CAMPUS WELLNESS CENTER MEASURES OF PERFORMANCE AND QUALITY

The Campus Wellness Center is an educational outreach program sponsored by the Counseling Center to provide preventative and developmental programs to the campus community on topics related to physical and mental well being. It encourages the adoption of healthy lifelong habits and lifestyles. The Wellness Center also has responsibility for the substantial collection of print, audio and videotape resources available to students seeking self-help material.

Workshops and Presentations by Interns

<table>
<thead>
<tr>
<th></th>
<th>98-99</th>
<th>99-00</th>
<th>00-01</th>
<th>01-02</th>
<th>02-03</th>
<th>03-04</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Presentations:</td>
<td>17</td>
<td>21</td>
<td>26</td>
<td>15</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>Attendance:</td>
<td>342</td>
<td>594</td>
<td>606</td>
<td>315</td>
<td>463</td>
<td>303</td>
</tr>
</tbody>
</table>

Topics Included: General Wellness, Time Management, Stress Management, Eating Disorders, Healthy Dating, Relaxation and Meditation.

Wellness Forums

The Wellness Center sponsored a series of presentations by faculty and other community experts on a variety of wellness related topics.

<table>
<thead>
<tr>
<th></th>
<th>98-99</th>
<th>99-00</th>
<th>00-01</th>
<th>01-02</th>
<th>02-03</th>
<th>03-04</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Forums:</td>
<td>15</td>
<td>16</td>
<td>16</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>Attendance:</td>
<td>763</td>
<td>634</td>
<td>708</td>
<td>714</td>
<td>797</td>
<td>501</td>
</tr>
</tbody>
</table>

Forum Topics Included:
- Interpreting Your Dreams
- Making Peace with Anger
- Chi Lel Quigong
- It's a Man's World
- Beyond College
- Diversity Panel
- Wonderful Wild Women Workshop
- Journey of Recovery
- 10 Things to do in Chico to Improve Your Life
- Female Body Modification
- Eating Disorders
- Addicted to Love
- Enhance Your Memory
- Achieving Your Goals
- Smart Partying
- Meditation
- Conscientious Consumerism

Wellness Informational Tables

The Wellness Interns set up informational tables in various site on campus on 9 dates throughout the semester. We also had informational tables at other events on campus (see below).

<table>
<thead>
<tr>
<th></th>
<th>98-99</th>
<th>99-00</th>
<th>00-01</th>
<th>01-02</th>
<th>02-03</th>
<th>03-04</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Informational Tables:</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>12</td>
<td>8</td>
<td>12</td>
</tr>
<tr>
<td>Number of Participants:</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>438</td>
<td>299</td>
<td>264</td>
</tr>
</tbody>
</table>

Topics at the Tables Included:
- Health and Fitness
- Wellness Center General Info
- Rape and Domestic Violence
- Random Acts of Kindness and Pursuit of Happiness
Breast Cancer Awareness   Cultural Diversity
Eating Disorder Awareness   De-Stress Fest (both semesters at finals)
Women's History   Valentines Day Relationships
Volunteer Opportunities   Spirituality

Participation in Other Events/Informational Tables on Campus

<table>
<thead>
<tr>
<th></th>
<th>98-99</th>
<th>99-00</th>
<th>00-01</th>
<th>01-02</th>
<th>02-03</th>
<th>03-04</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Events/Info</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>8</td>
<td>10</td>
</tr>
<tr>
<td>Number of Participants</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>269</td>
<td>733</td>
</tr>
</tbody>
</table>

Events/Tables Included:
- Getting Connected Fair
- Fresh Air Festival
- Health Fair (twice)
- Kwanzaa Celebration
- Involvement Fair
- Red Tent
- Nutritional Fair
- Fun Without Alcohol Fair

Events on Campus that were Sponsored or Co-Sponsored by Wellness

- Eating Disorders Week
- Yoga Week
- De-Stress Fest
- Eating Disorder Poster Contest
- Great Jeans Giveaway (340 articles of clothing donated to Catalyst and ARC)

Drop-ins at Wellness Center
Many students take advantage of the center’s drop-in services. Students came to the Center seeking also information on a variety of wellness-related topics to use in presentations and papers for class. Services included flyers, printed handouts of many topics and loans of audio and video presentations. Students are able to check out books, all of which have been donated from our wellness library. The number of drop-ins is significantly lower this year. We did not note such a reduction, so probably did not tally as accurately.

<table>
<thead>
<tr>
<th>Number of Students:</th>
<th>98-99</th>
<th>99-00</th>
<th>00-01</th>
<th>01-02</th>
<th>02-03</th>
<th>03-04</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>NA</td>
<td>NA</td>
<td>620</td>
<td>688</td>
<td>549</td>
<td>342</td>
</tr>
</tbody>
</table>

New informational flyers that were created:

- Top 10 Ways to Successfully Adjust to College Life
- Enhancing Male Body Image
- How to Help a Friend with Body Image Issues
- African American Culture and History courses
- Academic Organizations and Events Celebrating Diverse Cultures in Chico
- Explore Rich Diversity of Spirituality: Religious Studies Courses
- Power Point on Senioritis
- Seasonal Affective Disorders (SADs)
- Spotting Telltale Signs of an Abuser
- Myths and Facts about Domestic Violence
- How Survivors of Domestic Violence Cope
- Binge Eating Disorders in Males