This program map is intended ONLY as a guide for students to plan their course of study. It does NOT replace any information in the Undergraduate Catalog, which is the official guide for completing degree requirements.
## Year 1

### Term 1

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1: ENGL 1101</td>
<td>English Composition I</td>
<td>3</td>
</tr>
<tr>
<td>A2: MATH 1111</td>
<td>College Algebra</td>
<td>3</td>
</tr>
<tr>
<td>B2: XIDS 2002</td>
<td>First Year Seminar Course</td>
<td>2</td>
</tr>
<tr>
<td>D1: BIOL 1107 + LAB</td>
<td>Principles of Biology I</td>
<td>4</td>
</tr>
<tr>
<td>E: SOCIAL SCIENCE</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**Milestones:**
- Complete ENGL 1102 C or better
- Complete Area A2 Math C or better
- Earn 15 or more credit hours
- For best opportunity for admission into a graduate program, complete lab science with B or better

### Term 2

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1: ENGL 1102</td>
<td>English Composition II</td>
<td>3</td>
</tr>
<tr>
<td>D1: BIOL 1108 + LAB</td>
<td>Principles of Biology II</td>
<td>4</td>
</tr>
<tr>
<td>B1: COMM 1110</td>
<td>Public Speaking</td>
<td>3</td>
</tr>
<tr>
<td>E4: SOCI 1101</td>
<td>Introductory Sociology</td>
<td>3</td>
</tr>
<tr>
<td>C1: FINE ARTS</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**Milestones:**
- Complete ENGL 1101 C or better
- Complete Area A2 Math C or better
- Earn 15 or more credit hours
- For best opportunity for admission into a graduate program, complete lab science with B or better

### Year 2

### Term 1

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>F: CMWL 2100</td>
<td>Intro to Health &amp; Comm Well</td>
<td>2</td>
</tr>
<tr>
<td>F: MATH 1112</td>
<td>Trigonometry</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 2021 + LAB</td>
<td>Anatomy and Physiology I</td>
<td>4</td>
</tr>
<tr>
<td>PHED 2628</td>
<td>First Aid &amp; CPR for Ed majors</td>
<td>1</td>
</tr>
<tr>
<td>C2: HUMANITIES</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>E: SOCIAL SCIENCE</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**Milestones:**
- Earn 16 or more credit hours
- Complete Area F courses with C or better
- For best opportunity for admission into a graduate program, complete lab science with B or better
- Complete CMWL pre-test in CMWL 2100
- Must pass CMWL 2100 with C or better before beginning CMWL major courses

### Term 2

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 2022 + LAB</td>
<td>Anatomy and Physiology II</td>
<td>4</td>
</tr>
<tr>
<td>F: CMWL 2200</td>
<td>Social Determinants</td>
<td>3</td>
</tr>
<tr>
<td>D2: MATH 1401</td>
<td>Elementary Statistics</td>
<td>3</td>
</tr>
<tr>
<td>F: PSYC 1101</td>
<td>Intro to General Psychology</td>
<td>3</td>
</tr>
<tr>
<td>E: SOCIAL SCIENCE</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**Milestones:**
- Complete Area F courses with C or better
- For best opportunity for admission into a graduate program, complete lab science with B or better
- Maintain GPA 3.0 or better

**Total Credit Hours:**
- 15 Fall Credit Hours + 16 Spring Credit Hours = 31 Credit Hours
- 16 Fall Credit Hours + 16 Spring Credit Hours = 32 Credit Hours
### Year 3

#### Term 1

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHYS 1111+LAB</td>
<td>Introductory Physics I</td>
<td>4</td>
</tr>
<tr>
<td>CMWL 3103</td>
<td>R. M. in Health &amp; Community Wellness</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 3101</td>
<td>Mental/Emotional Wellness</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4103</td>
<td>Health Promotion, Ed, and Program Eval</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 3010</td>
<td>Psychology of Health and Wellness</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 3010</td>
<td>Human Growth and Development</td>
<td>4</td>
</tr>
<tr>
<td>PHED 4501</td>
<td>Contemporary Health Issues</td>
<td>3</td>
</tr>
<tr>
<td>F: PHED 2000</td>
<td>Applied Concepts</td>
<td>3</td>
</tr>
<tr>
<td>PHYS 1111+LAB</td>
<td>Introductory Physics I</td>
<td>4</td>
</tr>
</tbody>
</table>

**Milestones for Year 3:**
- Complete Course with C or Better
- Maintain GPA 3.0 or Better
- Obtain 40 hours of Occupational Therapy Observation Hours (Setting #1)

**13 Fall Credit Hours + 16 Spring Credit Hours + 3 Summer Credit Hours = 32 Credit Hours**

#### Term 3

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMWL 3401</td>
<td>Technology in Health &amp; Comm Wellness</td>
<td>3</td>
</tr>
</tbody>
</table>

**Milestones:**
- Complete Course with C or Better
- Maintain GPA 3.0 or Better
- Obtain 20 hours of Occupational Therapy Observation Hours (Setting #2)

### Year 4

#### Term 1

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMWL 4100</td>
<td>Wellness Coaching</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 3110</td>
<td>Program Evaluation in Community Settings</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4101</td>
<td>Worksite Wellness</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 3300</td>
<td>Medical Terminology</td>
<td>3</td>
</tr>
</tbody>
</table>

**Milestones for Year 4:**
- Complete Course with C or Better
- Maintain GPA 3.0 or Better
- Obtain 40 hours of Occupational Therapy Observation Hours (Setting #3)
- Complete CMWL Exit Content Exam for Graduation

**12 Fall Credit Hours + 13 Spring Credit Hours = 25 Credit Hours**

#### Term 2

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMWL 4102</td>
<td>Service Learning in Health &amp; C. Wellness</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4100</td>
<td>Wellness Coaching</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 3150</td>
<td>Abnormal Psychology</td>
<td>4</td>
</tr>
<tr>
<td>CMWL 3210</td>
<td>Principles of Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4102</td>
<td>Service Learning in Health &amp; C. Wellness</td>
<td>3</td>
</tr>
</tbody>
</table>

**Milestones:**
- Complete Course with C or Better
- Maintain GPA 3.0 or Better
- Obtain 40 hours of Occupational Therapy Observation Hours (Setting #3)
- Complete CMWL Exit Content Exam for Graduation

**12 Fall Credit Hours + 13 Spring Credit Hours = 25 Credit Hours**
A1 Communication Skills
A2 Quantitative Skills
B1 Written and Oral Communications
B2 Other Institutional Options
C1 Fine Arts
C2 Humanities
D1 Natural Science
D2 Mathematics, Science, and Quantitative Technology
E1 World History
E2 American/Georgia History
E3 American/Georgia Government
E4 Social Science
F Major Courses
**First Year**
- Complete ENGL 1101 and 1102 and Area A2 Math courses with a C or better.
- Complete Lab Science with a B or better.
- Join S.H.I.F.T. (Health and Community Wellness Club).
- Volunteer with the Wolf Wellness Lab.
- Contact a certified occupational therapist to shadow/observe or interview.

**Middle Years**
- Complete CMWL pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
- Obtain 40 hours of Occupational Therapy observation logged in each setting (1 & 2)
- Maintain 3.0 or better GPA.
- Volunteer with a community health organization.
- Take a leadership role in S.H.I.F.T.
- Apply for an internship.
- Explore Master’s in Occupational Therapy programs.
- Research AOTA Georgia.
- Gain summer work experience (e.g. summer camps, internship.)

**Last Year**
- Apply for an internship.
- Maintain 3.0 or better GPA.
- Obtain 40 hours of observation in setting #3.
- Complete CMWL exit content exam for graduation.
- Attend a conference in OT or a related field as a student member.
- Complete a research project with a faculty member.
- Apply to Graduate School.

**First Year**
- Explore diversity, equity, and inclusion resources and opportunities across campus.
- Check out the education abroad office.
- Visit Wolves Vote to learn about the voting process and registration.
- Consider volunteering for a campaign or organization in your community

**Middle Years**
- In a student organization? Suggest you all complete an implicit bias workshop.
- Consider a study abroad program. Check out students’ stories of their experiences
- Complete an internship in your field
- Consider a summer or part-time job
- Ask your department about networking opportunities with alumni

**Last Year**
- Assess your cultural competency
- Consider working abroad and research visa regulations
- Explore practices of creating more inclusive careers
- Ask for advice from professionals in your field of interest
- Explore career shadowing opportunities

**First Year**
- Visit the UWG Wellness Hub to find all the resources available to you!
- Visit Health Services
- Get fit! Visit URec to see all your options.
- Visit the Center for Economic and Financial Literacy

**Middle Years**
- Complete a self-assessment to see what careers and majors are right for you
- Visit Career Services
- Create your profile on Handshake
- Consider applying for an on-campus job

**Last Year**
- Draft your resume and attend a resume blitz
- Learn about how to network on social media and update your Handshake profile
- Draft your personal statement
- Visit the graduate school to find out about graduate programs and admission requirements
- Request references from professors and supervisors
- Draft your resume cover letter and personal statement and revise it with career services
- Attend business fairs and career fairs at UWG and across the state.
- Attend an interview workshop
- Apply for graduate programs

**First Year**
- Complete CMWL exit content exam for graduation.
- Consider a study abroad program. Check out students’ stories of their experiences

**Middle Years**
- Assess your cultural competency
- Consider working abroad and research visa regulations
- Explore practices of creating more inclusive careers

**Last Year**
- Ask for advice from professionals in your field of interest
- Explore career shadowing opportunities
- Ask for advice from professionals in your field of interest
- Explore career shadowing opportunities
- Explore a farmer’s market for fresh produce
- Develop a post-graduation exercise plan
- Explore your loan repayment options and complete your exit counseling.