

7 November 2000

Proposal to the Student Wellness Advisory Board
Regarding a Healthy Living Guide for Incoming First Year Students

Respectfully submitted by
Student Senate Committee on Gender Issues

The Student Senate Committee on Gender Issues would like to request your assistance in putting together 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 and resources on campus 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 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 put together a handbook that will compile information about health-related resources on-campus. It will answer students' questions on subjects ranging from on-campus restaurants to Rolfs' hours to who to contact to find help for a roommate dealing with depression. It should be user-friendly, have a detailed directory, and list information about these services as well as contact phone numbers and web sites. We hope that the Office of Student Affairs will be willing to fund this project, or otherwise the organizations that are represented in the booklet can divide the cost. Below are some of the areas we expect to be included in this booklet.

Food Services,
Department of Athletics/RecSports,
Wellness,
Student Activities,
Alcohol and Drug Education,
Physical Education,
Campus Ministry,
Support Services for Gay and Lesbian Students,

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

Thank you for your kind consideration of this proposal and your assistance and advice in putting together this "Healthy Living Guide". Please feel free to contact Luciana Realí at 634-3496 or Realí.2@nd.edu if you have any further questions, comments, or suggestions.

