

HEALTHY CAMPUS EDUCATION MODULES

The programs listed below are 10-15 minute modules that can either be stand-alone programs or combined to cover several topics in one session. Any session can be tailored to meet the audience's needs. Please visit clemsun.edu/healthy-campus to request one or more of these modules.

ALCOHOL AND OTHER DRUGS

ALCOHOL 101

Description: Why do some people chose to drink alcohol? How does alcohol actually affect the body? How much is too much? This session helps answer these and other questions with a concise lesson on the basics of alcohol consumption, responsible drinking and how to avoid numerous negative consequences associated with alcohol. Regardless of your experience with alcohol, this session should provide some helpful insights to promote responsible drinking for those who chose to use alcohol.

Learning Outcomes: Students will learn the difference between drinking responsibly and high-risk drinking. They will also learn various ways to reduce the risk of harm if they choose to drink.

Dimensions of Wellness: Physical, Intellectual, Social

ALCOHOL EFFECTS ON YOUR BODY

Description: Why do many people feel the need to exercise the day after consuming alcohol? Alcohol generally makes your body feel weak and unhealthy. It is detrimental to physical performance, contains significant caloric intake and can have long term negative health effects. This presentation is geared toward anyone who cares about his or her physical health. Learn how alcohol affects every system of your body and how to prevent negative consequences.

Learning Outcomes: Athletes of all levels will learn how alcohol is detrimental to physical performance, potential long term effects and how to avoid negative consequences.

Dimensions of Wellness: Physical, Intellectual

ALCOHOL EFFECTS ON MEN

Description: Society gives the message to men that they have to drink, and they have to drink a lot. Peer pressure can have dangerous effects. In this session, safe, responsible alcohol consumption will be discussed. Learn about the effects alcohol has on men compared to women and how men are more likely to face negative health and safety consequences.

Learning Outcomes: Students will learn about the drinking habits of males compared to females and common motivations for men to drink alcohol. Students will also learn about the health and safety consequences men are more likely to face if engaging in risky alcohol consumption.

Dimensions of Wellness: Physical, Intellectual, Social

ALCOHOL EFFECTS ON WOMEN

Description: The effects of alcohol and common reasons for consuming alcohol are different for women compared to men. Be a part of this conversation to discuss what motivates each to consume alcohol and how women can drink responsibly and stay safe. Learn how the female body processes alcohol differently than the male body.

Learning Outcomes: Students will learn how women's bodies process alcohol differently than males. Students will also learn the differences in the reasons men and women drink, as well as how to be safe and smart when alcohol is present.

Dimensions of Wellness: Physical, Intellectual, Social

THINK TWICE ABOUT PREGAMING

Description: What is pregaming, and how is it different from consuming alcohol at an event? Have you ever seen a friend not make it to an event because of excessive pregaming? In this session, specific negative consequences associated with pregaming and tailgating will be discussed. We will review risk-reduction strategies that keep everyone healthy and safe.

Learning Outcomes: Students will be able to identify the impact pregaming and tailgating may have on one's health and safety. Students will also be able to recognize risk-reduction strategies.

Dimensions of Wellness: Physical, Environmental, Social

HOW TO HOST A SAFE PARTY

Description: So, you want to host a party next weekend. How do you ensure your guests, yourself and your community stay safe? This session provides an overview of the potential risks associated with hosting a party and helps hosts recognize the strategies needed to keep everyone safe. Clemson party registration policies will also be covered.

Learning Outcomes: Students will be able to list potential risks associated with hosting a party and identify strategies to keep others and themselves safe.

Dimensions of Wellness: Physical, Social

TAKE AS DIRECTED: PRESCRIPTION DRUG MISUSE AND ABUSE

Description: Prescription drug abuse is a rising epidemic among college students. In this session, the health and legal consequences of prescription drug misuse and abuse will be discussed. Learn campus resources, effective bystander intervention strategies and how everyone can help prevent prescription drug abuse.

Learning Outcomes: Students will be able to identify commonly abused prescription medications and the physical and legal consequences of prescription misuse. Students will be able to identify effective bystander intervention methods and on- and off-campus resources.

Dimensions of Wellness: Physical, Intellectual

MARIJUANA 101: HOW ARE THE MIND AND BODY AFFECTED?

Description: Marijuana use is on the rise in the U.S., and many people are unaware what the drug actually contains and how it affects the body. The marijuana available today is at least three times stronger and more dangerous than when it was available in the 1980s. In this session, learn the dangerous effects of marijuana on your body and mind.

Learning Outcomes: Students will be able to discuss the consequences of marijuana use on their body and mind.

Dimensions of Wellness: Emotional, Physical, Social, Intellectual



E-CIGARETTES AND VAPING

Description: Vaping and the use of e-cigarettes, especially among young people, has been a common topic in the news. Vaping and the use of e-cigarettes tripled from 2016 to 2018, based on a national sample of U.S. college students. This session will discuss: Is vaping addictive? What is inhaled if you use e-cigarettes? If you or a friend use, how can you quit or cut back?

Learning Outcomes: Students will learn about the trends regarding e-cigarette use among young people. Students will learn what is inhaled if you use e-cigarettes. Students will learn about the addictive nature of e-cigarettes. Students will gain resources for how to quit or reduce one's use.

Dimensions of Wellness: Physical, Social, Environmental

MENTAL HEALTH

ANXIETY

Description: You're in a new place, away from home, with the stress of school impending. Sometimes college can be a bit overwhelming, and learning how to deal with anxiety can be difficult. This session covers various types of anxiety disorders, tips to manage anxiety, prevalence rates and resources.

Learning Outcomes: Students will be able to identify anxiety symptoms and more effectively combat and manage anxiety while in college. Students will be able to acknowledge the prevalence of anxiety in the US and identify local and national resources.

Dimensions of Wellness: Emotional, Physical, Intellectual

STRESS MANAGEMENT

Description: The life of a college student has its ups and downs. Sometimes we get stuck at the bottom and don't know how to relieve our stress levels. This session covers the impact of stress on our bodies, minds and those around us. A variety of tactics for reducing stress will be discussed.

Learning Outcomes: Students will be able to differentiate between good stress and bad stress. Students will be able to recognize the intellectual, emotional and physical impact of stress. Students will be able to implement various techniques to manage stress, such as eating a balanced diet, cultivating a positive attitude and exercising.

Dimensions of Wellness: Intellectual, Emotional, Physical, Social

EATING DISORDERS

Description: Eating disorders are a common mental health illness that can often go unspoken. With popular trends like 'clean eating' and 'bulking' becoming more popular, it is important to understand the difference between healthy and unhealthy behaviors. This session covers common eating disorders amongst college students and how you can become aware of signs in yourself and others.

Learning Outcomes: Students will be able to recognize symptoms of different eating disorders and will understand the physical and mental impacts of eating disorders. Students will be able to list the components of a multifaceted treatment approach and identify local and national resources.

Dimensions of Wellness: Emotional, Physical, Intellectual, Social

Note: a 15-minute and 45-minute version of this module are available.



MOOD DISORDERS

Description: Mood disorders, as defined by the National Institute of Mental Health, are defined as “a category of mental illnesses in which the underlying problem primarily affects a person’s persistent emotional state (their mood).” You’re in a new place, away from home, with the stress of school impending. Sometimes college can be a bit overwhelming, and learning how to deal with depression and bipolar disorder can be difficult. It is important to stay mentally healthy. This session covers how to recognize and treat depression and bipolar disorder.

Learning Outcomes: Students will be able to identify warning signs of depression and bipolar disorder. Students will learn ways to combat and manage depression and bipolar disorder while in college. Students will be able to acknowledge the prevalence of mood disorders in the US and identify local and national resources.

Dimensions of Wellness: Intellectual, Emotional, Physical, Social

OBSESSIVE COMPULSIVE DISORDER

Description: Obsessive Compulsive Disorder (OCD), according to the National Institute of Mental Health, “is a common, chronic and long-lasting disorder in which a person has uncontrollable, reoccurring thoughts (obsessions) and behaviors (compulsions) that he or she feels the urge to repeat over and over.” Approximately 2.2 million people in the US suffer from this mental health issue. This session covers OCD criteria and treatment options.

Learning Outcomes: Students will be able to define and describe OCD and will understand potential causes of OCD. Students will learn about treatment options and be able to identify local and national resources.

Dimensions of Wellness: Intellectual, Emotional, Physical, Social

INTERPERSONAL VIOLENCE

HEALTHY RELATIONSHIPS AND INTERPERSONAL VIOLENCE PREVENTION

Description: Relationships in college can be confusing and challenging. It is important to understand and seek to build healthy friendships and dating relationships. It is also important to know what constitutes interpersonal violence and ways to prevent it. This session will look at signs of an abusive relationship, what it takes to consent to sexual activity and other important information that leads to happy and healthy relationships.

Learning Outcomes: Students will be able to identify aspects of an unhealthy relationship. Students will be able to describe what is needed to consent to sexual activity.

Dimensions of Wellness: Emotional, Social, Physical, Environmental

BYSTANDER INTERVENTION

STEP UP! BYSTANDER INTERVENTION PROGRAM (90 MINUTES)

Description: Have you ever witnessed a problematic situation and wanted to help but didn’t? This situation is more common than you may think. Step UP! is a comprehensive bystander intervention program that teaches you why and how to intervene in a variety of circumstances (e.g., alcohol overconsumption, hazing, discrimination, concern of interpersonal violence). Be ready to step up and intervene the next time a problematic situation arises.

Learning Outcomes: Students will learn why it is important to intervene and various ways to safely intervene. Students will grow in their willingness and confidence to intervene. Students will grow in their responsibility to assist those around them.

Dimensions of Wellness: Social, Emotional, Intellectual, Environmental

Step UP! is a national program developed by the University of Arizona C.A.T.S Life Skills Program and adapted for Clemson University.



SEXUAL HEALTH

SEXUAL HEALTH: LET'S TALK ABOUT "IT"

Description: Having a conversation about sex can be difficult at any age, but it's important to be sexually responsible, communicate with your partner and take steps to keep yourself healthy, if you choose to have sex. This session will discuss how to talk with your partner before engaging in sexual activities, methods of contraception, STI prevention and testing, and reliable sexual health resources.

Learning Outcomes: Students will be able to establish an understanding how to communicate with their partner, if they choose to have sex. Students will be able to identify options of contraception and protection, gain an understanding of STI/ HIV testing and prevention, and identify reliable resources for sexual health.

Dimensions of Wellness: Physical, Emotional, Intellectual

GENERAL WELLBEING

DREAM ON: THE IMPORTANCE OF SLEEP

Description: Have you ever pulled an all-nighter? Then you've likely experienced the impact lack of sleep has on the body and mind. This session will discuss the physical and psychological impacts of sleep, and lack thereof. Learn the importance of sleep and how to incorporate enough Zzz's into your busy routine.

Learning Outcomes: Students will be able to identify the physical and psychological benefits of sleep, as well as the impact lack of sleep has on the individual.

Dimensions of Wellness: Physical, Emotional, Intellectual

HEALTHY EATING

Description: Whether you are brand new to Clemson or a seasoned student, you may not know where or how to eat healthy on and off campus. In this session, learn how to recognize healthy food options in the dining halls, restaurants in town and the local grocery stores that nourish your body. Also learn how to read a food label, eat healthy on a budget and strive for balance when eating and exercising.

Learning Outcomes: Students will be able to list methods for identifying healthy food options and learn how to strive for balance in terms of healthy eating and exercising behaviors.

Dimensions of Wellness: Physical, Environmental

DIMENSIONS OF WELLNESS

Description: We all strive for wellness, but what does that actually mean and how do you find balance in your life? This session will explore the dimensions of wellness and discuss ways to incorporate them in your life. Also learn how to improve in areas you may be weak or lacking in.

Learning Outcomes: Students will become more familiar with the dimension of wellness and learn how to incorporate each into their daily lives at Clemson.

Dimensions of Wellness: Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social, Spiritual



AWAY WE GO: HEALTH AND WELLBEING WHILE ABROAD

Description: You have your passport, and you're ready for the adventure of a lifetime! Before you depart, it's important that you consider the impact your journey may have on you. This session will discuss travel practices that will help keep you safe and healthy while abroad.

Learning Outcomes: Students will be able to identify health risks associated with international travel and list strategies for remaining safe and healthy while abroad.

Dimensions of Wellness: Environmental, Physical, Emotional, Intellectual

GRADUATE STUDENT HEALTH AND WELLBEING

Description: The graduate student experience varies greatly from the undergraduate experience. Graduate students have many of their own needs when it comes to health and wellness. This session will discuss some of the primary health issues faced by graduate students, as well as appropriate strategies to remain well throughout the graduate experience. This session may be customized to meet the needs of individual graduate student programs or organizations.

Learning Outcomes: Students will be able to recognize the health issues typically faced by graduate students and identify strategies for maintaining a healthy lifestyle while continuing their education.

Dimensions of Wellness: Occupational, Social, Intellectual, Emotional

THE MEN'S GUIDE TO HEALTH

Description: This session will discuss specific health topics and concerns for men, including physical health, exercise, nutrition and emotional health.

Learning Outcomes: Students will be able to identify health concerns and how these may be prevented. Men will identify strategies to stay healthy in terms of exercise, nutrition and emotional health.

Dimensions of Wellness: Emotional, Physical, Intellectual

THERE'S AN APP FOR THAT: PROMOTING HEALTH VIA TECHNOLOGY

Description: Did you know that you can use your phone, laptop or tablet to help track and reach your health goals? But where do you start? The technological resources available today are enough to make anyone's head spin. This session will identify apps and online resources that bring reliable information and health promotion strategies right to your fingertips.

Learning Outcomes: Students will be able to identify apps and websites that contain reliable health information and recognize how they can implement these technological resources into their health routine.

Dimensions of Wellness: Physical, Emotional, Intellectual

