



## Wellness Development Certificate Program

### Detailed Program Information

This self-paced program helps MBKU students (you) build a framework for establishing and maintaining a well-balanced life that includes self-care and self-compassion. The best way to treat burnout is to prevent it from occurring.

There is no application process for this program; however, it is assumed that students on Academic Warning or Probation and/or Professional Warning or Probation focus their efforts solely on regaining “Good Standing” status with MBKU.

You will complete this program by moving through six phases:

1. Start Here
2. Build Your Foundation
3. Build Real-World Skills
4. Live Learning: Seminars & Events
5. Apply It
6. Reflect & Finish

All requirements are completed over the course of your academic program (2-4 years). All requirements must be completed at least 8 weeks prior to your graduation ceremony to finish the program (even if you started the Certificate later in your program).

If you successfully complete the program, you will be awarded with a certificate of completion at your Program’s Graduation Awards event, presented with a pin to wear at graduation, your name designated in your graduation ceremony program, and also receive a digital completion badge. The digital badges may be used in your email signature, social media accounts, etc.

### Program Requirements

You do not need to complete these in order. Use this as a progress tracker.

#### Introduction/Start Here

- Wellness Baseline Check (~5 mins)

#### Build Your Foundation

- Lifestyle Snapshot (~5 mins)
- Choose One Area to Improve (~5 mins)

#### Build Real-World Skills

- Build Real-World Wellness Skills (~60 mins)
- Wellness Application Reflection (~5 mins)

### **Live Learning: Seminars & Events**

Attend 3 wellness-related events on campus.

- Event 1
- Event 2
- Event 3

### **Apply It**

- Wellness Experiment (~20 mins)

### **Reflect & Finish**

Once all other requirements are completed:

- Final Wellness Reflection
- (Optional & Anonymous) Complete Program Feedback Survey

*The deadline to have everything completed is at least 8 weeks prior to your MBKU graduation ceremony.*