

Wellness Promotion Program Menu

Fall 2024

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. Education provides focuses 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 health and well-being.

Did you know? Our Peer Educator student staff holds pop-up Be Well Huts weekly 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.

All services listed are RamPlan approved!

self-paced D2L modules

These modules are available in the RamPlan D2L site. 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. Students will explore how focus, the ability to empathize and express compassion, the impact of inspiration on personal drive, and how thoughts and beliefs influence our expectations and connect back to well-being. Students will learn strategies and resources available on campus to assist them in further exploring and practicing well-being.

Voice Your Values

This module leads students through a variety of reflective activities and dialogues to identify what is a value, how values influence decision-making, and assist students in identifying their personal values. This module explores one of the measurable pillars of well-being: purpose.

Any Ram Can: Understanding Bystander Intervention

Any Ram Can is a module designed to explore what it means to be an active bystander, with emphasis on alcohol use. Students will learn various bystander intervention strategies, identify the qualities of being an active and engaged bystander, and learn about the university's medical amnesty program.

Shift Happens: Challenging Perceptions About Substance Use

Shift Happens is a module designed to challenge student norms and perceptions about alcohol and drug use by college students. Students will have the opportunity to reflect on their own perceptions about alcohol and drug use, review current substance use data for the collegiate setting, and gain skills to confront and dispel misperceptions around alcohol and drug use.

Choices About Cannabis

The Choices About Cannabis module provides students with the opportunity to learn about the effects of cannabis on their brain and body, the impact of being around those who consume it, as well as the impact it may have on their life if choosing to use cannabis.

in person workshops

These workshops are available by request for a Wellness Promotion staff member to present to your group. To request a presentation, please email wellness@wcupa.edu.

Discovering Well-Being - 60 minutes

This workshop is an in-person version of the D2L module. It is designed for students to learn about the concept of well-being and the influence on student's lives at WCU and beyond. Students will explore how focus, the ability to empathize and express compassion, the impact of inspiration on personal drive, and how thoughts and beliefs influence our expectations and connect back to well-being.

Decisions About Drinking - 90 minutes

This workshop provides students with the opportunity to learn about the effects of alcohol on their brain and body, the impact of being around those who consume it, as well as the impact it may have on their life if choosing to drink, in an interactive small group environment with their peers.

individual services

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

Wellness Coaching

This is an individualized process that empowers students to explore and practice strategies to support their health and well-being focusing on the four s's: stress, sleep, social support, and substance use. Coaching is a short-term, action-oriented tool to help students explore their strengths and personal motivations, identify topics they want to explore, and work towards their health and well-being vision utilizing sustainable strategies in a supportive environment.

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.

A student can request coaching, BASICS, or CASICS on our website or at this link:

