

**ANNUAL PROGRAM REPORT
PSYCHOLOGICAL COUNSELING, WELLNESS AND TESTING
2003-2004**

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

	98-99	99-00	00-01	01-02	02-03	03-04
Number of Presentations:	17	21	26	15	18	19
Attendance:	342	594	606	315	463	303

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

	98-99	99-00	00-01	01-02	02-03	03-04
Number of Forums:	15	16	16	15	16	17
Attendance:	763	634	708	714	797	501

Forum Topics Included:

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

	98-99	99-00	00-01	01-02	02-03	03-04
Number of Informational Tables:	NA	NA	NA	12	8	12
Number of Participants:	NA	NA	NA	438	299	264

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

	98-99	99-00	00-01	01-02	02-03	03-04
Number of Events/Informational Tables:	NA	NA	NA	NA	8	10
Number of Participants:	NA	NA	NA	NA	269	733

Events/Tables Included:

Getting Connected Fair	Involvement Fair
Fresh Air Festival	Red Tent
Health Fair (twice)	Nutritional Fair
Kwanzaa Celebration	Fun Without Alcohol Fair

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

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

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.

Number of Students:	98-99	99-00	00-01	01-02	02-03	03-04
	NA	NA	620	688	549	342

New informational flyers that were created:

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