

# SCSK 565 : Well-Being

Extracurricular activities add to well-being. Intrinsically or extrinsically motivated or by both, these activities need to be acknowledged as an encouragement to continue and portray a diverse lifestyle. The selective is one credit (16 points) and participants need to accumulate 16 points (by participating in a wide range of in- and outdoor activities) over at least two terms to receive one credit on their transcript. Recognition is given to honor students who have acquired more points. Recognition takes place two weeks before completion of Term 5. In each term a maximum of 8 points will count towards the 16 points this selective requires. Extra points accumulated during the term will be transferred and recognized towards the end of term five.

**Core Course**

**Credits 1**