

WELLNESS AMBASSADORS

STUDENT WELLNESS CENTER
2015–2016



**THE OHIO STATE
UNIVERSITY**

OFFICE OF STUDENT LIFE

WELLNESS AMBASSADORS

45 Wellness Ambassadors contributed over 2,500 volunteer hours by helping their peers connect to resources, truly experience wellness and maintain a healthy lifestyle.

WELLNESS AMBASSADOR OUTCOMES

“Being involved in the Wellness Ambassador program has **pushed me** to be more outgoing when doing public speaking and my communication skills have improved by doing presentations and outreach events.”

“I gained public speaking skills, which I completely lacked prior to joining this program. I've met a lot of awesome people, and made some good friends. It **gave me confidence** to talk about my specialties and I use that knowledge to help others outside of the SLSWC.”

“I have **learned life skills**, made friends and gained confidence. I also have built some great relationships with the staff in the SLSWC.”

“I have been able to work with awesome people, **grow a passion** for helping others and become more well-rounded in my personal wellness.”

AWARDS

BACCHUS Region IV-East
“Outstanding Peer Education Group”
NASPA Excellence Gold recipient in the
Student Health Wellness, Counseling category.



OUTREACH

*Wellness Ambassadors implemented and attended **20 outreach events** reaching over **2,600 students**. Outreach events have taken place at the Ohio Union, inside and outside the RPAC, the Oval and north campus.*



AS A RESULT OF THIS PROGRAM

84% of students strongly agree or agree that as a result of this program, I am more aware of how my wellness may influence my ability to reach personal goals.

94% of students strongly agree or agree that as a result of this program, I can identify at least one campus resource.

88% of students strongly agree or agree that this program provided me with information that I can use.

PARTNERSHIPS HAVE INCLUDED

The College of Nursing, University Libraries, Off-Campus and Commuter Student Services, Counseling and Consultation Services, Multicultural Center, Recreational Sports, Sexual Civility and Empowerment, Sorority and Fraternity Life, Undergraduate Student Government, 8th Floor Improv, Buckeyethon, Student Athlete Support Services and the Office of Sustainability.

PRESENTATIONS

*Wellness Ambassadors facilitated **120 presentations** reaching over **3,800 students**.*

Presentation topics include alcohol education, stress and time management, safer sex, nutrition, fitness, body image, tobacco free education, prescription drug misuse/abuse and marijuana. Audiences have included but not limited to First Year Success Series, Residence Halls, Greek Life and Survey Courses.

PRESENTATION OUTCOMES

“**Fitness and nutrition** don’t have to just be at the gym. Good nutrition helps all aspects of life and fitness can be done anywhere.”

“[I learned] about the **free resources** at the Student Wellness Center.”

“[I learned] how to integrate the **nine dimensions of wellness** into my daily life.”

“**Setting up attainable goals** can help reduce stress anxiety about the future.”



WELLNESS AMBASSADOR DEVELOPMENT PROGRAM

*Trained the largest class of the program to-date, with **32 new wellness ambassadors** completing the Development Program in Spring 2016. **17 academic majors and all grade levels** were represented.*

DEVELOPMENT PROGRAM OUTCOMES

“Some skills I’ll definitely use are **communicating** with peers and co-presenters, **speaking** in front of large groups of people, **organizing** events and presentations. Time management is a skill that I will utilize in the months to come while I continue in developing as a wellness ambassador.”

“I definitely learned helpful **presentation skills** that will be applicable to not only any future profession, but with anything I choose to tackle in life. Also, developing my skills of working in a group, like we talked about and used in WADP, will be very important to any hospital situation I will hopefully find myself in for the years to come.”

“I hoped to become a **better student**, friend, mentor and person through this program (WADP) and with my new skills, I was able to do that.”

AFTER COMPLETING THE PROGRAM

100% of ambassadors feel more equipped to make a positive change in their personal lives.

95% of ambassadors strongly agree or agree that the program provided them with practical knowledge that they could not have gained through coursework.

95% of ambassadors strongly agree or agree that they have a better understanding of their strengths.

