

HEALTH AND WELLBEING STUDIES (MINOR)

Program Description

This 16-credit interdisciplinary minor in Health and Wellbeing Studies examines the biological, psychological, and social factors influencing health. Students explore topics like nutrition, psychology, community health, and the arts, and emerge prepared to address health disparities, social justice, and overall wellbeing while enriching their academic and career opportunities.

This minor is open to all students across NYU. Students looking to enhance their primary field of study with actionable insights on health will be prepared for diverse roles in healthcare, policy, education, media, research, and advocacy in the private, public, and non-profit sectors. This minor offers tools to critically engage with and influence the health landscape.

Minor Declaration

To request declaration of a minor, Steinhardt students should discuss requirements with the minor department's advising team and complete the Minor Application (<https://www.nyu.edu/students/student-information-and-resources/registration-records-and-graduation/forms-policies-procedures.html>) in Albert. To request declaration of a cross-school minor, Steinhardt students should complete the online Minor Application available in their Albert Student Center. Students may also use the Minor Application (<https://www.nyu.edu/students/student-information-and-resources/registration-records-and-graduation/forms-policies-procedures.html>) in Albert to request cancellation of a Steinhardt or cross-school minor. For questions related to the declaration or cancellation of a minor, students can contact the Steinhardt Advisement and Registration Team at steinhardt.advisement.registration@nyu.edu.

Program Requirements

Students complete one required foundation course and select one additional foundation course from a short list of options. The foundation courses introduce students to key concepts in the field through an interdisciplinary lens.

Electives are offered across Steinhardt and the university. The multidisciplinary offerings cover such topics as cultural perspectives on mental health and illness; disability justice and radical inclusion; race and inequality; health and society in a global context; and global issues in nutrition.

Course	Title	Credits
HLWB-UE 1001	Introduction to Health and Wellbeing	4
Select one of the following:		4
OT-UE 1404	Wellness and Human Connection	
FOOD-UE 1131	Feeding Body and Soul	
FOOD-UE 1184	Sustainability and Health	
MPADT-UE 1115	Can Art Save Lives?	
Complete 4 credits from two of the three areas of study below.		8
<i>Psychology and Society</i>		
APSY-UE 5	Community Psychology	

APSY-UE 1031	Mental Health: Historical, Social and Political Perspectives
APSY-UE 1273	Race and Inequality: Advancing Equity through Policy and Practice
CAMS-UA 151	Cultural Perspectives on Mental Health & Illness
CAMS-UA 152	Global Perspectives in Child and Adolescent Mental Health
CAMS-UA 153	Mental Health and Society
<i>Disability Studies</i>	
ANTH-UA 209	Disability Worlds: Anthropological Perspectives
CAM-UY 2204	Disability Studies
CSCD-UE 101	The Talking Brain: Typical and Disordered Communication
MCC-UE 1026	Disability, Technology and Media
OT-UE 1011	Cognition and Everyday Life: The Science of Neurorehabilitation
OT-UE 1403	Disability Justice and Radical Inclusion
<i>Community/Global Health</i>	
ANTH-UA 108	Global Biocultures: Anthropological Perspectives on Public Health
FOOD-UE 1057	Food, Community and Neuroscience
FOOD-UE 1180	Food and Nutrition Global Society
NUTR-UE 1187	Introduction to Global Issues in Nutrition
UGPH-GU 10	Health and Society in a Global Context

Total Credits **16**

Students do not need to take HLWB-UE 1001 Introduction to Health and Wellbeing first, but they must receive a B- or higher in the class for it to count toward the minor.

Policies

Steinhardt Academic Policies

Additional academic policies can be found the Steinhardt academic policies page (<https://bulletins.nyu.edu/undergraduate/culture-education-human-development/academic-policies/>).

NYU Policies

University-wide policies can be found on the New York University Policy pages (<https://bulletins.nyu.edu/nyu/policies/>).