

WELLBEING REQUIREMENT

The Wellbeing requirement does not carry academic credit, but all students at Haverford are required to fulfill it during their first two years of College in partial fulfillment of their degree.

For Wellbeing purposes, the academic year is divided into four quarters. Students must complete six quarters of Wellbeing, one of which must be “Intro to Fitness”, “Intro to Wellbeing”, or one season of varsity athletics prior to the start of junior year.