

Learning Outcomes

Student Wellness Center

Students will foster an understanding of and appreciation for holistic wellness.

- Students will be able to identify the nine dimensions of wellness.
- Students will learn to incorporate and embrace holistic wellness in their personal lives.
- Students will serve as healthy and upstanding role models to peers, classmates, and citizens.

Students will develop as leaders and professionals in an ever-changing environment.

- Students will engage in opportunities that contribute to their professional and academic goals.
- Students will demonstrate leadership in team-oriented work situations.
- Students will learn to adapt quickly to changing situations while thinking critically and producing quality results.

Students will provide unbiased support and assistance.

- Learn to professionally and nonjudgmentally discuss behaviors that impact health.
- Incorporate the nine dimensions of wellness into discussions.
- Gain confidence in delivering presentations to groups.