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December 2, 2000

Letter Regarding a "Healthy Living Guide" for Incoming First-Year Students

Mr. Bill Kirk
Office of Student Affairs

Dean Eileen Kolman
Office of First Year Studies

Dear Mr. Kirk (Dean Kolman):

The Student Senate Committee on Gender Issues would like to request your support for the compilation of a "Healthy Living Guide" for incoming First-Year students. This handbook will be designed to serve as a student's guide to a healthy lifestyle at Notre Dame. It will direct students to the various facilities, resources, and services that will play a role in their personal growth during their college years. This initiative is also a positive response to the health-related issues that affect many Notre Dame students including alcohol abuse, eating disorders, and stress related problems.

Learning how to adjust to college life is a challenge for First-Year students. They must decide how to balance academic responsibilities with social and extracurricular activities and become accustomed to new patterns of eating, exercise, and sleeping. With this comes a necessity for time and stress management. Freshmen face stigmas such as the "Freshman 15" and other pressures of a new college environment. During the summer prior to coming to ND, First-Year Students are inundated with materials that describe services available on campus. Often students do not place much emphasis on this valuable information because they are in the midst of college preparations, and services such as Counseling or Alcohol and Drug Education do not seem relevant to them until problems affect their own lives or the lives of their friends. It would be beneficial if students could have all of this information compiled in a guide that they can refer to throughout their years at ND so that they can become acquainted with the numerous services available here. They will be assured that they are not alone in their struggles with the difficulties that are sometimes a part of college life.

It is our intent to create a handbook that will contain information about wellness-related resources at Notre Dame, and can be a substitute for or complement to the summer mailings sent to incoming students. This guide will answer students' questions on subjects ranging from on-campus restaurants to Rolfs' hours to who to contact to find help for a depressed roommate. It will be user-friendly, have a detailed directory, and list information about these services as well as contact phone numbers and web sites. Below we have listed some of the areas we expect to be included in this booklet:

Food Services,
Department of Athletics/RecSports,
Student Wellness Advisory Board,
Office of Student Activities,
Alcohol and Drug Education,
Physical Education Department,
Campus Ministries,
Support Services for Gay and Lesbian Students,
On and Off-Campus Venues for
Non-Alcoholic Social Activities,

Student Health Center,
Career Center,
University Counseling Center,
ND Security Department,
First Year of Studies and Academic Depts.,
Writing Center,
Women's Resource Center,
Support Services for Victims of
Sexual Assault,
Office of Student Affairs.



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We presume that the Resident Assistants in each of the residence halls will distribute this guide, in order that they can demonstrate how this booklet will be a useful resource in a student's daily life at Notre Dame. We hope that the Office of Student Affairs and the Office of First Year Studies will assist us in locating a source of funding for this project. We presented this proposal to the Student Wellness Advisory Board. They also recommend this "Healthy Living Guide" as a worthwhile means of promoting student wellness at Notre Dame, and are willing to take on some of the responsibilities that will be involved in putting it together.

Thank you for your kind consideration of this proposal. Please let us know what you think of this.

In Notre Dame,

Margaret Clarke
Margaret Clarke, Co-Chair
Senate Committee on Gender Issues

Luciana Reali
Luciana Reali, Co-Chair
Senate Committee on Gender Issues

Brooke E. Norton
Brooke Norton, Chair
Student Senate

I, Brooke Elizabeth Norton, Chairman of the Student Union Senate, do certify that Resolution S0001-23 was considered, debated, and passed according to proper legislative procedure with twenty-two Student Senators voting in the affirmative on Wednesday, November 29, 2000.

Brooke E. Norton
Brooke Elizabeth Norton

Now, therefore, I, Brian Patrick O'Donoghue, President of the University of Notre Dame's Undergraduate Student Body, by the authority vested in me by the Constitution of the Undergraduate Student Body of the University of Notre Dame, have set my hand this second day of December, in the year of our Lord two thousand.

Brian O'Donoghue

Brian Patrick O'Donoghue