

# HEALTH, WELLNESS & BEHAVIORAL SCIENCES

Develop critical skills to promote behavioral changes and focus on the many factors that influence health and well-being.



This column could feature you! As a brand new major, we are looking forward to highlighting our first students in the program. HWBS students are students who say yes to unique opportunities. Say “yes” to an HWBS major and let us highlight you next year.

## GRAD SCHOOL

Graduates of this program are poised to continue in advanced graduate programs including health, mental health and school-based counseling, physical/occupational therapy, and physician assistant.

## LIFE COACH COUNSELING

The Emphasis in Life Coach Counseling provides additional preparation for students to successfully impact the person to affect multi-categorical change in the areas of financial, emotional, social, psychological, physical health, and well-being. This emphasis is intentionally broad-based to prepare students to engage persons in holistic health and wellness. We would expect these graduates to have the knowledge, skills, and talents to enter into a person's life, assess needed changes, and assist in carrying out positive change.

The mission of Clarke University's Health, Wellness & Behavioral Sciences (HWBS) major is to support and engage students in an academically rigorous program that promotes their personal and intellectual growth. Students will be prepared to responsibly contribute to society and utilize self-reflection in self-optimizing processes in order to guide personal success, health, wellness, and behavioral decisions and through the empathetic process to guide others in their own self-actualization.

## THE DETAILS

Health, Wellness & Behavioral Sciences majors develop critical skills and expertise to promote behavior change and focus on the many factors that influence health and well-being. Students learn how behaviors, thoughts, social interactions, and environment can affect physical and mental health, chronic disease, and relationships across the lifespan.

Through both classroom and hands-on experience, students gain marketable and valued skills to understand, measure, change, and influence individual and populations to become healthier and attain higher qualities of life. A student pursuing a degree in Health, Wellness, & Behavioral Sciences must minimally complete either an emphasis or a minor from another discipline. (The minor could be from any program except Psychology.)



**16%**

Graduates of the behavioral sciences will see a 16% increase in job growth by 2026, according to the U.S. Bureau of Labor Statistics.



**1:1**

Your major and capstone work will develop from one-on-one interactions with Clarke faculty.



**2018**

The first year students at Clarke have the opportunity pursue a guided HWBS major.

**ADMISSIONS OFFICE**  
(563)588-6316  
admissions@clarke.edu



## COOL CLASSES

**DYNAMICS OF HEALTH & NUTRITION** — Gain knowledge of the basic science relationship to healthy lifestyles. This course will also orientate students to the decision-making process necessary to integrate basic counseling and referral skills.

**PRINCIPLES OF MANAGEMENT** — Are you thinking about becoming a leader, manager, or owning your own business? If so, then learn about the essential elements of management: planning, organizing, leading, and controlling, in order to make a positive impact on organizations. Become a leader who can inspire, motivate, and lead others to be the best version of themselves!

**ORAL INTERPRETATION** — A performance course which provides participants opportunities to explore characters from an empathetic perspective. This course enhances student self-expression as a means of developing professional presence in social situations.

## SO YOU WANT A JOB

Students pursuing this major are well-prepared for careers in:

- Health education
- Community health
- Worksite wellness
- Health coaching
- Personal training
- Social work
- Clinical psychology
- Physical therapy
- Behavioral analyst



**LEARN MORE!**

[clarke.edu/academics/health-wellness-behaviorial-sciences](https://clarke.edu/academics/health-wellness-behaviorial-sciences)



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