



## Wellness Promotion & Education Presentation Catalog

Wellness Promotion & Education (WPE) facilitates interactive, engaging presentations for classes, student leaders, student organizations, and other campus groups. All presentations are facilitated by a trained Wellness Peer Educator.

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### Presentation Topics

#### General Wellness

##### *Being Well at CI (General Wellness for Students)*

- Overview empowering students to participate in their health and wellness. Wellness Promotion & Education resources are covered in this presentation. Includes campus resources. *(1 hour or 15-minute presentations available).*

##### *Overview of Wellness Services at CI*

- Explore multiple CI services that assist in improving student well-being. The services include Student Health Services (SHS), Counseling & Psychological Services (CAPS), Disability Accommodations & Support Services (DASS), Campus Recreation, and Wellness Promotion & Education (WPE). *(15-minute presentation available).*

##### *Financial Wellness in College*

- Review the basics on how to budget, credit cards, student loans and debt, and tips for financial health. Includes campus resources. *(1 hour presentation available).*

##### *Financial Wellness After College*

- Reviews the basics on what a 401K is, how to save for retirement, investment and investment scams, Government Benefits, and tips for general financial health. Includes campus resources. *(1 hour presentation available).*

##### *SMART Goals*

- Explore Being Well & CI with additional information on setting SMART (specific, measurable, achievable, relevant, time-bound) personal wellness goals! Students will be led through an activity to help them identify their own goals. Includes campus resources. *(30-minute presentation available).*

##### *Student Health Services Overview*

- Learn about the team at the student health center and all the free services they provide for CI students. We'll answer common questions about health insurance, FamilyPACT, our ambulatory care clinics, and more! *(30-minute presentation available)*

## **Mental & Spiritual Wellness**

### *Mindfulness for Students*

- Explore the different types of stress, signs and symptoms of stress, mindfulness strategies, and tips & resources. Includes campus resources. *(1 hour, 30-minute, or 15-minute presentations available).*

### *Time Management*

- Explore the different types of stress, signs and symptoms of stress, time management tools, and tips & resources. Includes campus resources. *(1 hour or 30-minute presentations available).*

### *Resiliency for Students*

- Explore the different types of stress, signs and symptoms of stress, how to define and build resiliency, and tips & resources. Includes campus resources. *(30-minute presentation available).*

### *Spiritual Wellness*

- Explore the science behind spirituality, what it means, how it can support your wellness, how to do a “spiritual check in” and ways to increase your spirituality. Includes campus resources. *(30-minute presentation available).*

## **Sexual Wellness**

### *Condom Sense: STIs*

- Evidence-based presentation on preventing sexually transmitted infections (STIs) via safer sexual health practices including barrier methods, as well as basic anatomy, contraceptives, consent, and campus resources. *(1 hour, 30-minute, and HIV emphasis presentations available).*

### *Birth Control*

- Evidence-based presentation exploring hormonal and nonhormonal birth control options including barrier methods, as well as basic anatomy, and consent. Includes campus resources. *(1 hour presentation available).*

### *Sexual Wellness Exams*

- Evidence-based presentation de-mystifying clinic-based wellness and sexual health exams including self-breast exams, pap smears, STI testing, and more. Also highlights campus resources for sexual health. *(1 hour presentation available).*

## **Physical Wellness**

### *Alcohol, Tobacco, and Other Drugs*

- Explore the impact of high-risk drinking, tobacco use & vaping, signs of substance misuse, and how to help a friend. California's Good Samaritan Law and how to assist a person experiencing alcohol poisoning are covered in this presentation. Includes campus resources. *(1 hour or 30-minute presentations available).*

### *Healthy Eating*

- Review the science of food, healthy eating on a budget, body positivity, and MyPlate. Includes campus resources. *(45-minute presentation available)*.

### *Physical Fitness*

- Review the science of exercise, how often it is recommended, and different types of physical activity. Includes campus resources supporting personal fitness. *(30-minute presentation available)*.

### *Sleep Hygiene*

- Learn about the stages of sleep, how sleep impacts academics, sleep disorders, benefits and types of napping, and some tips for a good night's sleep. Includes campus resources *(1 hour presentation available)*.