

## Well-Being

We all agree: your student's well-being is of utmost concern. We want them to flourish, to learn from mistakes, to experience triumphs and to stay healthy. And there are ways you can help in that:

### Wellness

Staying well can sometimes be a tall order for busy college students. Yet, it's vital to their success. So, consider:

- taking emotional issues seriously and encouraging your students to talk with someone like a counselor, an ACA, an advisor or a campus minister
- touting the benefits of good sleep
- sending healthy snacks
- encouraging community service
- suggesting ways to incorporate physical activity into their schedule

With your encouragement and support, students can stay well during their time at college.

## Alcohol & Other Drugs

It's possible that your student will be tempted to experiment with alcohol and other drugs during her college years. You can help him/her make wise choices by:

- talking openly about alcohol and other drugs
- empowering him/her to say 'no' when something doesn't feel right
- learning all you can about alcohol and other substances
- not glorifying your own "youthful drinking days," if you had them
- leaving the lines of communication open

There are no guarantees that your student will always make the smartest choices. Yet, your efforts are bound to have an impact.

## A Web of Support

Students who are struggling can turn to:

- counseling services
- academic support
- student and professional community living staff
- advisors
- health services
- peer educators
- career services
- faculty and staff members
- campus ministry
- student affairs staff

Campus professionals are there because they truly want to work with college students and many have specific training to help them connect with this population. So, encourage your student to seek help rather than doing it alone. Asking for help is a sign of great strength – make sure your student knows that.