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

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<td>594</td>
<td>606</td>
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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.

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<td>634</td>
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Forum Topics Included:
- Interpreting Your Dreams
- Making Peace with Anger
- Chi Le 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).

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Topics at the Tables Included:
- Health and Fitness
- Rape and Domestic Violence
ANNUAL PROGRAM REPORT
PSYCHOLOGICAL COUNSELING, WELLNESS AND TESTING
2003-2004

Wellness Center General Info
Breast Cancer Awareness
Eating Disorder Awareness
Women's History
Volunteer Opportunities

Random Acts of Kindness and Pursuit of Happiness
Cultural Diversity
De-Stress Fest (both semesters at finals)
Valentines Day Relationships
Spirituality

Participation in Other Events/Informational Tables on Campus

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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.

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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
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