Personal Wellness Syllabus\*

Semester 1

(\*Tentative- subject to change)

August 22- September 5- Intro/Goals/Decisions- **open note quest**

September 6- 25- Stress/Mental Health - **test**

September 26-October 10- CPR- **written & skills test**

October 10- 24- Illegal Drug Projects- **partner project**

October 29- November 9- Tobacco/Alcohol-**written test**

November 12- 28- Relationships/STI- **no test**

November 29- December 19- Activity/Nutrition-**individual project**

December 20- January 11- Final Project/presentations

**2-3 per group project**

 JANUARY 14- SEE YA!! LAST DAY OF SEMESTER!!