

Presentation Title::

Cultivating a Sustainable Culture of Wellness on College Campuses

Primary Track:

Higher Education

Population Addressed:

Young adults, Men, Women (specifically students, staff, faculty, and administrators on college campuses)

Additional Track:

Worksite Wellness

Breakout Abstract/Program Book Listing:

As budgets dissipate on many college campuses, sustainability becomes a topic of particular interest for wellness coordinators. At Slippery Rock University of Pennsylvania, wellness coordinators have strategically utilized resources, established partnerships, and developed curriculum in a variety of majors to help support and sustain a multitude of ongoing wellness initiatives. The purpose of this session is to share some of these award-winning programs and the mechanisms utilized to make them sustainable.

Objective 1::

identify best practices in developing effective university wellness initiatives

Objective 2::

identify mechanisms for creating sustainable university wellness initiatives

Objective 3::

develop a strategic plan for building a sustainable culture of wellness on college campuses

Instructional Level:

Introductory

Primary Teaching Method:

Lecture with audio/visual (e.g., slide presentation)¹

Additional Teaching Method:

Experiential or Participatory Activity (e.g., practice using a skill)

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| Total Score: | 29.00 |
| Relevance and Value: | 5 |
| Learning Objectives: | 5 |
| Teaching Methods: | 2 |
| Evidence-based/Best Practices: | 4 |

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|---|--------------------------------------|
| References: | 4 |
| Practical Application: | 4 |
| Practical Tools: | 5 |
| Please select (1) main track YOU think this session best fits.: | Higher Education |
| Select one (1) additional sub-track YOU think this session best fits into. If you do not feel it fits into multiple tracks, please select "none.": | Integrative Health/Mind-Body-Spirit2 |
| Would you recommend this program?: | Poster |

Please share any additional comments about this proposal:

Great topic. As the content is predominately "information based", I suggested a poster session as more appropriate. Breakout sessions that are minimally interactive and contain content that does not call for active learning can be daunting for participants. As this information is so important to those in higher education, a poster session may be of best benefit. The presenters can also consider disseminating additional information to attendees for future reference.