

APPENDIX #3

PROPOSED NEW COURSE/PROGRAM OR MAJOR CURRICULUM REVISIONS

Please check appropriate item:

School: **Middletown High School**

New Course/Program:

Department: **STEAM**

Major Revision: **New Course**

Course/Program Title: **The Psychology of Wellbeing**

Date: **12/5/24**

1. **Proposed Change** – Please give a brief description of course and/or program with explanation of content.

The Psychology of Wellbeing is a new course that examines the link between the body & mind to determine ways to improve wellness through actions based on scientific research. Students will evaluate links between chemicals in the mind, neural networks, social psychology, and sociology to daily routines, diet, fitness, and other positive and negative effects on the human mind. Students will analyze scientific studies and then ethically and consensually apply new learning in their lives to experiment on how their own minds are affected by stimuli.

2. **Rationale** – What is the purpose of the proposed new course or course change? To what extent will it benefit the students?

There is a mental health crisis in our nation. By using scientific studies to draw connections between fitness, daily routines, diet, and experiences to mental health, students can live more fulfilling, joyful, and productive lives. They can also join the emerging fields around mental health and the human body.

3. **Target Population** – Which group of students will be directly affected (grade level, academic level)?

Juniors and seniors seeking to understand the psychology & physiology behind managing stress, mentally planning for life changes as they grow up, and developing positive life habits and relationships.

4. **Evaluation** – How do you plan to assess the implementation of the proposed new course or the course change?

Students will participate in consensual, ethical psychological & social experiments in their own lives to determine which changes to their personal lives have positive effects on their mood, success, and mindset.

5. **Cost** – What are the anticipated costs for staff, textbooks, materials, other?

Curriculum writing time will be needed to fully write the course. A small supply budget may be necessary for certain experiments. In total, the course will cost approximately \$1000.

Staff	_____
Textbooks	_____
Materials	_____
Other	_____