ENOCH ASCENSION CHRISTIAN UNIVERSITY · DEGREE COMPLETION PLAN

Bachelor of Arts in Biblical Mindset and Mental Health

Catalog Year 2026–2027 · 100% Online · *We don't teach what to think. We awaken truth and walk in love.*

120	40	3	VARK
TOTAL CREDITS	COURSES	CREDITS PER COURSE	FOUR WAYS TO LEARN

Program Overview

The Bachelor of Arts in Biblical Mindset and Mental Health equips students to understand mental health, renew the mind, and support others with wisdom and compassion. Students study common mental health conditions, trauma and adverse childhood experiences, forgiveness, mindset coaching, and crisis response.

How EACU Is Different

EACU treats mental health as a place where Scripture, research, and lived experience must be heard together. Students examine anxiety, depression, trauma, and spiritual strongholds from every side, learn what the text states and what research shows, and learn when to walk alongside someone and when to refer.

Every EACU degree walks students through the evidence from every side and asks them to reach, write, and defend their own conclusions, while remaining grounded in the foundation of truth. Students learn to distinguish what the biblical text states, what ancient and later traditions add, and what interpreters have concluded.

> **Required in every EACU degree:** Biblical Interpretation (Rightly Dividing the Word), Biblical Finance and Stewardship, and Biblical Mindset and Mental Health. Every course is built with visual, auditory, reading and writing, and hands-on learning.

Please note: This degree prepares students for mental health education, support, and ministry. It does not lead to state licensure, professional certification, or clinical practice.

Program Outcomes

1. Describe common mental health conditions and their effects.
2. Apply Scripture and mindset practices to mental wellness.
3. Explain the impact of trauma and adverse childhood experiences.
4. Respond to crisis appropriately and refer when needed.
5. Design mental wellness support for families and communities.

Where This Degree Can Lead

- Mental health ministry or support group leader
- Mindset and wellness coach
- Community outreach and recovery programs
- Further study in the M.A. in Biblical Mindset and Mental Health

Admission

A high school diploma or equivalent. See Admissions for full requirements.

Career paths above are examples only; EACU does not provide job placement or promise employment (Handbook Section 12).

B.A. in Biblical Mindset and Mental Health

Degree Completion Plan · Student: _____

General Education — 36 credits

	CODE	COURSE	CR	TERM COMPLETED
☐	ENGL 101	Composition I	3	
☐	ENGL 102	Composition and Research Writing	3	
☐	COMM 101	Speech Communication	3	
☐	MATH 110	Quantitative Reasoning	3	
☐	SCIE 110	Introduction to Natural Science	3	
☐	HIST 110	Ancient Civilizations of the Near East and Africa	3	
☐	HIST 210	African American Religious History	3	
☐	PSYC 101	Introduction to Psychology	3	
☐	SOCI 101	Introduction to Sociology	3	
☐	HUMN 110	Literature and Sacred Texts	3	
☐	PHIL 110	Critical Thinking and Logic	3	
☐	TECH 110	Digital Literacy and AI	3	

EACU Required Core — 15 credits

	CODE	COURSE	CR	TERM COMPLETED
☐	EACU 100	EACU Orientation: Learning to Think for Yourself	3	
☐	BIBL 101	Biblical Interpretation I: Rightly Dividing the Word	3	
☐	FINC 101	Biblical Finance and Stewardship I	3	
☐	MHLT 101	Biblical Mindset and Mental Health I	3	
☐	RELG 201	Comparative Religions and Worldviews	3	

Bible and Ancient Texts Core — 15 credits

	CODE	COURSE	CR	TERM COMPLETED
☐	BIBL 201	Old Testament Survey and Ethiopian Canon	3	
☐	BIBL 202	New Testament Survey, Canon Formation, and Christian Origins	3	
☐	BIBL 301	Biblical Interpretation II: Hebrew and Greek Tools	3	
☐	BIBL 302	Second Temple Literature: Enoch, Jubilees, and Maccabees	3	
☐	THEO 201	Theology Survey	3	

Suggested Sequence

Year 1
Orientation, Rightly Dividing the Word, General Education

Year 2
Bible and Ancient Texts Core, Finance, Mental Health, Comparative Religions

Year 3
Major courses and electives

Year 4
400-level courses and Capstone

Major: Biblical Mindset and Mental Health — 30 credits

	CODE	COURSE	CR	TERM COMPLETED
☐	MHLT 310	The Renewed Mind: Scripture and Mental Wellness	3	
☐	MHLT 320	Understanding Mental Health Conditions	3	
☐	MHLT 330	Anxiety, Depression, and Hope	3	
☐	MHLT 340	Trauma and Adverse Childhood Experiences	3	
☐	MHLT 350	Forgiveness and Emotional Healing	3	
☐	MHLT 360	Mindset Coaching Foundations	3	
☐	MHLT 370	Strongholds of the Mind: Spiritual Warfare and Mental Health	3	
☐	MHLT 380	Mental Health in Families and Communities	3	
☐	MHLT 410	Crisis Response and Referral	3	
☐	MHLT 420	Veterans, First Responders, and Moral Injury	3	

Electives — 21 credits

	CODE	COURSE	CR	TERM COMPLETED
☐	ELEC	Elective 1	3	
☐	ELEC	Elective 2	3	
☐	ELEC	Elective 3	3	
☐	ELEC	Elective 4	3	
☐	ELEC	Elective 5	3	
☐	ELEC	Elective 6	3	
☐	ELEC	Elective 7	3	

How to choose electives. Students select 7 courses with their academic advisor from the **EACU Approved Elective List**, updated each term. The list includes courses from every EACU major and courses taught by approved guest instructors. Up to 15 elective credits may be used toward a minor in another EACU field, and approved transfer credit may also count toward electives. Suggested: Biblical Counseling, Coaching, Holistic Health, Deliverance.

Capstone — 3 credits

	CODE	COURSE	CR	TERM COMPLETED
☐	MHLT 490	Capstone Project	3	

Students design a mental wellness workshop or support program for a church or community, grounded in Scripture and research.

Credit Summary

General Education	36
EACU Required Core	15
Bible and Ancient Texts Core	15
Major	30
Electives	21
Capstone	3
Total Required	**120**