

Wellness Promotion Program Menu

**LIVE WELL
LEARN WELL**
WCU Health & Wellness
Wellness Promotion

about us

Wellness Promotion provides a series of educational opportunities. Some of these opportunities are individualized sessions with staff while others may be leadership opportunities or campus events. Our education provides focus on a variety of interconnected themes to help students not only figure out what wellness means to them, but also to find community with other Golden Rams.

Studies have indicated that individuals develop their foundation of well-being in college. The staff at Wellness Promotion are available to help you along your journey.

our mission

Wellness Promotion engages students in opportunities to cultivate sustainable skills in wellness and well-being.

Did you know? Our Peer Educator student staff holds pop-up Be Well Huts and other programs throughout the semester. These are great opportunities to stop by and learn about different topics related to well-being! Check out upcoming dates/times in RamConnect.

RAM CONNECT Wellness Promotion

 @WCUWellnessPromotion

 www.facebook.com/WCUWellness

 715 South New Street
Student Health Services Entrance
West Chester, PA

 610-436-0730

 wellness@wcupa.edu

 www.wcupa.edu/wellness

Looking for a way for your class, department, or student organization to explore their well-being? Check out the workshops and services offered by Wellness Promotion.

self-paced D2L modules

Students complete at their own pace, and will automatically receive confirmation of completion after passing the post-assessment.

Discovering Well-Being

This module is designed for students to learn about the concept of well-being and the influence on student's lives at WCU and beyond.

Discovering Well-Being is also available by request for a Wellness Promotion staff member to present to your group. To request a presentation, please email wellness@wcupa.edu. The workshop lasts approximately 60 minutes.

Voice Your Values

This module leads students through a variety of reflective activities to identify what is a value, how values influence decision-making, and assist students in identifying their personal values.

Any Ram Can

This module is designed to explore what it means to be an active bystander, with emphasis on alcohol use.

Shift Happens

This module is designed to challenge student norms and perceptions about alcohol and drug use by college students.

Choices About Cannabis

This module provides students with the opportunity to learn about the effects of cannabis on their brain and body and the impact of being around those who consume it.

Decisions About Drinking

This module focuses on the impact of alcohol use on the brain and body and how to identify when and how to support a student who may need medical attention.

Thrive

This module focuses on building the skills to not only survive college but to THRIVE at WCU!



Ready to start a D2L module?
Students can self-register by scanning the QR code or by logging in to D2L, clicking on "University Resources," and select "Discover" before searching for Wellness Promotion.

1:1 services

These are individual services where a student will meet one-on-one with a trained staff member.

Life Coaching

Learn. Inspire. Flourish. Engage.

Coaching is an individualized process that empowers students to explore and practice strategies to support their **holistic wellness and well-being** in areas such as connection, stress, personal strengths, and more. Coaching is a great option for students who are looking to navigate different dimensions of wellness.

BASICS and CASICS

BASICS (Brief Alcohol Screening & Intervention for College Students) and **CASICS** (Brief Cannabis Screening & Intervention for College Students) are individual conversations with one of our trained staff members about substance use. Students gain insight into their substance use behaviors, receive personalized feedback about their patterns of use, and receive strategies to reduce current and future risk.



To schedule Life Coaching, BASICS, or CASICS, visit the Health & Wellness Web Portal (QR code) or call 610-436-0730.

group services

These are group services where a student will meet in a small group of students led by a trained facilitator.

Group Coaching

Group coaching contains short sessions led by a trained coach with a small group of students to reflect and engaged together on a specific area of wellness or well-being. Each group coaching meeting will be approximately 45 minutes. Group coaching is great for students who have goals they want to reflect on, are looking to connect with other students, and want to goal-set with a group and facilitator. **Topics include experiencing new beginnings, coping with stress, and more.**

All Group Coaching dates and sign-ups can be found on Wellness Promotion's RamConnect page.

