

WELLWVU Office of Wellness & Health Promotion
Programmatic Offerings for Greek Life and Student Organizations

Leadership

leadWELL

Trains students to effectively talk with other students about health-creating lifestyles and to be knowledgeable about resources available to help them get there. The (5) hour in-depth training includes content related to inclusivity, alcohol and drug use, stress, sleep, relationship and dating violence, sexual health, body image and nutrition. Training includes communication skills and leadership development.

Value Sort Workshop

Using a value sort exercise, students will determine their top 5 values and consider ways to use their values as a guide in daily decision making and/or for more meaningful and purposeful change.

Meaning, Purpose, and My Mission Statement

A powerful method to cultivate the passion of vision is to create and live by a mission statement or personal philosophy. In this workshop, students are asked to consider their strengths and unique gifts, and how they show up in their life in an authentic manner.

Alcohol & Violence

HAZE

The documentary HAZE tells Gordie's story within the greater context of alcohol abuse and hazing on campus. Facilitated discussion aims to spark in-depth conversations about the role of alcohol and "traditions" to initiate members as well as motivate audience members to intervene in an alcohol emergency.

The Alcohol Literacy Challenge™

ALC is an underage and binge drinking prevention program. It is the first classroom based alcohol prevention lesson that challenges students' beliefs about the effects of drinking alcohol. It combines the latest media literacy approaches to alcohol marketing with bar laboratory research showing that most of the experience a person calls "being drunk" is a result of that

TIPS – Training Intervention Procedures

TIPS for the University is a 3-hour, interactive program that addresses the difficult problem of alcohol misuse on college campuses and related issues, such as violence, hazing, alcohol poisoning, and sexual assault. The program encourages an informal, conversational, and relaxed atmosphere in which the students are the experts. TIPS establishes that students are truly the only ones who can lead the way to creating a responsible campus environment, while providing practical and realistic ways to handle problems that students often encounter when among peers who are drinking.

Bystander Training WELLWVU is in the process of re-developing their bystander training and will offer groups the option of individual or multiple training modules. Topics covered include: early warning signs of various kinds of high risk situations related to alcohol use and violence; strategies for intervening to help keep others safe; skill building and communication; bystander dynamics, and experience-based practice.

CHOICES

An interactive team game that takes students through a day in the life of WVU students and helps them identify protective factors related to alcohol consumption.

Bartender School

Designed to teach students about standard drinks and serving size. Emphasizes setting a limit, having a plan for BAC if you choose to drink and knowing alcohol content of what you are drinking.

Stress

Meditation, Mind, and Mantra

An experiential workshop that helps students understand the relationship between thinking and stress, and provides students with tools to help self-regulate the stress response.

Transforming Stress Helps students understand the underlying causes of stress and examine root causes of stress in their lives. Provides students with tools to cultivate self-awareness and reduce stress.

Time Management - Using an online tool called the WELLGO calendar, participants in this workshop will use building blocks to plan and identify activities that make up a typical day (e.g., breakfast, class, workout, free time, dinner, etc.). Analysis helps them understand what behaviors might be contributing to higher levels of stress and directs to resources. Conversation focused on setting priorities and exploring relationships between specific behaviors and performance leads students to optimize their plan.

Healthy Eating

cookWELL

In this experientially based program, participants learn how to work with a variety of fruits and vegetables to create a budget-friendly meal. Conversation topics include the meal's nutritional components, how to purchase, when to buy organic, and the importance of buying locally grown produce.

Eat This...Not That

A trivia game used to educate students on choosing healthy fruit & vegetable options in a variety of food categories (yogurt, fruit & nut bars, frozen vegetable meals, and dining hall options).

Smoothie Creation

A hands-on opportunity to create a healthy smoothie. Education on nutrient density, cutting fruits and vegetables and avoiding smoothie pitfalls.

Exercise

F.I.T.T. Principle for Exercise

This workshop focuses on helping students implement exercise in their daily regimen as a way to feel good. Discussion will be centered on guidelines around frequency, intensity, type, and time of exercise that is appropriate for their individual stress response.

Sexual Health

Sex Jeopardy

A peer led educational game that allows participants to learn about issues ranging from safer sex to healthy relationships in a fun and interactive way.

Ask the Sexpert

A health education specialist is available able to answer sexual health questions posed anonymously (via questions written on index cards) to increase comfort in asking questions.

Condom Caravan a mobile condom dispensary, where students are able to purchase condoms at low costs (.25 for 1 or 5 for \$1).

Customized programs on all topics are also available