



Presentations

THE SCSU WELLBEING CENTER PROVIDES WELLBEING PRESENTATIONS DESIGNED TO PROMOTE HOLISTIC WELLBEING AMONG THE SOUTHERN COMMUNITY.

1 INTRODUCTION TO WELLBEING

Find out about wellbeing-related resources, the dimensions of wellbeing, and their impact on success.

2 AFFIRMATIVE CONSENT (VPAS)

Dive into mutual respect in relationships and the essence of affirmative consent

3 BUILDING STRONG, HEALTHY RELATIONSHIPS (VPAS)

Discover the components of emotionally healthy relationships, from trust to emotional intelligence.

4 COMPREHENSIVE SEXUAL HEALTH AWARENESS

Equip yourself with knowledge on sexual health, reproductive facts, and STI prevention.

5 UNDERSTANDING SUBSTANCE USE & ADDICTION

Delve into the consequences of substance misuse and discover coping strategies.

6 EMBRACING SELF-CARE IN STRESSFUL TIMES

Learn stress management and essential self-care techniques for college students.

7 PRIORITIZING SLEEP HYGIENE

Explore rejuvenating sleep principles and challenges to restful sleep.

8 SUPPORTING STUDENTS IN DISTRESS: A GUIDE FOR FACULTY/STAFF

A workshop for faculty and staff on recognizing and aiding students in distress.

9 IDENTITY, SOCIAL JUSTICE, AND WELLBEING

Examine the intersections of identity, social justice, DEI, and antiracist initiatives in wellbeing promotion.

SCAN QR CODE TO
REQUEST A PRESENTATION



For requests for a topic not listed above, contact wellbeing@southernct.edu