



EMORY
UNIVERSITY

Student Health
and Counseling Services

Health and Wellness Programming Menu for Residence Life

**Served up hot and fresh by
Health Education and Promotion**



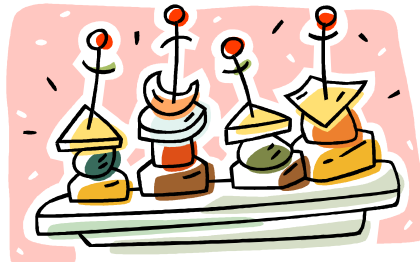
2009-2010



Tapas

These appetizer sized programs whet your residents' appetites for more learning. They can explore these topics further by meeting confidentially with one of our staff and/or by signing up for a mini-course (see "Three-course meals" below). See inside for descriptions and contact information.

- Wrapping with Carol
- Feeding your Brain
- Ask the RD
- Supplement Savvy
- Healthy Weight Management – the Real Facts
- Stress-busters
- Meditation and Mindfulness
- Safer Sex Taboo
- The Breast At Play, the Breast at Work
- Safer Sex 1-2-3
- Sexual Assault Myths and Facts
- Media and Sexual Violence
- Gender Roles
- Consent is Sexy
- Every Woman for Herself
- Protecting the Family Jewels
- Dating, Relationships & College Life
- Trivia Night
- How to Help a Friend
- Mixing it Up: Alcohol and the Social Scene
- Get M.A.D (Make a Difference)
- What do You Want to Know?
- You Name it, We've Got It



Three-course meals (mini-courses)

These multi-part programs satisfy your residents' appetite for gaining new skills, bonding with peers and learning from campus experts. These mini-courses satisfy the Core programming model requirements and include an evaluation component. Visit http://studenthealth.emory.edu/hp/hp_minicourses.php or read on for descriptions and contact information.

- SleepWell
- Eat Well, Study Well 2.0
- Meditation for Health
- Healthy Relationships: A Mini-Course for First-Year Students
- Stress Management for the Busy Student
- I ♥ My Vagina (women only)



Health Education and Promotion Mini-Course Offerings 2009-2010

For a schedule and waiting list information, visit http://studenthealth.emory.edu/hp/hp_minicourses.php.



Eat Well/Think Well 2.0*

Eat Well/Think Well helps students improve food choices as well as study skills. The course explores why and how some foods may affect energy and clarity of thought, which in turn can affect time management, study skills, and learning. Students will have opportunities to create helpful study habits, develop productive coping strategies, and prepare their own “smart snacks” and easy “smart meals”. Students will meet once weekly for two weeks. Course includes experiential exercises such as “quick fire” food preparation and time management activities.

Instructors: Carol Kelly, RD, LD, Ono Ewwaraye, MSW, and Shari Obrentz, MS, LAPC.



I ♥ My Vagina

In this women-only course, we will not only learn about things that are left out of sex education classes, we will connect up-to-date scientific information with our own values to develop a new way of living in the body as a sexual person. Because we will focus on issues pertaining to the woman herself, not her capacity as a sexual partner (though partnering is a legitimate matter for discussion), the material covered in this class applies to all women who want to learn more about all aspects of sexuality throughout life. Each person's perspective and privacy will be valued as we learn from each other. **Instructor: Shirley Banks, AAASECT Certified Sexuality Counselor.**



SleepWell

SleepWell is an evidence-based program to help students enhance their sleep habits for greater personal and academic success. The mini-course will meet once a week for ninety minutes over three consecutive weeks. Students are encouraged to sign-up with a friend or roommate so that they might reinforce sleep-enhancing behaviors in each other. **Instructor: Heather Zesiger, MPH, CHES.**



Meditation Station

Meditation for Health

Learn basic mindfulness techniques that are practiced by people of any faith or of none. Experience the health benefits of meditation: reduced stress, stronger immune function, improved sense of wellbeing. We will explore meditation postures, breathing techniques, and mental practices that researchers at Emory and elsewhere associate with a variety of health improvements. Participants will develop mindfulness skills that they can take into everyday life for continued benefit. **Instructor: Shirley Banks.**



Stress Reduction for the Busy Student

This mini-course employs discussion of the stress equation, "perceived demands exceed perceived resources". Students will explore strategies to decrease negative thinking and to increase resources and perception of their own strengths, thus helping to reduce stress.

Relaxation techniques and a creative Wellness Self-Assessment exercise will be utilized to further encourage use of personal coping mechanisms, increase sense of control, improve academic performance, and enhance overall quality and enjoyableness of life. **Instructor: Virginia Plummer, LCSW.**



Healthy Relationships: A Mini-Course for First Year Students

This mini-course explores different kinds of healthy relationships and social expectations on campus in order to prepare students to make positive and safer choices regarding interpersonal relationships, including dating, friendship, working, and sexual relationships. **Instructors: Aline Jesus Rafi, MA and Willie Bannister, LPC.**

Desserts

Looking for something (short and) sweet to round out your day? Our bulletin boards and Stall Street Journals offer bite-size goodies for your residents. By including an evaluation component, these “passive” programs may also satisfy your Core programming model requirements. Contact Amanda Dookwah, RHD Fellow for Health Promotion, at 404-727-9003 to request a bulletin board kit or a Stall Street Journal series.



Bulletin Boards:

SleepWell
StressBusters
New Year, New You
Breathe Well, Excel
SHCS Loves You
Influenza
Consent is Sexy

Stall Street Journals:

Holistic Wellness
Alcohol, Tobacco and Other Drugs
Nutrition
Sexual Health
Sexual Assault

Midnight snacks

We may not always be on-campus at midnight, but you can still feel our presence on your hall when you make our contact information, brochures, and/or safer sex supplies available to your residents in the places they are most: bathrooms, kitchens, study lounges, hall bulletin boards, your room, etc. And, don't forget you can link to our website from your hall conference and/or point your residents toward our podcasts on iTunesU. Contact Amanda Dookwah, RHD Fellow for Health Promotion, at 404-727-9003 to get free stuff for your hall: posters, brochures, condoms, etc.



Tapas Descriptions

NUTRITION

Contact **Carol Kelly** to schedule one of these programs:

Feeding Your Brain

In our academically competitive environment, learn how healthy eating may give your brain an “edge”. What are some good foods to eat when studying? How is nutrition related to stress? Learn more about the mind-body stress connection and how a better diet could help you excel academically and personally.

Ask the RD (Registered Dietitian)

This is a favorite! Students are given the opportunity to ask, anonymously and during the program, any and all questions related to diet and health. A lively and helpful discussion ensues.

Healthy Weight Management: The Real Facts!

Diets, diets, and more diets! What is the scientific truth? Learn how to healthfully manage your weight—and not fall prey to disordered eating.

Supplement Savvy

Does a college student need supplements? Will certain supplements help brain chemistry, metabolism, healthy hair? Do some supplements pose more risk than benefit? These and other questions are addressed in this program.

Wrapping with Carol

Interactive program; students will have the opportunity to make and eat their own healthy wraps. During the activity, we'll discuss how ingredients can make or break the healthy quota!

STRESS MANAGEMENT

Stress-Busters

Practice some stress-busting techniques and learn more about stress reduction resources at Emory. Great for busy students. Contact **Heather Zesiger** to schedule this program.

Meditation and Mindfulness

Check out this introduction to meditation and mindfulness, including mindful eating and walking meditation! Yoda says “find peace you shall.” Contact **Shirley Banks** to schedule this program.

RELATIONSHIPS, VALUES AND SEXUALITY

Contact **Shirley Banks** to schedule one of these programs.

Protecting the Family Jewels

In this discussion of men's sexual health, we'll talk about testicular self-exam, prevention of genital tract infections, and ways for men to take care of their sexual and reproductive health. *Men only.*

Safer Sex 1-2-3

Safer Sex is more than using condoms! We'll talk about 1) the words people use (communication); 2) what people do (behavioral options); and 3) the stuff people use (condoms, toys, etc.).

Every Woman for Herself!

This conversation is especially for first-year women, though it works well for any women-only group. What goes on during an annual exam? When should a woman start having pap tests, and what's the pap test for anyway? What habits support sexual and reproductive health? This information is important for every woman, whether she has a partner in her life right now or not.

The Breast at Play, the Breast at Work (Women only.)

This conversation is designed for Breast Cancer Awareness Month (October), but can be done anytime.

Safer Sex Taboo

Residents enjoy this highly interactive and competitive introduction to sexual terminology. This game, adapted from the popular board game "Taboo," provides a great overview of sexual health topics, including abstinence, relationships, and anatomy. The presentation includes the game, discussion, prizes and free safer sex supplies and resources.

ALCOHOL AND SUBSTANCE ABUSE

Contact ***Virginia Plummer or Willie Bannister*** to schedule one of these programs.

Trivia Night

This popular program offers many freebies for answering challenging questions about alcohol and other drugs and their effects. There is always FIERCE competition as individuals or teams battle their way to prizes and victory. And, everyone leaves with new info on how to make well-informed choices around these difficult topics.

What Do YOU Want to Know?

This low-key discussion features topics students have shared that they most wish they knew more about (including alcohol poisoning, metabolism of standard drinks, tolerance, how does marijuana impairment compare to alcohol use, etc). An extensive Q&A period is the cornerstone of this interactive program, and basic informational handouts and campus resource information are shared in a safe atmosphere.

Mixing it Up: Drugs and the Social Scene

Take a look at how the use of substances can affect individual and group dynamics and relationships. We will explore together the positive opportunities available for relationship building, safe and meaningful sex, and enticingly enjoyable recreational activities that don't involve the use of substances! Participants always have great stories and ideas to bring to this part of the discussion – so be ready!

How to Help a Friend (dealing with substance abuse)

This program focuses on specific signs and symptoms of alcohol poisoning and other medical emergencies, as well as on the bigger picture of long term impairment, DUI's, relationship problems, sexual assault, and dependence issues associated with substance use. Participants will leave not only with a better understanding of what these issues look like, but also empowered to reach out and help others while still taking care of themselves!

You Name It, We Got It

Do you want to know more about a specific drug? Name it, and we will teach you all we can about it!

Get M.A.D. (Make a Difference)

Are you tired of seeing your friends or classmates make dangerous or disruptive decisions about alcohol and drug use? Do you want to know more about actions you can take as a student to promote a healthy campus culture and advocate for low-risk alcohol use? If so, we can help. This program explores avenues for activism and advocacy at Emory.

SEXUAL ASSAULT PREVENTION AND RESPONSE

Contact **Aline Jesus Rafi** to schedule one of these programs.

Sexual Assault Myths and Facts

A candid discussion on the myths and facts about sexual assault on university campuses and at Emory. This program addresses the problem of sexual violence and what we can do to create a safe community and to foster positive sexual experiences.

Dating, Relationships, and College Life

During college, students often find that their dating and sex life changes. Participants clarify their own values, attitudes, and priorities through interactive exercises. This program also addresses communication skills for healthy relationships.

Media and Sexual Violence

Does the media have an impact in the incidence of sexual violence? A presentation of images and sounds.

How to Help a Friend (dealing with sexual assault)

Worried about a friend? Learn about Emory resources and what you can do to help a friend who has been sexually assaulted through role plays, scenarios and open discussion.

Gender Roles

What are gender roles? What do they have to do with sexual violence? An interactive presentation addressing behavioral norms and their correlation to interpersonal violence.

Consent is Sexy

What can you do to achieve mutual consent for sexual intimacy? This presentation will show you how.

To schedule a program by one of our colleagues at the **Counseling Center**, please contact Jane Yang, PhD, Coordinator of Outreach Services, at 404-727-7450.

