

DIGNITAS

Dignitas, a yearlong common experience for first-year traditional students, is an introduction to The College of St. Scholastica: who we are, what we stand for, and how to find a place in this community. Dignitas provides the foundation for our students' entire college experience by introducing them to key elements unique to a St. Scholastica education including: Dignity, Diversity, Benedictine Tradition & Values, Catholic Social Teaching, and Catholic Intellectual Tradition. Dignitas, the Latin word for dignity, is the program's signature element focusing on the intrinsic, absolute value of being a person.

In keeping with our emphasis on community, in the Dignitas program, students remain with the same small group of students and faculty for the year as they explore an intellectually challenging subject, participate in cocurricular activities, and become integrated into the St. Scholastica community. In Dignitas, we are guided by important questions that shape our learning, our actions, and our purpose as members of the CSS community. These questions support the Dignitas learning outcomes, providing structure and coherence to each course. In Dignitas, we ask questions and seek answers in preparation for "responsible living and meaningful work."

Course Offerings

Two courses (8 credits) are required of first year students to meet the Dignitas requirements for graduation:

Code	Title	Credits
DGN 1101	The Responsible Self	4
DGN 1102	And Dignity for All	4
Total Credits		8

Contact Information

dignitas@css.edu

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

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

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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.