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Course Description
In life it is important to continue learning, moving, and changing. This course will encourage, challenge, motivate, and inspire you to make positive changes in your lifestyle and the way you interact with others and your environment. Standing still will not foster personal growth and without personal growth we become stale and stagnant. The content of the course is supported by science and objective information to encourage you to achieve personal growth in many aspects of life.

Course Prerequisites
The only prerequisite for this course is to have an enthusiasm to learn, to question and to change. The course is required for pharmaceutical sciences students but open to all UCI students.

Grading
The following grading guidelines will be strictly followed. Try not to miss any component.

A  Viewing 9-10 lectures, completing all 10 discussions, and all forms and surveys
B  Viewing 8 lectures, completing at least 8 discussions, and 6 forms or surveys
C  Viewing 7 lectures, completing at least 7 discussions, and 5 forms or surveys
D  Viewing 6 lectures or less, completing 6 discussions or less, and 4 forms or surveys
Recommended Viewing Assignments


2) Happy (Documentary 2011) About one hour. Netflix: “Happy takes viewers on a journey from the swamps of Louisiana to the slums of Kolkata in search of what really makes people happy.”

3) TED talk: Shawn Achor: The happy secret to better work [http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work.html](http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work.html)


5) TEDxWallStreet: Alexa Von Tobel: One Life-Changing Class You Never Took [http://www.ted.com/tedx/events/4517](http://www.ted.com/tedx/events/4517)

Emails

Emails regarding any course related logistical issues should be sent to the teacher assistants.

Course Schedule

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<th>Lecture</th>
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<td>1</td>
<td>Changing Bad Behaviors and Habits</td>
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<td>Stress and Stress Management</td>
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<td>Nutrition Do’s and Don’ts</td>
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<td>Bad Drugs on College Campuses</td>
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<td>Move and Exercise</td>
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<td>Social Responsibilities: Conservation of our Blue Planet</td>
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<td>10</td>
<td>Discussion and Review</td>
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