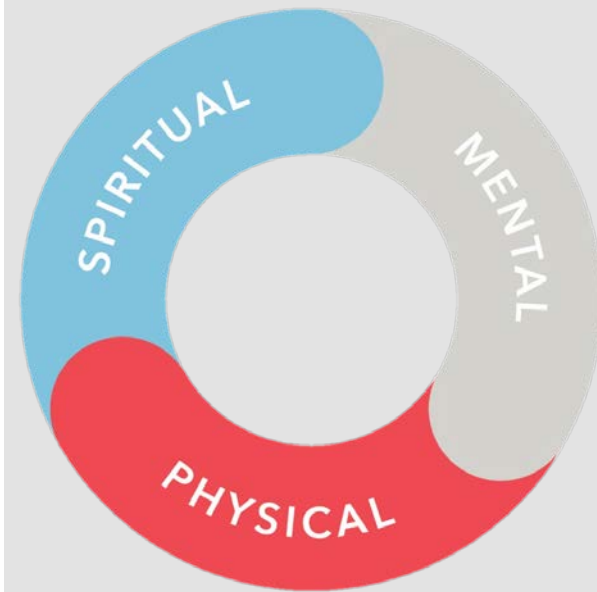


# Wellness Promotion and Education

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September 17, 2019



# Student Wellness Issues

- Manifest in diverse ways
- Differing severity
  - Distress
  - Disruption
  - Danger



# Student Wellness Issues

- Excessive absenteeism
- Tardiness
- Social withdrawal
- Tearfulness
- Speaking out of turn
- Demands
- Appearance
- Decline in academic performance



# Student Wellness Issues

- What have you noticed?
- What is the impact?



# Common Causes of Distress

- Finances
- Basic Needs
- Family pressures
- Peer pressures
- Unmanaged stress
- Work/life balance issues
  
- Clinical issues may be involved and require CARE Team intervention
- Potentially dangerous situations may require CARE Team and Police intervention

# Possible Solutions

- CAPS, SHS, and Academic Advising on syllabi
- Encouraging self-care
- “Mindfulness moments”
- Kognito training
- SMART Goals referrals

# Kognito

- Kognito: At Risk for Faculty/Staff
- 45-minute simulation
- Identify signs of distress in students
- Approach them to discuss concerns
- Effectively refer students to CAPS



# SMART Goals

- Meet one-on-one or in small groups with a peer educator
- Identify priority areas
- Create SMART goals
- Road map for success
- Follow-up meeting

**S M A R T**  
**Goals**



# Comprehensive Approach

- Wellness Wheel



# What We Do

- Wellness Peer Educator program
- Presentations
- Events
- Massage chairs
- Digital learning platforms
- SMART Goals



# Presentations

- Don't cancel class!
- In-class presentations on wellness topics
- Local and national data
- Student development theory and health promotion models
- Goal is behavior change

# Connect With Us!

- FB: <https://www.facebook.com/ciwpe/>
- IG: ci\_wellness



# Contact

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