

Engaged Living at UTSA

The following checklist of activities are required to reach a minimum of 75 hours toward building healthy mental and physical habits that will follow you the rest of your life!

75-90 hours: External Mentor determined by the area – completion of these experiences may require multiple mentors. Experience approval required through the Honors Counselor for Engaged Living. Approval form can be found here: <http://honors.utsa.edu/students/requirements/experience-approval>

Counseling Services:

<http://www.utsa.edu/counsel/>

- ☐ Attend 10 support group (1.5hr/session) and/or individual counseling (1hr/session) (10-20hrs - FREE)

Rec Center Activities:

<https://campusrec.utsa.edu/>

NOTE: Participation in “competitions” or “Challenges” does NOT require winning – just that you work toward a goal and give it your best effort.

- ☐ OPTIONAL: Register for and receive a fitness assessment from the Rec (1 hr – FREE [two free assessments offered per semester])
- ☐ Participate in 2 group exercise classes per week for 10 consecutive weeks (20 hrs – FREE)
- ☐ Register and participate in 2 FREE “Outdoor Pursuits” activities (10-20 hrs - FREE)
 - Orientations may be required. (15-30 minutes - FREE)
 - Please note: travel and overnight sleeping hours are not included in the 75 hrs.
- ☐ Participate in a “Fitness Challenge” of your choice (40+ hrs - FREE)
 - Please note: An External Mentor is highly recommended to guide you through this process – assumed 4-5 hours/week for 10 weeks of training toward the goal, but times may vary.
 - Competition time itself varies:
<https://portal.campusrec.utsa.edu/Program/GetProducts?classification=0000000-0000-0000-0000-0000000026002>

TRC – Tomas Rivera Center:

<https://www.utsa.edu/trcss/>

- ☐ Attend four 30 minute “How To” Series workshops (2 hrs)
- ☐ Schedule and attend an Academic Coaching meeting (30mins – 1hr)