



Capstone in Mental Wellbeing (WELL 400) Applied Problem-Solving in Mental Health and Wellbeing Using Real-World Projects

The Certificate Program in Mental Wellbeing and Resilience offers an open application for organizations to participate in capstone partnerships focused on addressing wellness or resilience challenges.

Course Summary:

In this course, groups of 5-6 undergraduate students will experience hands-on what it means to work with the community in response to a community-identified wellness or resilience challenge.



What will the students do?

Wellness challenges are proposed by the community partner before the course starts each winter semester. Community partners are invited to propose more than one wellness challenge if desired. Student groups will work to develop a wellness solution to the challenge by:



- Analyzing and studying the wellness challenge
- Suggesting solutions that leverage organization and community resources
- Proposing a strategy to address the wellness challenge
- Sharing their wellness solution proposal with your organization

What will my organization receive?

Partners collaborating with this course will receive:



- 20 hours of undergraduate student work focused on tackling your unique wellness challenge
- The opportunity to mentor and collaborate with a group of students on your wellness challenge
- A proposal document and final presentation with recommendations and suggestions for a solution to address your challenge

This course upholds the UCalgary commitment to Community-Engaged Learning and is designed with community in mind.

[Click here if you are interested in partnering with WELL 400!](#)

The WELL 400 Team will review partnership proposals from August-November of the preceding year. If you have missed the submission dates for this program cycle, please feel free to submit a project for future iterations of the course. Thank you!