

Balancing Wellness and Academic Success in College

Anisha Patel

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Institute for Women's Leadership

The Leadership Scholars Certificate Program is a two-year selective, interdisciplinary certificate program that prepares Rutgers undergraduate women to be informed, innovative, and socially responsible leaders.

Leadership Scholars design and implement social action projects to expand their understanding of issues and problems and to develop leadership skills.

This project gives Scholars the opportunity to apply the theoretical knowledge they have gained about leadership, advocacy, and social change with the practical and experiential knowledge they have developed about a particular policy issue or problem through the field site placement. It also further develops leadership skills by giving undergraduates the opportunity to *practice leadership through* action.

To find out more please visit the Institute for Women's Leadership's website at <http://iwl.rutgers.edu>.

What is Wellness?

- ★ Combination of physical, mental, and spiritual well-being
- ★ A process that takes conscious effort

9 Dimensions of Wellness

<p><i>Social Wellness</i></p>  <p>finding fulfillment through social interaction and relationship-building</p>	<p><i>Physical Wellness</i></p>  <p>finding fulfillment through positive health behaviors such as exercise & healthy eating</p>	<p><i>Emotional Wellness</i></p>  <p>finding fulfillment through emotional expression and self-awareness</p>
<p><i>Occupational Wellness</i></p>  <p>finding fulfillment through work & professional opportunities</p>	<p><i>Intellectual Wellness</i></p>  <p>finding fulfillment through intellectual stimulation & learning</p>	<p><i>Financial Wellness</i></p>  <p>finding fulfillment through managing current & future financial situations</p>
<p><i>Spiritual Wellness</i></p>  <p>finding fulfillment through different forms of faith</p>	<p><i>Environmental Wellness</i></p>  <p>finding fulfillment through harmony with nature</p>	<p><i>Multicultural Wellness</i></p>  <p>finding fulfillment through cultural pride & acceptance of other cultures</p>

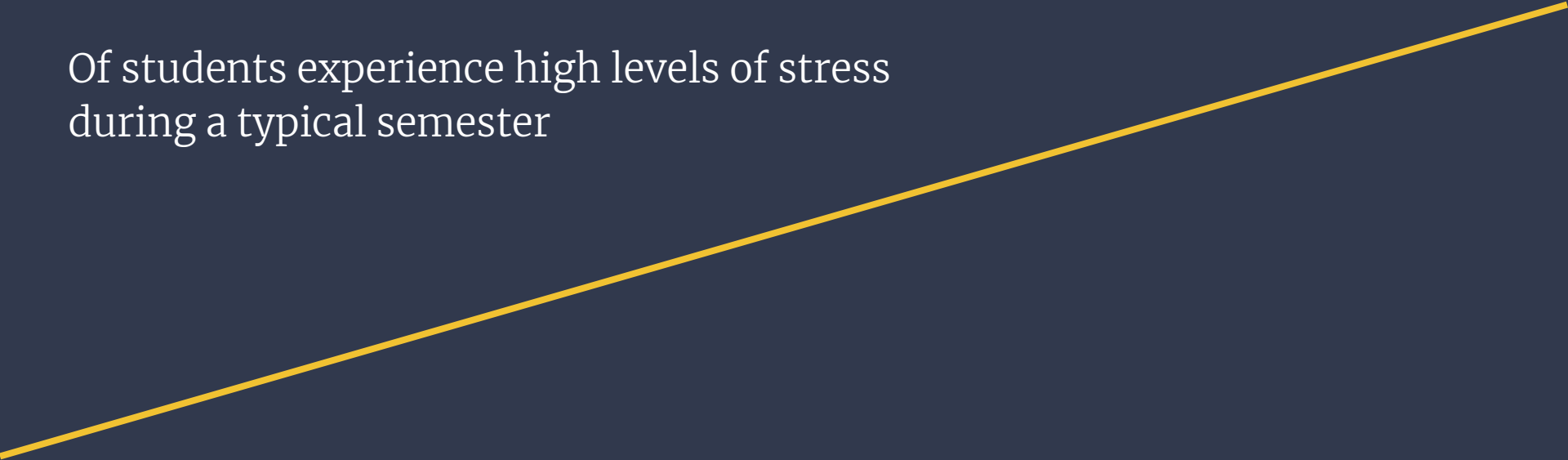

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Source: Honors College Wellness Committee

52%

Of students experience high levels of stress
during a typical semester



High levels of stress lead to...

- ★ Dismissal of the need to eat a balanced diet, get enough sleep, and avoid smoking and drinking (Hudd, et al., 2000)
- ★ Anxiety, mood changes, and conflict in relationships (Britz & Pappas, 2010)

These behaviors increases risk for developing additional serious health issues, including heart disease and lung problems

So what can we do?

- ★ Educate– workshops and health fairs are effective methods of health education (Kloss, et al., 2016; Dillon & Sternas, 1997)
 - Students consider peer educators to be credible sources for health–related information (Zullig, et al., 2012)
- ★ Recognize and address barriers to access
- ★ Target at–risk students
 - Women are more likely to experience stress, and these stressors are gender–specific

Building on last year's framework

- ★ Incorporating Rutgers resources
 - HOPE programs
 - Rutgers Recreation – Wellness on the Go
- ★ Targeting each dimension of wellness with intentional activities

A poster for the Wellness Fair. The background is a vibrant, abstract image of water with green and blue tones. The text is white and centered. At the top, it says 'HONORS COLLEGE STUDENT WELLNESS COMMITTEE'. Below that, 'WELLNESS FAIR' is written in large, bold letters. The description follows: 'Explore the dimensions of wellness with fun activities and workshops. There will be Harry Potter yoga, raffle prizes, potted plants to take home and more!'. The date and time are 'SEPTEMBER 6, 2019 • 1 - 4PM' and the location is 'DRUSKIN (SOUTH) LOUNGE'. At the bottom, it says 'Workshops will run from 1-2 PM and 3-4 PM. Yoga will run from 2-3 PM. Be sure to bring a mat or towel!'. The footer contains social media icons, the Rutgers logo, and the text 'RUTGERS Honors College | New Brunswick'.

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Gratitude
Boxes



Wellness Fair
In Action



Mason jar
Coin Banks

Sustainability

- ★ Planting a seed means it will bloom after I have left
- ★ HC Student Wellness Committee will continue to build upon the Wellness Fair
 - They can use my mistakes and successes to continue to improve
- ★ In the future— spread the message to more communities at Rutgers

References

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