

Wellness Center Programs

1. How to help a friend, alcohol

Your friend is passed out from drinking too much and you're wondering if he will get alcohol poisoning—do you know what to do? You have concerns about your friend's drinking—do you know what to say? Your friend has been drinking and is getting ready to drive home—do you know how to take away his keys? Come get tips on how to help someone you care about.

2. How to help a friend...with almost anything

Pick the topic: Depression? A possible eating disorder? Drug use? It's hard to know what to say/do as a friend. You want to help, but how? Come to this program to get some concrete tips, and learn how to be a good friend to someone, without overwhelming yourself in the process.

3. Party Smart

If you've chosen to drink, become informed about ways to reduce your harm and risk. If you don't drink, learn what you need to know to look out for your friends. Learn about serving sizes, BAC, what 'responsible drinking' really means, signs of abuse and tips for being safe and smart, for you and your friends. Important info for all college students!

4. Sex in the Village

There's a lot to know about STDs—what they are, how they are contracted, and how to protect yourself/others. Includes demonstration of barrier methods (male and female condoms and dams), and free condoms for participants. This program can be lengthened to include more information on contraception (other than barrier methods). Get educated; get protected.

5. Sexual Jeopardy

I'll take Chlamydia for 100, Alex! Yep, it's Jeopardy with a sexual health twist. Lots of fun and educational questions make this program a hit. Learn more about this important topic and become informed while having a good time with your friends.

6. Sex in an Envelope (new)

Sometimes casual sex can leave you safe, but other times, not so much. This fun program gives students a chance to see what's in their envelope and learn how to stay safe if being sexually active.

7. Sex in the Dark (new)

Are you having sex in the dark? If you are in the dark about someone's sexual history, the answer is yes! When you sleep with one person, you are essentially coming into contact with everyone they've ever been intimate with, and this program drives home that fact in a fun, interactive way. Sure to get a group talking!

8. "I'm not crazy, I'm just a little unwell"

Everyone is striving for more 'balance' in their life, but how do you do that? Come explore the different dimensions of wellness: Physical, emotional, intellectual, spiritual, social wellness, academic/occupational—what's your state of wellness in each of these areas? Understand how these components can contribute to a feeling of balance in your life.

9. Weight loss and Nutrition Myths

"I'm tired of dieting. . . it's always the same old thing." Have you thought this lately? This program offers realistic suggestions for maintaining a healthy lifestyle, sticking to your weight loss goals and feeling better about ourselves. Come see how a few minor changes can help!

10. Understanding Body Image Issues

What do you think when you look in the mirror? You'd be surprised how much body image can be connected to self-esteem. Find out how to improve your body image, and how to manage messages the media sends about 'the perfect body'. We'll also touch on eating disorders as well.

11. Where does all the time go!?!?

Got a minute? Come to this program and find out where all your other minutes have gone! Learn more about the connection between time management and stress management, and how to get a better handle on your time. Time management is an important skill for college success. Take a time management quiz to see how you really have been spending your time, and find a solution!

12. How to Relax and Manage Stress

Learn where your stress is coming from, and how to make it work for you. Get tips on how to best manage your current stress, and what changes you can make in your life to avoid stress in the future. Pick up some handy techniques you can actually use in those stressed-out moments! You'll learn some breathing techniques as well as other options to deal with stress.

13. Can't we all just get along?

Passive, assertive, aggressive or passive-aggressive: Do you know how to successfully deal with these different types? Which are you? Would others agree? Learn more about these, and how to get along with others.

14. "He said he wants to die—what am I supposed to do?"

What are you supposed to do or say if you think a friend is contemplating suicide? What are some of the signs? Do you know how to help yourself if it happens to you? We'll sort through these questions and give you what you need to know to be a good friend.

15. Sexual Assault: Talking about a taboo topic

Sexual assault by acquaintance is more common than 'stranger rape', but what exactly is 'sexual assault'? How do you define it? We'll talk about this, and explore different scenarios where communication and sexual assault issues come into play. You'll also learn what to do if sexual assault happens to you or a friend.

16. "I think her boyfriend hits her—what should I do?"

What are the red flags that a relationship might be abusive? How exactly can you tell if a relationship is healthy? This program will explore these issues, as well as the myths about dating violence and how to help a friend you think might be being abused.

17. How to get your needs understood in a conflict

Ever wish people would just 'get you and get over it'? Unfortunately, that's not always the case and conflicts do happen. Learn the keys to having your needs understood, and how to understand others. Find out a few tips for successful conflict resolution and how better communication skills can lead to more enjoyable relationships with others.

18. McDreamy or McNightmare? How to tell if someone is right for you

Mr. Right or Mr. Wrong? Ms. Right or Ms. Wrong? Which is it and how you know? How do you attract the person you want? Everyone has expectations about lasting relationships. We'll have fun talking about it as you learn about enjoying more success in your dating life.

19. "I think my roommate could be dangerous"

Not sure whether someone you know is really dangerous? Ever wondered if you should let someone know about the 'red flags' you've noticed? What are the 'red flags' anyway? In light of events like Columbine and Virginia Tech, get educated about threat assessment issues. Come find out what to look for, what to do to protect yourself and others, and how you can help your campus community stay safe.

20. "Banish boredom and get out there!"

Sure, you go to school here, but have you explored your surroundings? Looking for a new restaurant, interested in some entertainment options, or want to check out some outdoor recreation in SWFL? If you're looking for ideas on something new to try, check out this program. Get some leads on great ways to spend your time in the area as you settle into life at FGCU. Discuss the great finds of SWFL with other students and get out there!

21. "Sexual Assault: How Men Can Help" (For Men Only) (new)

Presented by Dr. Mike Ghali from Counseling & Psychological Services (CAPS), this program facilitates discussion among men about sexual assault. Topics include how to keep yourself & your friends from being accused of inappropriate conduct, how to help a friend who has been assaulted and the legal aspects of sexual assault.

** Programs subject to change*

*** Want a program you don't see here? Ask and we'll see what we can do!*

TO REQUEST A PROGRAM, PLEASE CONTACT: Priya Thomas, Prevention & Wellness, pthomas@fgcu.edu

Prevention & Wellness now has a new location: Wellness Center, right hand side of the building.