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 & Presentations by Interns

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<tbody>
<tr>
<td>Number of Presentations</td>
<td>17 21 26 15*</td>
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<td>Attendance</td>
<td>342 594 606 315</td>
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Topics included:

General Wellness, Time Management, Stress Management, Eating Disorders, and Self Esteem/Self Confidence

*The new program Survival Series within the residence halls had large attendance and reduced the need for some of the presentations previously requested by various smaller residence hall groups.

Wellness Forums

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

- Living Through These Difficult Times
- Healthy Eating
- Feng Shui
- Soul Loss
- Achieving Goals
- Healthy Relationships
- Dreams and Interpretations
- Genetically Altered Foods
- Exercise for Health
- Relaxation/Stress Management
- Acupressure
- Massage Therapy
- Vegetarianism
- Breema
- Eating Disorders
- Number of Forums 15 16 16 15
- Attendance 763 634 708 714

Wellness Informational Tables

The Wellness Interns set up an informational table in the Glenn/ Siskiyou walkway on 12 dates throughout the year. Approximately 438 students visited the informational tables.

Topics at the tables included:

General Wellness Family Health and Fitness
Achieving Your Goals Random Acts of Kindness
Breast Cancer Acupressure
Dreams Massage
Feng Shui Eating Disorder Awareness
De-Stress Fest Week
Participation in Other Events on Campus

Three Survivor Series presentations
Blues Lagoon (depression)
Tired of Eating Coconuts (nutrition)
Jungle Jitters

Take Back the Night - Catalyst
Commit to Quit - CADEC
International Women’s Day Faire
AS Involvement Fair

Getting Connected Faire
Health Fair
Breaking the Silence
Fun Without Alcohol Fair

Drop-ins at Wellness Center

Many students take advantage of the Center’s drop-in services. Students came to the Center seeking information on a variety of wellness-related topics to use in presentations and papers for class. Services included flyers, printed handouts on many topics, and loans of audio and video presentations. Students are also able to check out books from our wellness library.

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<td>Number of drop in students</td>
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