

# DIGNITAS (DGN)

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**DGN 1101 - The Responsible Self (Foundations : VFDI - Dignitas) - 4 cr.**

Provides the foundation for our students' entire college experience by introducing them to the key elements unique to a St. Scholastica education. Dignitas, the Latin word for dignity, is the program's signature element focusing on the intrinsic, absolute value of being a person.

**DGN 1102 - And Dignity for All (Foundations : VFDI - Dignitas) - 4 cr.**

Provides the foundation for our students' entire college experience by introducing them to the key elements unique to a St. Scholastica education. Dignitas, the Latin word for dignity, is the program's signature element focusing on the intrinsic, absolute value of being a person.

**DGN 1111 - Dignitas Foundations of Well-being (Foundations : VFDI - Dignitas) - 2 cr.**

The Foundations of Well-being will define health promotion and wellness (HPW) and explore current issues of HPW in the context of the Dignitas outcomes, Benedictine tradition, and social-ecological model. This course is geared toward transfer, non-traditional, and students who did not meet the requirements of DGN 1101 and/or DGN 1102.

**DGN 1112 - Dignitas Foundations of Health and Well-being (Foundations : VFDI - Dignitas) - 4 cr.**

The Foundations of Well-being will define health promotion and wellness (HPW) and explore current issues of HPW in the context of the Dignitas outcomes, Benedictine tradition, social-ecological model, and wellness.

The topics of stress management and resilience will also be addressed throughout the course. This course is geared toward students who did not meet the requirements of DGN 1101 and/or DGN 1102.