

“Good Wellness” Monthly Checklist for your mentee

S-Social Well-being

- Get involved with your dorm floor activities.
- Get involved with university activities.
- Find people who share similar interests with you.
- Ask someone to study with you.
- Attend campus events.
- Put a smile on your face and be positive.
- See the best in people.
- Never leave a party alone.
- Know that alcohol/drugs affect your judgment.
- Know that alcohol/drugs can influence your ability to make unsafe/unhealthy decisions which can result in physical injury and/or unsafe sexual behavior.
- Find people who will eat meals with you.
- Trust only those who deserve your trust.

P- Physical Well-being

- Exercise aerobically three- five times a week.
- Do strength conditioning.
- If you feel lonely, frustrated, or stressed go for a walk or run.
- Find an exercise partner.
- Get enough rest. Try to go to bed and wake up at the same time every day.
- Investigate club or intramural sports.
- Drink at least eight glasses of water a day.
- Eat nutritious foods (fruits, vegetables, lean meats).
- Wash your hands often and always before you eat.
- Know the Student Health Services location.
- Lock your doors.
- Always be aware of your surroundings.
- Know the Campus Security telephone number, or how to reach them.
- Call Security if you are alone walking on campus at night.
- Remember you are a minor.
- Never get in a vehicle with a driver who has been drinking.
- Always wear your seat belt.
- Act prudently.

I-Intellectual Well-being

- Be prepared for orientation by reviewing courses of study and requirements.
- Ask questions at orientation.
- Balance your class schedule regarding types of classes and scheduling.
- Establish rapport with your advisor.
- Keep a calendar of all dates for course work, tests, & other college deadlines.
- Make “to do lists”.
- Study DAILY.
- Frequent the library.
- Access College Study Skills Class, usually associated with the campus Learning Center. (Parents may need to inquire about this service at orientation.)

- ❑ Rewrite your notes as a mode of studying.
- ❑ Use colored ink when studying, because this seems to increase retention.
- ❑ Schedule several study breaks because your greatest retention of material is the first few minutes of the study session and the last few minutes of the study session; thus it is wise to have many beginnings and endings.
- ❑ Attend classes, and be on time.
- ❑ Be prepared for class.
- ❑ Go see the instructor if you have concerns or questions especially before and after exams. Check instructor office hours and appointment availability.
- ❑ You are the consumer. Take advantage and create learning opportunities
- ❑ Visit the Learning Center or get tutoring when necessary.
- ❑ Talk to students in your classes.
- ❑ Create study groups. Study before the group meets so you are well prepared.
- ❑ Chewing gum while studying may increase retention rate.
- ❑ Go to an exam well rested.
- ❑ Wear comfortable clothes to an exam.
- ❑ Eat (healthy) food before an exam if possible.
- ❑ Everyone learns differently- know your learning style.

S-Spiritual Well-being

- ❑ Be grateful for all your gifts (material and nonmaterial)
- ❑ Be aware of your intuition and listen to it.
- ❑ Find people who share your sense of morality.
- ❑ Ask for help when you need it.
- ❑ Find the Newman Center (the Catholic Church/Center), or find the Church of your faith.
- ❑ Be kind to at least one person every day.
- ❑ Share your talents and gifts
- ❑ Be grateful for all your gifts (material and nonmaterial)

E-Emotional Well-being

- ❑ Talk to your friends if you need support.
- ❑ Your R.A. (resident assistant) is there to help you. Seek his/her help if necessary.
- ❑ Realize it is normal to feel isolated, lonely, and sad.
- ❑ Eat foods rich in Omega –3 fatty acids when you are feeling sad because some evidence suggests that Omega- 3 fatty acids may help ease depressive symptoms (some Omega-3 foods: salmon, herring, sardines, and tuna). Find humor in situations.
- ❑ Do volunteer work every semester. (This is the best way to feel “good”).
- ❑ Take care of your spiritual, physical, intellectual, and social bodies and you will be emotionally balance.
- ❑ Express gratitude to those around you.
- ❑ Do something every semester to enhance your resume.
- ❑ CALL HOME.