**Guide to Holistic Student Wellbeing**

This portion of your manual is designed to offer some specific ways you can “coach” your mentee in areas in which they may need additional support, direction, or practical steps to take.

We know that college students are experiencing a new journey in life, and this can come with many challenges and victories. As mentors, we can help guide our students and teach them the importance of balance in all areas of life. The information below is designed to be a guide for YOU to help your student. Being a small, Christian college, we have the ability to truly develop our students into the men and women God has designed them to be. You are not required to walk through each of the points below with your student. As you get to know your student, you should be able to tell areas in which he/she needs guidance and encouragement. Feel free to use the information below as YOUR guide to help your mentee.

Personal Development

* is committed to the growth as a whole
* aims to support students and encourage them to pursue a well-rounded college experience
* helps the student maximize their personal potential
* We aid students in their transition into higher education, equip them with the skills necessary to meet challenges they may face, and prepare them for life after graduation.

When we think of wellness most people may initially think of the physical aspects of it such as nutrition and fitness, but there are many more areas that paint the holistic picture of an individual’s well-being. Below are eight dimensions of health.

* Emotional
* Physical
* Social
* Occupational
* Intellectual
* Financial
* Environmental
* Spiritual

***Social Health/Student Involvement***

There is more to the college experience than the classroom. College campuses offer endless opportunities to get involved as well. Student involvement (or lack thereof) can completely alter students’ experience and perception of their college environments. Learning good communication skills, developing safe intimacy with others, connecting and contributing to one’s community, living up to healthy expectations and demands of our social roles, creating a support network of friends, colleagues and family members, showing respect for others and yourself, building a sense of belonging.

Activities include:

● Intentionally seeking out others to get acquainted (e.g., having a meal with someone)

● Getting involved in a social event

● Contributing to the community (e.g., Community Engagement events)

Student involvement is so important! WHY?

1. It allows students to become connected to their school: Colleges are full of resources, but the responsibility is on the student to seek them out. Being involved helps them to do that.
2. It helps them build community: Since they're leaving their family and sometimes their friends behind, getting involved helps them discover new friends with similar interests.
3. It allows them to discover their passions and strengths: These will follow them all through life. It allows them to discover what they don't like, too.
4. It's a résumé builder: Freshman year is not too soon to begin thinking about positioning yourself for future employment
5. Sometimes, busier students do better in all areas: This will vary a lot by the student, of course, but more free time does not always equal better grades. Being involved will require some organization and time management on the part of the student—and that is a good thing.

***Emotional Health***

Awareness and acceptance of one’s feelings and cognitions, coping with and expressing emotions in a healthy and adaptive manner

Activities include:

● Practicing stress management techniques

● Seeking help when feeling sad or overwhelmed

***Environmental Health***

Enjoying good health by occupying pleasant, stimulating environments that support wellbeing; trying to live in harmony with nature by understanding the impact of your actions on nature; taking initiative to protect your environment.

Activities include:

● Picking up trash around campus

● Being aware of earth’s natural resources and their respective limits

● Recycling and using biodegradable materials when possible

***Intellectual Health***

Engaging in creative, stimulating mental activities (academic and otherwise), striving for personal growth and a willingness to seek out and use new information, making sound decisions and thinking critically, openness to new ideas; motivation to master new skills; a sense of creativity, and curiosity.

Activities include:

● Taking a non-required course or workshop

● Learning a new skill or picking up a hobby

● Reading (not for class)

***Physical Health***

Healthy eating, sleeping, physical activity, avoiding or reducing drug and alcohol use, identifying symptoms of disease, getting regular medical checkups, and protecting yourself from injuries and harm (safe sex, wearing helmets, etc.)

Activities include:

● Exercising for at least 30 minutes per day

● Getting adequate rest (e.g., sleep more than 6 hours per night)

● Controlling your meal portions (e.g., eating in moderation)

***Occupational Health***

Personal satisfaction and enrichment in one’s life through work, seeking opportunities to grow professionally and to be fulfilled in your “job” whatever that may be, preparing and making use of your gifts, skills, and talents in order to gain purpose, happiness, and enrichment in your life

Activities include:

● Visiting a career planning/placement office and use the available resources (e.g., making an appointment with Career Services)

● Talk to a professor about career options

***Spiritual Health***

Search for meaning and purpose in life; possessing a set of guiding beliefs, principles, or values that help give direction to one’s life, willingness to seek meaning and purpose through Scripture, prayer, corporate worship, etc.

Activities include:

● Exploring/contemplating your spiritual side

● Allowing yourself and those around you the freedom to be who you/they are

● Worshiping

***Financial Health***

Learning how to manage your money and establishing a personal budget. Not living beyond your means. Learning to not let money be the driving force of your life.

Activities include:

● Learning how to be a good steward of your money.

● Donate some of your money, if possible, to a cause you believe in.

● Make a plan to pay back your student loans.

● Not getting into credit card debt. Try to pay off the entire balance each month to avoid interest.

● Thinking long term - set up a savings account.