

## 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

	1998-1999	1999-2000	2000-2001	2001-2002
Number of Presentations	17	21	26	15*
Attendance	342	594	606	315

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	

	1998-1999	1999-2000	2000-2001	2001-2002
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	Take Back the Night - Catalyst	Getting Connected Faire
Blues Lagoon (depression)	Commit to Quit - CADEC	Health Fair
Tired of Eating Coconuts (nutrition)	International Women's Day Faire	Breaking the Silence
Jungle Jitters	AS Involvement Fair	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.

	1998-1999	1999-2000	2000-2001	2001-2002
Number of drop in students	N/A	N/A	620	688