

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

Please note that a minimum of two weeks' notice is required to schedule your presentation. Presenter availability may vary. Most of our workshops are optimally designed for 45-60 minutes, but we can accommodate other time requests. Please contact us at wpe@csuci.edu with questions.

Request a Presentation

Complete our online request form and we will contact you within 1-3 business days to confirm your presentation topic, date, time, and other activity 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 (**please note that custom presentations require additional time to design**).

General Wellness

Being Well at CI (General Wellness for Students)

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).

Financial Wellness

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

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 and will be provided with campus resources.

Mental & Spiritual Wellness

Mindfulness for Students

Explore the different types of stress, signs and symptoms of stress, mindfulness strategies, and tips & resources.

Time Management

Explore the different types of stress, signs and symptoms of stress, time management tools, and tips & resources.

Resiliency for Students

Explore the different types of stress, signs and symptoms of stress, how to define and build resiliency, and tips & 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.

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.

Sexual Wellness

Condom Sense

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.

Pill, Patch, or Ring?

Evidence-based presentation exploring hormonal and nonhormonal birth control options including barrier methods, as well as basic anatomy, consent, and campus resources.

Sexual Health 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.

Physical Wellness

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.

Healthy Eating: Nutrition 101

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

Physical Activity & Fitness

Review the science of exercise, how often it is recommended, and different types of physical activity. Includes campus resources supporting personal fitness.