

# Identify Services That Promote Student Well-Being

According to *A Guide to Campus Mental Health Action Planning* <https://go.edc.org/CampusMHAP> (p. 17), students need to develop critical life skills in four main areas:

1. **Relationships/Interpersonal communication** (e.g., workshops on dating and relationships or conflict resolution)
2. **Physical fitness/Health** (e.g., class in yoga, meditation, healthy eating),
3. **Problem-solving/Decision-making** (e.g., a time-management workshop)
4. **Identity development** (e.g., information on adjusting to college, support groups for students questioning their sexual/gender identity)

Providing information, materials, activities, and services in these areas can help students thrive and overcome challenges they may face at college.

*Identify and assess what is available on your campus that promotes student health and well-being.*

	Is your campus doing something in this area for students? Why or why not?	If yes, what is your campus currently doing?	Is this effort working? What data or feedback do you have indicating its effectiveness?	What else could you do? Or, what could you do in place of current activities that aren't effective?
<b>Relationships/ Interpersonal communication</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No Reason why/why not:			
<b>Physical fitness/ Health</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No Reason why/why not:			
<b>Problem-solving/ Decision-making</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No Reason why/why not:			
<b>Identity development</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No Reason why/why not:			