



EDUCATIONAL PROGRAM OFFERINGS FALL 2020

This is a complete list of all programs being offered by Student Health and Wellness during the Fall 2020 semester for the Storrs Campus. All programs will be conducted virtually until further notice.

To request one of these programs, or to request a guest speaker, please click [here](#). If you are an FYE instructor on the Storrs Campus looking to book a presentation for your class, please click [here](#) for resources.

Programming options may vary depending on campus. For more information about programming for regional campuses, please email joleen.nevers@uconn.edu

ALCOHOL AND OTHER DRUG EDUCATION

FACTS ON TAP

Compete in a team-based trivia game that tests your knowledge about alcohol! Trivia topics include BAC, tolerance, how the body metabolizes alcohol, and how to help your friends stay safe!

RECOVERY ALLY TRAINING

Through an interactive two hour session, the Recovery Ally Training program exists to expand awareness, sensitivity, and support to any individual on the University of Connecticut campuses in (or seeking) recovery from substance use disorders.

MENTAL HEALTH

HELPING STUDENTS IN DISTRESS

This informative and interactive workshop helps participants learn the warning signs that someone is in distress, basic helping skills, and provides an overview of campus and national resources for those in crisis.

ASK, LISTEN, REFER

This program is designed to help students, faculty, and staff prevent suicide by teaching them to: identify people at risk for suicide, recognize the risk factors, protective factors, and warning signs of suicide, and respond to and get help for people at risk. This is a self-guided training that can be completed by clicking [here](#).

PHYSICAL ACTIVITY & NUTRITION

THE SCIENCE OF EXERCISE

This practical and informative workshop helps participants understand the science behind their favorite gym routine or exercise class, provides information about starting a new exercise routine, and how to fit it into your busy schedule.

NUTRITION FOR THE COLLEGE STUDENT

Navigating eating well for energy, academic success, and overall health can sometimes be challenging as a busy college student. Participants will learn strategies for eating nutritionally sound food on a college campus. Participants will also hear the facts about commonly heard nutrition myths and diets.

SEXUAL HEALTH

RUBBERWEAR

Are you condom savvy? Find out during the award-winning Rubberwear! Learn about all the different condoms, dental dams, and lubrication that Student Health and Wellness offers through interactive activities, such as flavored lube tastings, condom relay races, and much more!

SEXUAL HEALTH BINGO

Test your sexual health knowledge by joining the UConn Sexperts for Sexual Health Bingo! Compete against your friends while learning all about a variety of topics, including safer-sex, contraception, sexually transmitted infections (STIs), and more! Visitors are optional.

Be well. Feel well. Do well.