HEALTHY CAMPUS EDUCATION MODULES

The programs listed below are 10 minute modules that can either be stand-alone programs or combined to cover several topics in one session. Please visit clemson.edu/healthy-campus/request-a-program.html 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

BE A MAN: 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 presentation, we will discuss safe, responsible alcohol consumption. Students will 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: Men will learn about the drinking habits of males compared to females and common motivations for men to drink alcohol. They will also learn about the health and safety consequences they are more likely to face if engaging in risky alcohol consumption.

Dimensions of Wellness: Physical, Intellectual, Social

DON'T GET BENCHED: THE IMPACT OF PREGAMING AND TAILGATING
Description: What is pregaming and how does 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, we will discuss specific negative consequences associated with pregaming. Tailgating is also a form of pregaming. 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

GAME ON! 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. We will 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
GIRLS JUST WANT TO HAVE FUN: 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: Women will learn how their bodies process alcohol differently than males. They 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

JUST LIKE A PILL: PRESCRIPTION DRUG MISUSE AND ABUSE
Description: Prescription drug abuse is a rising epidemic among college students. In this session, we will discuss the health and legal consequences of prescription drug misuse and abuse. This program will also cover 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

LIFE OF THE PARTY: 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. We will also cover the party registration policies currently in place in Clemson.

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

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 what was available in the 1980s. In this module, we will discuss 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

MENTAL HEALTH
BRINGING AWARENESS TO 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 for college students to understand the difference between healthy and unhealthy behaviors. We will review common eating disorders amongst college students and how they can become aware of symptoms and signs for themselves and others.

Learning outcomes: Students will be able to recognize warning signs for different eating disorders and understand how they can begin to manage this with campus resources.

Dimensions of Wellness: Emotional, Physical, Intellectual, Social
MENTAL HEALTH CONTINUED

DEPRESSION AND 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 depression or anxiety may develop for some. Maybe you have received counseling for mental health concerns in the past. Help is available so you can be mentally and physically healthy. In this session, students will learn how to recognize the symptoms of depression and anxiety in themselves or a friend, learn ways to build resiliency, and be able to identify on- and off-campus resources.

Learning Outcomes: Students will be able to identify the symptoms of depression and anxiety along with on- and off-campus resources. Students will also discuss health promotion strategies to be well mentally and physically.

Dimensions of Wellness: Emotional, Physical, Intellectual

I WILL SURVIVE: STRESS AND RESILIENCE

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 ourselves from stress. In this session, we will discuss the impact of stress on our bodies, minds and those around us. We will review tactics for reducing stress and finding resilience within ourselves.

Learning Outcomes: Students will be able to recognize the intellectual, emotional, and physical impact of stress. Students will also be able to define resilience and identify strategies for managing stress in a successful and healthy manner.

Dimensions of Wellness: Intellectual, Emotional, Physical, Social

SLEEP

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. In this session we will discuss the physical and psychological impact of sleep, and lack thereof. Students will learn the importance of sleep and how to incorporate enough Zzz's into their busy routines.

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

WELLNESS

AN ORANGE A DAY: WELLNESS AND BODY IMAGE

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, we will discuss how to recognize healthy food options in the dining halls, restaurants in town and the local grocery stores that nourish your body. We’ll 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

AWAY WE GO: HEALTH AND WELLNESS 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. In this session, we will discuss travel practices that will 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
WELLNESS CONTINUED
EIGHT DIMENSIONS OF WELLNESS
Description: We all strive for wellness, but what does that actually mean and how do you find balance in your life? In this session, we’ll explore the eight dimensions of wellness and discuss ways to incorporate each in your life and how to improve in areas you may be weak or lacking in.

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

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

#GRADLIFE: HEALTH AND WELLNESS FOR GRADUATE STUDENTS
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. In this session, we will discuss some of the primary health issues facing graduate students as well as appropriate strategies to remain well throughout the grad 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: In this session, we will discuss specific health topics and concerns for men including physical health, exercise, nutrition and emotional health.

Learning Outcomes: Men 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 you track and reach your health goals? But where do you start? The technological resources available today are enough to make anyone’s head spin. In this session, we 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 may implement these technological resources into their health routine.

Dimensions of Wellness: Physical, Emotional, Intellectual

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. In this session, we 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
SEXUAL HEALTH
SEXUAL RESPONSIBILITY: 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 and communicate with your partner while also taking steps to keep yourself healthy. In this session, we’ll discuss how to talk with your partner before engaging in sexual activities, methods of contraception, STI prevention and testing, and show you great, reliable sexual health resources.

Learning Outcomes: Students will be able to establish an understanding how to verbally communicate with their partner about sex, 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