



EDUCATIONAL PROGRAM OFFERINGS SPRING 2021

This is a complete list of all programs being offered by Student Health and Wellness during the Spring 2021 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.

ALCOHOL, ME, AND MY COMMUNITY

Join Student Health and Wellness for an interactive discussion about navigating alcohol within your community. We'll explore what you love most about your community, unpack the science of alcohol's effects on the body, and discuss ways to both manage risk and keep your community healthy.

This program is open to any fraternity or sorority member and delivered virtually on the following dates from 7-8pm during the Spring 2021 semester: Monday, February 8th, Sunday, February 21st, and Sunday, March 28th.

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](#).

NUTRITION & PHYSICAL ACTIVITY

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

SEXUAL HEALTH SHOWDOWN

Test your sexual health knowledge by joining the UConn Sexperts for Sexual Health Showdown! Compete against your friends via Kahoot while learning all about a variety of topics, including safer-sex, contraception, sexually transmitted infections (STIs), and more! This is an online version of Sexual Health Bingo.

Be well. Feel well. Do well.