaven or used during the weekend. The weekend is focused on all the dimensions of wellness and though alcohol can be used safely, it is best to keep it out of our practice for the weekend.
  - If there is an emergency during retreat or a student becomes ill and needs to leave, the instructor should be notified in advance to see how to best assist each student. Do not leave without getting approval from the instructor. It is discourteous to all and can raise unneeded alarms if a student leaves without notice.
  - Be courteous to your roommates and others who may also be using the facility. This includes late at night while others might be sleeping.
  - Make sure you have arrived early enough to check in to your room and are ready to start at 5:00 p.m. Keep track of your room key and have your room cleared by 10:00 on Sunday.

## Retreat grading

|   |     |
|---|-----|
| RETREAT   | 100 |
| <ul style="list-style-type: none"><li>• Attendance (50)</li><li>• ELE/Skit (20)</li><li>• Post retreat summary (10)</li><li>• <a href="#">VIA Character Strengths (Links to an external site.)</a> (20)<ul style="list-style-type: none"><li>○ Survey of individuals - 10</li><li>○ Graphic of strengths - 10</li></ul></li></ul> |     |

## Assignment Due Dates

| Assignment   | Due   | Pre/Post |
|--|---|----------|
| Signed wavier  | 9/16  | Pre      |
| Participation  | Assessed throughout retreat   | Pre/Post |
| ELE/Skit descriptions  | 9/18 @ 11:59 p.m.   | Pre      |
| VIA Character Strengths <ul style="list-style-type: none"> <li>• <a href="#">NEW (Links to an external site.)</a> Assessment and interpretation</li> <li>• Document – Interviews               <ul style="list-style-type: none"> <li>○ uploaded to assignment</li> </ul> </li> <li>• Graphic (bring to retreat)</li> <li>• PRINT (do not complete) worksheet</li> </ul> | 9/18 @ 11:59 p.m.<br><br>Bring Graphic to retreat<br>Bring Worksheet to retreat | Pre      |
| Post retreat reflection  | 9/25 @ 11:59 p.m.   | Post     |
| <i>Anything not listed on this checklist will be done are retreat and materials provided to complete the task will come from the retreat facilitator.</i>  |   |          |