

The Wellness Requirement

Trinity's holistic approach to Wellness places an emphasis on how students care for themselves, one another, and their world, establishing and sustaining positive values, habits, and behaviors during their time at Trinity and beyond.



Maintaining healthy mental, physical, and spiritual health



Promoting responsible choices to embrace diversity, equity, and inclusion



Promoting impactful civic participation



Supporting sustainable lifestyles to maintain a healthy planet

The Wellness Requirement

- ◆ Wellness Experiences encourage sustained commitment to personal and community wellbeing, and are designed to ignite long-term engagement.
- ◆ Students must complete two Wellness Experiences within the first two years at Trinity. Each Wellness experience requires a minimum of eight hours of direct engagement and provides an opportunity for student reflection.
- ◆ Completion of a Wellness Experience is determined by student engagement, fulfillment of learning goals, and student reflection. Wellness Experiences do not carry credit unless tied to an academic course.

Enrolling in a Wellness Experience

- ◆ To find a course or experience that fulfills a Wellness requirement, go to your portal, select "Course Schedule" and filter for "Wellness" within the Department/Program drop down menu. Here, you will find a complete list of available experiences in which you may enroll directly.
- ◆ To enroll: Certain Wellness Experiences can be directly registered for via the portal and can be added from pre-registration through the add/drop period. This includes academic courses that satisfy the requirement.
- ◆ For other Wellness Experiences, reach out to the facilitator indicated in the listing's notes section to learn more and enroll.

