

CAMPUS WELLNESS CENTER

Objectives for 2006-07

1. Expand “Keep Yourself Safe Week”, to include not only physical safety, but *internet* safety as well.
2. Continue to grow the number of co-sponsored events with other groups on campus by including at least one group that we have not worked with previously.
3. Explore possibility/reality of combining some of the intern training topics with other groups on campus, eg. CADEC interns for such things as How to Give a Presentation, Resources on Campus etc.
4. Increase the number of presentation requests thru improved presentations and marketing.
5. Develop computer training program on relaxation as an outreach tool to educate students on stress management strategies.

2005-06 Objectives and Outcomes

1. Have at least two fundraisers during the year that would hopefully raise money to be able to buy products that would promote the wellness center. The fund raising activities would incorporate the values of the wellness center i.e., selling nutritious snacks

One of the ways that we tried to raise money this semester was to charge for the CD's that we copy for students. Due to the fact that the interns were so busy with their many academic and social obligations we were not able to have a “bake sale”, but did provide healthy snacks at many of the informational tables through donations solicited from the community. Fund raisers do not seem a realistic use of time given the need for programming.

2. Focus at least two forums on economic wellness, helping students with being financially responsible.

Two forums were scheduled on “economic” wellness. One was in November with 47 students attending. The forum was presented by Red Rock Financial. They were scheduled to return in the spring semester, but unfortunately had to cancel. The evaluations indicated that the information given was very useful and the recommendation was that we have them at least once a year.

3. Co-sponsor at least 3 to 5 events with other organizations to promote unity within the campus community

We co-sponsored the Red Tent and Survivor Series. We also established a new partnership with Health and Community Services in promoting the HERO series of presentations.

4. Focus on issues of safety within the campus community. Possibly having a “Keep Yourself Safe Week Theme” that would involve informational tables and a forum on Self Defense

and possibly outreach presentations to the sororities based on interns personal experiences.

The CWC sponsored the first “Keep Yourself Safe Week” in October that included an informational table, (complete with hard hats and yellow construction tape). A forum was also held on self-defense that was co-sponsored with the Women’s Center and a special invitation was extended to the sororities.