Students will: (1) investigate an evidence-based wellbeing model and apply it to their life, (2) utilize intercultural competence tools to critically re-examine and then extend the relevancy of the model to current issues within the Twin Cities community and the across globe, and (3) directly experience their own health and wellbeing through contemplative and applied-mindfulness practice related to the model. Students will utilize intercultural competence tools as part of their examination of how culture influences conceptions and practices within each of the wellbeing model components in order to develop a nuanced understanding of how the model may be applied to address current issues within their community and beyond. Throughout each module in the course, students will learn specific contemplative and applied-mindfulness practices as a method of directly exploring wellbeing and its application in the moment. This translational approach melds experiential learning with the student’s prior critical examination so that the student learns how to apply wellbeing within their life. By the end of the course, students will have a holistic and multidimensional understanding of wellbeing that will enable them to live with an intentional orientation towards wellbeing.