

The Office of Student Support and Wellness Promotion: Wellness and Meeting Student Needs

Come learn more about the Office of Student Support and Wellness Promotion and the resources that are available.

- We focus on 8 major areas of wellness: **Physical, Social, Emotional, Spiritual, Educational, Multi-cultural, Professional, and Environmental**
- We **collaborate and co-sponsor** with numerous individuals and offices to promote well-being in all aforementioned areas, as we are aware that wellness cannot be feasibly housed in a singular space and requires a high level of education and collaboration.
- Our motto is: "*Caring for the whole person requires the support of the whole community.*"

What we know about Generation Z:

1. These students are the **loneliest** generation of students with whom we have worked
2. They are **digital natives** who have been technologically saturated. Various forms of electronics/electronic accessibility are considered to be "necessities," as opposed to "luxuries."
3. Despite being immersed in a world of social media and often public communication, this generation is very **private**.
4. Generation Z grew up in a **world that, quite possibly, never felt safe to them**, as 9/11 (which is actually an historical event to most of this generation), international terrorism, and massive shootings and destruction have framed the way they view the world.
5. They are **fiscally responsible**, and many of the students in this generation were directly impacted by the recession and financial crisis in the U.S.
6. These students are **health conscious**.
7. Generation Z is an **accepting** generation and **tolerant** of differences.

In an effort to offer distinct forms of assistance for students who are struggling, we focus on creating comprehensive and tight support networks for students, in addition to devising and implementing wellness programs that are relevant and effective among today's college student. Some of these efforts have included:

- VIVA WELLNESS COLOR RUN (a 2 mile run through campus to benefit VIVA HOUSE soup kitchen in Baltimore City)
- Bubble Soccer
- Late Night Art Events
- Ladies' Night at the FAC
- Pillow Mist Night at the Women's Center
- Divas In Defense
- Nutritious food samples and snacks with corresponding nutritional information and recipes in Boulder and the FAC
- Flu Shot campaign
- Relaxation Stations
- GO MOVE CHALLENGE
- Exercise is Medicine
- Yoga Nights on the Quad
- Zumba classes
- WELCOME STUDENTS party on the Quad*
- BSA fashion show*
- UMOJA*
- WAZOBI*
- MOSAIC luncheon*

**indicates events co-sponsored with ALANA Services*

Our goal is to get students to the point where they can strive for holistic wellness and consciously endeavor to incorporate wellness strategies into their daily lives.

As we are witnessing epidemic levels of psychological distress, such as anxiety and depression, suicidality, substance-use disorders, and relationship violence, we are making efforts to provide positive ways to live in community, engage in harm-reduction practices, and promote life-style changes that augment a sense of overall well-being.