Understanding the TrinityPlus Curriculum  
Effective for Class of ’25

### 32 Academic Credits
- FYSM  
  Foundational Requirement  
  Distribution Requirement  
  Writing Intensive Requirement  
  Global Requirement  
  Major Requirement

### 3 Additional Credits (co-curricular or academic)
- Additional credits may be either academic or co-curricular and could include:
  - TA-ships
  - Peer Mentorships
  - Internships
  - Summer Research
  - Short-term study

### Wellness Requirement
- Students must complete 4 wellness experiences, at least one from each category:
  1. Mind, Body, & Spirit
  2. Community Health & Responsibility
  3. Civic & Environmental Engagement

<table>
<thead>
<tr>
<th>AC: Academic Credit</th>
<th>CC: Co-curricular Credit (distinction/pass/fail)</th>
<th>WELL: Non-credit bearing</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Qualifications:</strong> AC must bear divisional designations: ARTS, HUM, NAT, NUM, or SOC as well as FYSMs, Gateway Courses, and department/program-based Academic internships</td>
<td><strong>Qualifications:</strong> curriculum committee approval, faculty oversight, 100-120 contact hours, 10 weeks, 10-12 hours/week of active engagement</td>
<td><strong>Qualifications:</strong> Wellness Experiences require 8 hours minimum of direct engagement</td>
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<tr>
<td><em>Students may receive AC for internships that count towards the major</em></td>
<td><em>Students may earn no more than 2 CC from one of the following categories: internships, teaching assistantships, summer research, fellowships, or mentorships</em></td>
<td><em>1 Wellness Experience may be earned per collegiate or club season; max of 2</em></td>
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<td><em>Unpaid research conduction with faculty member will continue to bear AC</em></td>
<td><em>CC is optional and a student may graduate with 35 AC and 4 Wellness Requirements</em></td>
<td><em>At least 2 Wellness Experiences must be completed by the Spring Semester of Sophomore year</em></td>
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<tr>
<td><em>No PE courses may be transferred for credit</em></td>
<td></td>
<td><em>See below for potential Wellness Experiences within respective category</em></td>
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### For transfer students:
Students may transfer credits towards the graduation requirements according to the following:
- Max. 16 academic credits
- Max. 1.5 credits to the plus category
- Max. 2 wellness experiences

### Foundational vs. Distribution Requirements:
- **Foundational Requirements (3):** writing, quantitative literacy, second language
- **Student can test out of any/all foundational requirements**
- **Distribution Requirement (5):** Arts, Humanities, Natural Sciences, Numerical and Symbolic Reasoning, Social Sciences

### Paid/Unpaid Internships:
Co-curricular credits are earned for paid or unpaid internships, stipend-bearing or non-stipend-bearing summer research and fellowships.

### Experiential Certificates:
3 credit experience proposed by departments or programs and approved by the Curriculum Committee. Consists of both academic courses and co-curricular experiences (i.e. Certificate in Health Professions)

### Sample Wellness Experiences:
**Community Health & Engagement**
- Cultural and Sexual Sensitivity Training
- Intercultural Learning
- Sexual Assault Prevention
- Restorative Justice Programming
- Sexual Health Programming
- Alcohol/Substance Abuse Prevention Training
- Interpersonal Communication
- Safety (CPR, First Aid, Life Guard Training)

**Mind, Body, & Spirit**
- Bodily Health and Care
- Physical Education
- Mental Health Wellness Programs
- Mindfulness Training
- Stress Management Programs
- Spiritual Practices Nutrition Programs
- Self-Defense Training
- Journaling
- Varsity and Club Sports
- Dance and Somatics Classes

**Civic & Environmental Engagement**
- Financial Literacy Training
- Digital Health
- Socio-economic understanding
- Climate Emergency Awareness
- Environmental Stewardship
- Leadership Training
- Negotiation Skills
- Collaboration/Team Building
- Maps/Mapping and Navigation
- Citizenship and Community Activism
- Civic Partnership

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*Note: WELL: Non-credit bearing includes Wellness Experiences that do not require academic credits.*