

# our mission

The Office of Wellness Promotion engages students in intentional educational opportunities to cultivate life-long learning and a community of well-being.



715 South New Street  
Student Health Services Entrance  
West Chester, PA



610-436-0730



wellness@wcupa.edu



[www.wcupa.edu/wellness](http://www.wcupa.edu/wellness)

Follow us on social media at  
**WCUWellnessPromotion**



## Wellness Promotion

West Chester University  
Division of Student Affairs

# about us

The Office of Wellness Promotion provides a series of educational opportunities. Some of these opportunities are individualized sessions with staff while others may be leadership opportunities or campus events. Education provided focuses on a variety of interconnected themes to help students not only figure out what wellness means to them, but also find community with other Golden Rams. Studies have indicated that individuals develop their foundation of well-being in college and we are here to help you along your journey.

## Educational themes

- Alcohol
- Tobacco
- Cannabis
- Other Drug Education
- Sexual Health
- Mental Health
- Well-being
- Health Promotion
- Nutrition
- Physical Activity

# Programs and Services

## Wellness Coaching

Wellness Coaching is an individualized process where students are empowered to enhance their well-being through goal setting & support on topics such as stress, transition, finding community, and more!

## BASICS/CASICS

Brief Alcohol Screening & Intervention for College Students (BASICS) and Brief Cannabis Screening & Intervention for College Students (CASICS) are individual conversations around substance use with a trained staff member.

## CHOICES

CHOICES is a 90-minute group session that engages students in learning about alcohol use and applying it in their individual life circumstances.

## Co-curricular Workshops

Wellness Promotion hosts a series of educational workshops on a variety of topics through D2L and in person as part of the University's co-curricular transcript.

## Peer Education Team

Wellness Promotion employs students who are certified as peer educators. These students assist with providing peer-to-peer education around campus.

## Internships

Wellness Promotion supports undergraduate and graduate student interns in the Public Health department as part of their field work experience.

## Campus Events

Campus events are held throughout the year and online. They previously have included *Ask the Sexpert*, *Destress Fest*, & *Check Up from the Neck Up*.

