

## Understanding the TrinityPlus Curriculum

Effective for Class of '25

32 Academic Credits	3 Additional Credits (co-curricular or academic)	Wellness Requirement
FYSM Foundational Requirement Distribution Requirement Writing Intensive Requirement Global Requirement Major Requirement	Additional credits may be either academic or co-curricular and could include:  <div style="text-align: center;">             TA-ships              Peer Mentorships              Internships              Summer Research              Short-term study           </div>	Students must complete 4 wellness experiences, at least one from each category:  <ol style="list-style-type: none"> <li>1. Mind, Body, &amp; Spirit</li> <li>2. Community Health &amp; Responsibility</li> <li>3. Civic &amp; Environmental Engagement</li> </ol>
<b>AC:</b> Academic Credit  <b>Qualifications:</b> AC must bear divisional designations: ARTS, HUM, NAT, NUM, or SOC as well as FYSMs, Gateway Courses, and department/program-based Academic internships  *Students may receive AC for internships that count towards the major  *Unpaid research conduction with faculty member will continue to bear AC	<b>CC:</b> Co-curricular Credit (distinction/pass/fail)  <b>Qualifications:</b> curriculum committee approval, faculty oversight, 100-120 contact hours, 10 weeks, 10-12 hours/week of active engagement  *Students may earn no more than 2 CC from one of the following categories: internships, teaching assistantships, summer research, fellowships, or mentorships  *CC is optional and a student may graduate with 35 AC and 4 Wellness Requirements	<b>WELL:</b> Non-credit bearing  <b>Qualifications:</b> Wellness Experiences require 8 hours minimum of direct engagement  *1 Wellness Experience may be earned per collegiate or club season; max of 2  *At least 2 Wellness Experiences must be completed by the Spring Semester of Sophomore year  *See below for potential Wellness Experiences within respective category

### 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

\*No PE courses may be transferred for credit

### 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