



WELL 665SJ Syllabus

Instructor: Mary Anne Leary

Office Location: 4-134

Office Hours: Sundays, 5:00 – 5:15 PM

Class Duration: Sundays, 9:00 AM – 5:00 PM

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Website:

<http://www.skylinecollege.edu/wellness>

COURSE DESCRIPTION:

WELL 665SJ –Introduction to Gem Elixirs

Units: 0.5. Eight lecture hours for one day. This short course will explore the world of gem elixirs and how to use them along with gem stones as a viable healing modality used to address emotional issues and body-mind health. Students will learn which elixirs are needed for certain conditions and ways to choose them appropriately. There will be discussion about the variety of uses available for gem elixirs (oral preparations, environmental sprays, baths, or adding to lotions, creams or carrier oils). Students will prepare a gem elixir formula for themselves that specifically addresses how they respond to stresses and life challenges. NOTE: This course has a non-refundable materials charge of \$15.

STUDENT LEARNING OUTCOMES:

Upon successful completion of the course the student will be able to:

- Understand what gem elixirs are, how they are made and how they can affect one's emotional and body-mind health.
- Begin using methods to select gem elixirs for personal usage
- Know how to use gem elixirs as an oral preparation and by other methods: environmental sprays, baths, lotion or oil carriers etc.
- Know how to care for gem elixirs, where to access additional resources for ordering and further knowledge about gem stones and gem elixirs

TEXTBOOK AND OTHER MATERIALS:

There are no required textbooks for this class. Written material will be given to the gem elixir students.

ASSIGNMENTS: In order to receive credit for attending the one day class students must:

- Full attendance for entire 8 hour class
- Active participation in class discussions, gem elixir selection and creation of gem elixir formula
- Attention to proper sanitation and safety procedures
- Respectful interactions with fellow students and instructor as required in the wellness profession

CLASS FORMAT: (lecture/lab/project, etc.)

- The class is broken up into segments with a PowerPoint presentation, interaction with fellow students, introspection through use of a questionnaire regarding which gem elixirs are needed, gem elixir preparation with a partner, class discussion
- The class will have a morning and afternoon break along with a one hour lunch period.

CLASS PARTICIPATION:

- Please turn off all cell phones, pagers, texting, and music devices during class.
- No food or drink allowed in the lab and classroom area except water in a closed container.

GRADING POLICY:

This class is graded Pass/No Pass. Specifications for receiving credit for the class are listed under the assignments section.

Withdrawal Policy

To withdraw from a class students should access WebSMART registration or obtain an Add/Drop form from the Office of Admissions and Records in Building 2. Official withdrawal is the responsibility of the student. A withdrawal with a refund is subject to refund deadlines. A student who does not withdraw in accordance with established procedures may receive a penalty grade. *Refer to the Student Handbook for more information.*

RESOURCES:

DSPS

The Disabled Student Program and Services is designed to equalize the educational opportunities for students with disabilities. Further information may be obtained from the DSPS office, Bldg 2, Room 2350. The telephone number is 650-738-4280 and Fax number is 650-738-4228.

Academic Integrity

Academic dishonesty occurs when a student attempts to show possession of a level of knowledge or skill, which he or she does not possess. The two most common kinds of academic dishonesty are "Cheating" and "Plagiarism." Cheating is the act of obtaining or attempting to obtain academic work through the use of dishonest, deceptive or fraudulent acts. Plagiarism is representing the work of someone else as his/her own and submitting it to fulfill academic requirements.

Student Services

Support services available to students include the Library and Learning Center (Bldg.5), Student Services, One Stop Center, Housing, Registration, Financial Aid, Placement Testing, Admissions, Counseling, DSPS, Special Programs, Health Center and CALT Labs. In coordination with the DSPS office, reasonable accommodation will be provided for eligible students with disabilities. If you do not yet have an accommodation letter, please contact the DSPS office at 650-738-4280.