

New Student
ORIENTATION

Well-Being at CU

Built for this.
Backed by CU.

Welcome!

College is exciting – and can be a big adjustment.

- We want you to feel confident in using skills and strengths you already have.
- Sometimes you or a friend might want some additional support.



Goals

- Build awareness of skills you've already developed to support your well-being
- Reflect on ways asking for help or supporting others are skills you will continue to build
- Understand what resources are available to you on campus



Well-Being

- What's one thing you love to do that supports your well-being?
- What or who most positively impacts your own wellness?

The Eight Dimensions of Wellness



Well-Being

- Think of one thing that you might need help with to support your well-being
- Google it along with "CU Boulder"
- Resources and services are likely available!



When things are challenging...

- I can handle more than I think
- I can figure out where to go for help
- I can support others

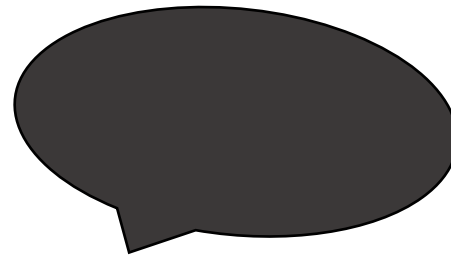
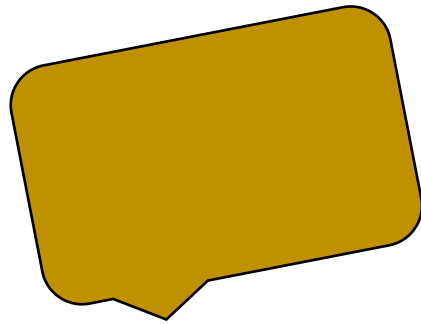


Alex and Priya



Pair and Share

- What makes it hard for Alex in this moment?
- What could you imagine Alex doing to connect with and support Priya?

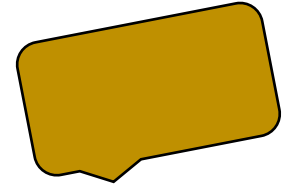
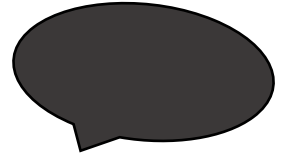


Alex and Priya



Pair and Share

- What did Alex do that felt supportive but not pushy?
- Do you have any similar strategies that you've used to successfully show a friend you care?
- What small actions could you imagine taking if you were faced with a similar situation?



Resources

- Trusted person or friend
- Resident Advisors
- Student support staff
- Counseling services (CAPS)
- Academic advisors
- Medical Services
- Office of Victim Assistance (OVA)
- Student Outreach Advocacy and Support (SOAS)

You don't have to have all the answers to make a difference. Just noticing and asking, "*How are you really?*" can be huge.

Riley & Jordan



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Reflection

- Have you ever been in a situation where you felt pressure to go along with something just to fit in?
- Were you able to overcome that feeling and choose what was best for you? If so, how?

Riley & Jordan



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Reflection

- Have you had a friend support you in a moment where you weren't into something? What did they do that helped?
- Are there things you might say or do to support someone like Riley in this moment?

Resources

- Campus safety
- CU Night Ride
- Clubs, Groups
- Peer Supports
- Counseling
- Alcohol or drug classes
- Harm reduction supplies

It can take time to figure out what you are comfortable with, especially in a new situation.

In that process of figuring it out, it's helpful to have friends who respect your decisions and support you along the way.

Skills to Support You and Your Friends

- I can notice when someone or something feels off.
- I can ask for help and support others in asking for help.
- I can take small steps when things feel overwhelming.
- Other(?): _____

Resources Review

Academic and Career Support

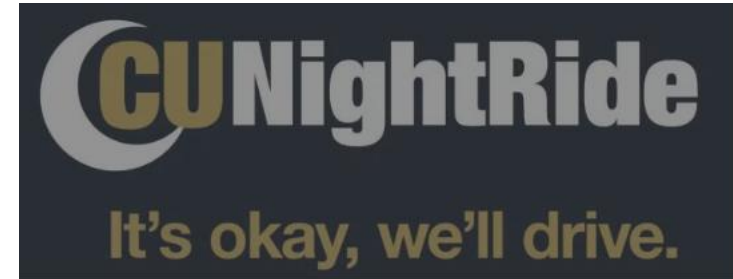
- Academic Advising and Coaching
- ASAP Tutoring
- Disability Services and Student Testing Center
- Student Academic Success Center
- Career Services



Resources Review

Safety + Essential Services

- Campus safety
- CU Night Ride
- Harm reduction supplies
- Student Outreach Advocacy and Support
- Basic Needs Center



Conflict Resolution, Response, and Compliance

- Student Conduct & Conflict Resolution
- Legal Services
- Office of Institutional Equity and Compliance
- Ombuds Office

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Resources Review

Social and Community Support

- New Student & Family Programs
- Center for Student Involvement
 - Buff Connect
- Fraternity and Sorority Life
- Service Learning & Impact in Community Engagement
- Center for Cultural Connections & Community
- Collegiate Recovery Community

Resources Review

Well-Being and Crisis* Services

- Counseling and Psychiatric Services*
- Office of Victim Assistance*
- Health Promotion
- Office of Institutional Equity and Compliance
- Recreation Services
- Medical Services
 - Pharmacy, Primary Care, Sexual Health, Physical Therapy, Massage, Acupuncture, Lab Services, Radiology, Nutrition, Travel Clinic, Behavioral Health, Chiropractic

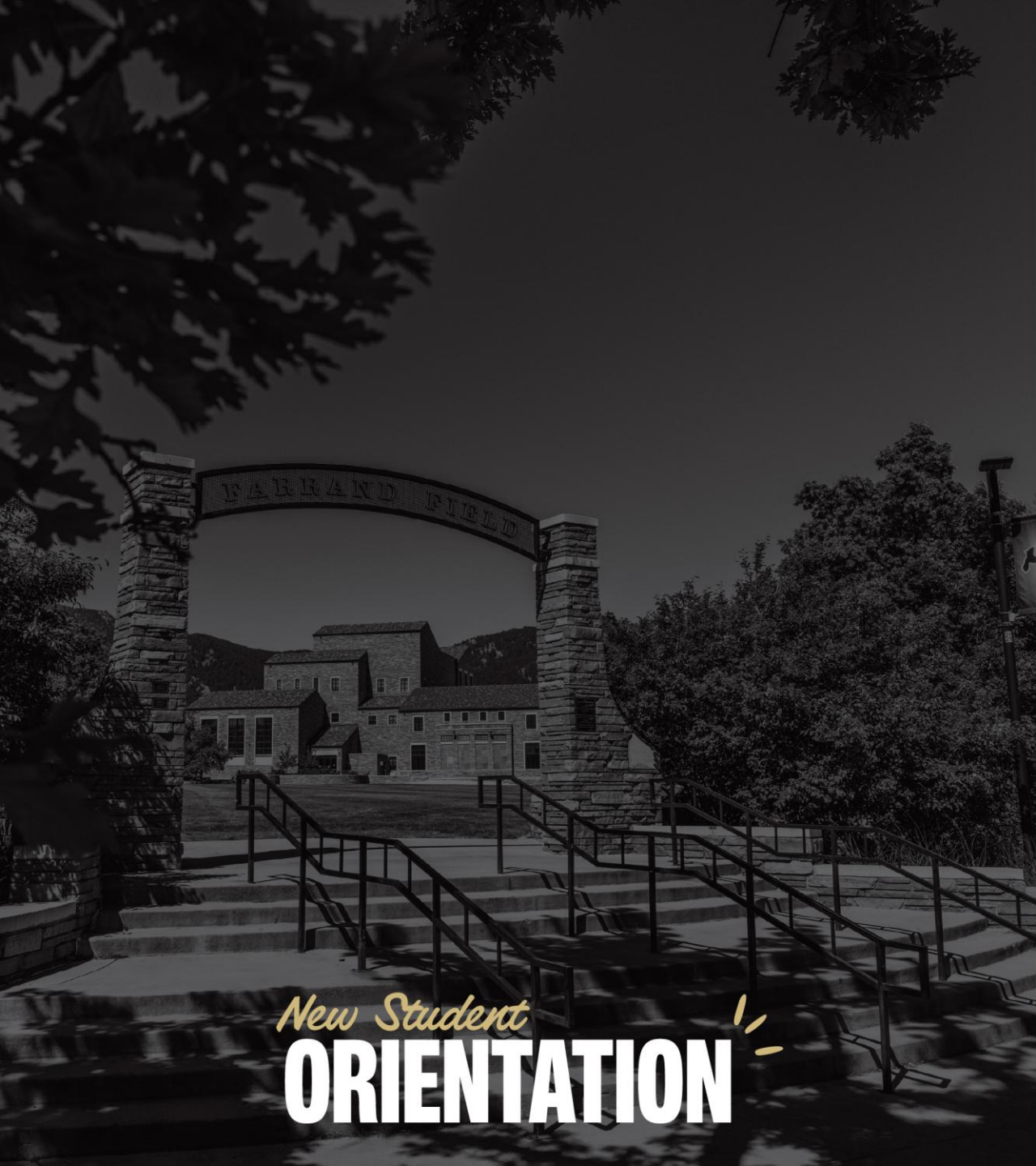
Health Requirements

- **Record of Immunization**
 - Submit into Student Health Portal
 - Due August 10th
- **Health Insurance**
 - You will receive an email to the Care 26 portal after you are registered
 - Due September 1st
- **Healthy Buffs Check-In**
 - Self-reflective assessment
 - Due September 1st



We Care!

- You belong here.
- You are not alone.
- You already have more skills than you think – and you'll keep building them as you go!



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Thank you!

Health Promotion

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