

Wellness Promotion & Education Presentations

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

Guidelines

We need your help to make your presentation a success. Please note that a minimum of two weeks' notice is required to schedule your presentation. Presenter availability may vary. Please contact us at wpe@csuci.edu with questions.

Request a Presentation

Complete our request form [here](#), and we will contact you to confirm your presentation date, time, and details.

Presentation Topics

All presentations are interactive and include student-centered learning experiences. Please contact WPE at wpe@csuci.edu if you would like to request a custom presentation or a topic not listed.

Overview Topics

Being Well at CI

Overview empowering students to participate in their holistic health and wellness. Wellness Promotion & Education resources are covered in the presentation.

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).

Mental Wellness & Stress

Helping Students of Concern: How to Recognize & Refer (Proactive Bystander Training)

Students will learn to recognize the warning signs of distress, disruptive and threatening behaviors, gain tools and strategies for responding to such behaviors, and learn how to report behaviors of concern. This presentation always includes a CAPS clinician or CARE team facilitator.

Mindfulness for Students

Mindfulness is an evidence-based practice for stress relief. In this interactive workshop, students will develop mindfulness skills in an activity-driven format. Campus resources are also covered.

Resilience for Students

Resilience is a predictor of academic success. Students will learn about the science of resilience, protective factors and predictors of resilience, and resilience-building strategies that work for their lifestyles. Campus resources are also covered.

Time Management

This presentation covers time management as a stress management tool. Students will define stress and perform a self-assessment and learn how to recognize the signs and symptoms of stress. This presentation involves interactive skill-building activities, including building a schedule. Students will learn about self-care, balance, and campus resources.

Sexual Health

Pill, Patch, or Ring?

Students will learn about contraceptive methods in this presentation. Material includes myth-busting, how hormonal and non-hormonal contraceptives work, and barrier vs. non-barrier methods, including condoms. Students will also learn how the menstrual cycle works. Campus resources are covered in this presentation.

Condom Sense: Sexually Transmitted Infections (STIs)

Evidence-based presentation on preventing sexually transmitted infections (STIs) via safer sexual health practices including barrier methods, as well as basic anatomy, consent, and campus resources.

Sexual Health Exams

In this presentation, students will learn an overview of different types of sexual health exams and what to expect during an exam appointment. Students will learn some of the benefits of sexual health exams and the medical community's educational guidelines for a general audience. Diagnostic tests will also be covered. Students will learn about campus resources as well.

Physical Wellness & Life Skills

Alcohol, Tobacco and Other Drugs (ATOD)

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.

Financial Wellness

Review the basics on how to budget, student loans and debt, tips for financial health, and campus resources.

Healthy Eating: Nutrition 101

Review the science of food, healthy eating on a budget, body positivity, and MyPlate. Includes campus resources.

Physical Activity & Exercise

In this interactive workshop, students will learn the science and benefits of physical activity. The presentation covers the CDC's recommended physical activity guidelines for a general audience. Students will learn about building a fitness routine and campus resources.

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.

SMART Goals

Are your goals SMART Goals? Students will learn about the SMART Goal framework of goal-setting and practical applications in collegiate life. We also cover WPE's SMART Goals program and other campus resources.

