

CAMPUS WELLNESS CENTER

Wellness Goals for 2004-05

1. **Re-establish the “Survivor Series”** (FYE Related topic)
The intent would be for representatives from the Wellness Center, CADEC, and the Health Center to form a committee and devise programming oriented toward the freshmen living in the residence halls. The programming would focus on issues such as eating disorders, homesickness, alcohol abuse, stress management, self-esteem and making good decisions, roommate and romantic relationships. Although this was a fairly successful program during fall 01 and 02 school years, it was dropped because of the extensive amount of time and energy it required of already busy people. It is thought that this time we have learned from the past and accomplish the program more efficiently yet still have a significant impact. Evaluations will be completed after each of the six sessions in order to gauge program effectiveness and gain ideas for improvement.
2. **Focus on enhancing the cultural wellness** component of our program (Diversity-related goal) This goal will be approached in two ways including:
 - Expanding our educational handouts to include more information about cultural diversity in general and more specifically on wellness practices in other cultures.
 - Present cultural forums both in the fall and spring semesters (we are currently developing the specific themes...possibly a student panel of a diverse student group comparing and contrasting aspects of their cultural differences
3. **“Socializing without the Lubricant”** Develop a specific peer outreach presentation to do in the residence halls to small groups on the issue of social skills, over coming shyness and handling peer pressure without the crutch of alcohol. This would be one way to explore options and solutions other than drinking as a way to deal with these very critical issues for this age group

Wellness Objectives and Outcomes for Fall 2003 to Spring 2004

1. *Develop a brochure on Healthy Eating with “Tips and Recipes for College Students on the Go”*
Outcome: A brochure was developed that is used as a promotional tool at some of the tables that focus on nutrition, physical wellness and eating disorders
2. *Develop more flyers/information related to Cultural Diversity*
Outcome: Three flyers were developed that related primarily to cultural events on campus and the Chico area and academic courses that were available at Chico
3. *Improve the design of the current Wellness Web Page so that it is more “eye catching” and possibly interactive*
Outcome: This is an ongoing process. The front page of the wellness web page was changed so that it is more “eye catching” and the web sight was routinely updated with our events, but we have not had anyone with the skills to totally redesign the page

4. *Develop a "mini forum series" on healthy eating and staying motivated for exercise, focusing on freshmen in the residence halls*
Outcome: One of the interns during the fall semester presented a mini forum series in the residence halls on "Freshman 15", Specialty Diets and Holiday Pounds
5. *Reduce paper use in the office by exploring ways to use the web page more and double siding flyers and other materials*
Outcome: The "Tree" in the Wellness Center is very popular with students so we have not replaced all our flyers by putting them on the web page. We have however committed to making the flyers double sided. We also have about 6 flyers scanned on the web page.
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.*
Outcome: We actually did it informally this semester in terms of inviting the new interns to come in and meet the new coordinator, which was a step in the right direction. We plan to ask the old interns come in at the beginning of the semester to "brief" the new interns on their projects.
7. *Organize the Wellness Tree by updating fliers and establishing new categories, i.e., domestic violence*
Outcome: We created 3 new flyers on domestic violence including "Spotting Signs of an Abuser", "Myths and Facts about Domestic Violence" and "How Survivors of Domestic Violence Cope"
8. *Creating our own pamphlets on designer drugs as opposed to ordering them*
We located some inexpensive brochures and continue to work on creation of our own brochures.
9. *Update books, tapes and audio lists*
Outcome: The library lists were updated and we actually received 45 new books this semester after writing to book publishing companies requesting donations on wellness related books
10. *Update users list and expand to other departments to let campus know of wellness events.*
Outcome: Again this is a project that needs continual attention. We have a standardized list of people and departments that we send our information to, but are constantly updating it.
11. *Write up a formal "mini presentation" that interns can use at the beginning of the semester to present information on the Wellness and Counseling services. This will be helpful as the interns are new and it will be easier for them to know exactly what to say.*
Outcome: We have a power point presentation on the services of the Wellness Center and a description of wellness that was created last semester. For the purposes of the "mini" presentations in the classroom however, we focused this

semester on having the interns practice giving their own interactive/creative presentation on the services of the Wellness Center to all the interns. This structure served as a good training opportunity for them in terms of what to say in the classroom and we were able to provide feedback.

12. *Training on Corel draw for coordinator and new interns*

Outcome: We have not pursued the Corel draw program for designing flyers as it is very time consuming, not only in trying to teach people how to use the program, but also in the implementation aspect of it.

13. *A "Laugh it Off" theme to the DE-Stress fest at the end of the semester, focusing on humor and stress. We would also like to include yoga poses in the free speech area that people could try out as they are passing by. (which may or may not be that funny)*

Outcome: We did a de-stress event at the end of both the fall and spring semesters. The free mini massages seemed to be the major focus of attention as opposed to the "jokes". We also offered a Yoga Series that was done in a more organized manner and more private space as after thinking about it, the free speech area did not seem appropriate for this type of peaceful activity.

14. Once again did a successful search/selection for a student with excellent skills and willing to work long hours for minimal pay as Intern Coordinator to keep the Wellness Center running on a shoe string. This is an annual and vital challenge.