

Wellness Center Workshops Fall 2008

September

Wednesday, September 3
4:30pm - SHC Auditorium

AOD, School Policy, and the Law

Understand the risks and consequences of substance use within the campus and the community.

Wednesday, September 17
5pm - Room 111/112

These Hands Don't Hurt

Learn how men contribute to a movement where they pledge never to commit, condone nor remain silent about violence against women.

October

Thursday, October 2
3pm - Room 111/112

Keepin' it Healthy at the Hall

67% of college students report that their diet deteriorates once they enter college. This presentation focuses on how to eat healthy in the residence halls and provides snack and recipe ideas for the dorm room.

October

Thursday, October 9
5pm - Room 111/112

Taking Care of Yourself, Caring for Others

Anxiety and depression are the most common mental health issues that affect college students, but also the most treatable. Learn symptoms and resources to help with life adjustments at college.

Monday, October 20
4pm - Room 111/112

Collegiate Alcohol Use

(NCAAW - Oct 20-24)

Party only on weekends? Play drinking games? Involved in "pre-gaming?" Ever pass out or black out? You are at risk of harm from your current alcohol use behaviors now and in the future. Find out how!

Wednesday, October 29
5pm - SHC Auditorium

Strength in Numbers

This interactive talk will present information on what being a GLBTQ advocate/ally means, how to become involved on the SIUC campus and the benefits you may receive from assisting others.

November/December

Monday, November 10
4pm - SHC Auditorium

Managing Stress for Academic Performance

Research shows that stress is the #1 health factor reported for negative college student academic performance. Learn to improve focus, reduce test anxiety and motivate yourself with information provided in this workshop.

Monday, November 17
3:30pm - SHC Auditorium

Losin' it

Weight control is a common concern. This presentation discusses the behavioral, environmental and genetic factors associated with weight gain during college. Practical suggestions will be provided to aid in weight control along with recipes, meal ideas and snack suggestions.

Tuesday, December 2
3:00pm - SHC Auditorium

When Online Takes U Off/ife

Too much time on the computer can cause problems with health, relationships, money, etc. -- the same problems caused by other compulsions. This workshop looks at causes, behaviors and consequences associated with excessive computer use.

All presentations are at the Student Health Center. For more information, for health information or for a confidential counseling appointment call #536-4441.