

CAMPUS WELLNESS CENTER

Wellness Goals for Fall 2003 to Spring 2004

1. Develop a brochure on Healthy Eating with "Tips and Recipes for College Students on the Go" (goal 3,5)
2. Develop more flyers/information related to Cultural Diversity (goal 2, 3)
3. Improve the design of the current Wellness Web Page so that it is more "eye catching" and possibly interactive (goal 3, 5)
4. Develop a "mini forum series" on healthy eating and staying motivated for exercise, focusing on freshmen in the residence halls (goal 1, 2)
5. Reduce paper use in the office by exploring ways to use the web page more and double siding flyers and other materials (goal 2)
6. Develop a plan at the end of the semester for "old" and "new" interns to meet, share information and provide an opportunity for new interns to bond, prior to the beginning of the next semester. This hopefully will reduce the potential for dropping out over the winter and summer breaks. (goal 4)
7. Organize the Wellness Tree by updating fliers and establishing new categories, e.g., domestic violence (goal 3)
8. Create our own pamphlets on designer drugs as opposed to ordering them (goal 1, 3)
9. Update books, tapes and audio lists (goal 3)
10. Update users list and expand list to other departments to better notify campus of wellness events. (goal 4, 5)
11. Create a formal "mini presentation" that interns can use at the beginning of the semester to present information on Wellness and Counseling services. This will be helpful as the interns are new and will facilitate early presentations. (goal 5)
12. Training on Corel draw for coordinator and new interns (goal 3)
13. Add a "Laugh it Off" theme to the DE-Stress fest at the end of the semester, focusing on humor and stress. May also include yoga poses in the free speech area that people could try out as they are passing by (which could also prove funny). (goal 1, 2)

Campus Wellness Center 2002-2003 Objectives and Outcomes

1. Create at least 3 to 5 power point presentations complete with graphics and sound for our major presentations, i.e. services of the wellness center, stress/time management and possibly nutrition.

Outcome: Three power point presentations were created this semester on nutrition, stress management and general wellness. The presentations were quite well done by one of the interns and contain graphics and other "gimmicks" that are very attention getting. The interns will be able to use the power point presentations as part of their outreach on these issues.

2. Participate in the “Survivor Series” and restructure the presentations so that interns are responsible for some, but not all of the presentation. Work with CADEC, Housing and the Student Health Center to implement some of the suggested changes from last year to improve the series.

Outcome: The “Survivor Series” was changed during the fall semester so that part of the presentations were given by a “professional” and the interactive part of the presentation facilitated by interns from CADEC, Housing, Wellness and Student Health Center. A decision was not to continue the Survivor Series this semester as it took a tremendous amount of planning and dollars that all knew would not be available this year.

3. Explore feasibility of transferring wellness audiotapes to CD’s.

Outcome: This was a project that was very time consuming. Some of the tapes that are the most frequently used were converted into CD’s. In the process it was realized that some of the tapes in our collection are difficult to hear and somewhat outdated.

4. Consolidate videos into a more useful resource

Outcome: Some old videos or presentations that we had done more than once were recycled. Students frequently ask to see the tapes from the forums for extra credit for their classes, so it is important to continue to tape the forums.

5. Get more informational pamphlets and have them available on issues related to “designer drugs”

Outcome: Informational flyers on issues related to “designer drugs” were purchased and then were taken quickly by students. One of the goals for this year may be to design our own flyers related to “designer drugs” as it will be cheaper to make our own copies and more readily accessible.

6. Create at least 5 to 8 new flyers for the wellness tree.

Outcome: Some of the flyers were redesigned and improved. New flyers were added on dealing with the break up of relationships and surviving the loss of a love, which was an issue missing from our flyer selection. Also added was a flyer with tips for helping people cope with anxieties related to terrorism.

7. Explore the feasibility of having more computer assessments on healthy lifestyle available for student use or putting an assessment on our web page.

Outcome: This project was begun, but will need to be continued next semester. Interns need more direction as to what appropriate assessments would be and we need to check into the regulations for use.

8. Facilitate Dr. Patterson doing a video on “How to Do a Presentation” for training our interns.

Outcome: Dr. Patterson gave a presentation to the interns on “How to Give a Presentation” which was filmed. We used the tape during the training session last semester and it was well received by the interns. It is also an excellent resource to use at a later date in the event that an intern is unable to make the training.

9. Establish a DE-STRESS FEST WEEK that would focus on giving student’s tips on stress management.

Outcome: The “DE-STRESS FEST WEEK was held during the latter part of the spring semester. There were three forums offered during the week; Balancing Productivity with Relaxation presented by Walt Schafer, Massage Therapy and Wellness presented by Michael Metzger and Breema: Exercises for a Harmonious Life by Paula Barros. There were also informational tables hosted by the Wellness interns during the week. This is a tradition that we would like to continue.