

WellCAT Coach is a well-being peer education program designed to offer students individualized well-being support, focusing on skill building (setting SMART goals, time management techniques, etc.) and on- and off-campus resource referrals. WellCAT Coach session topics include the following:

Alcohol

- Risky alcohol/drug use
- Alcohol awareness
- Drinking for the first time

Stress Management

- Time management
- Managing stress
- Balancing life/school/work/social life

Nutrition

- Implementing a general nutritious diet
- Incorporating more fruits and vegetables into diet
- Increasing water intake
- Eating healthy on campus
- Reading nutrition labels
- International students learning American foods
- Mindful/intuitive eating
- Food insecurity and resources including food, housing and transportation
- Nutrition to improve recovery after illness, surgery, etc.
- Eating healthy on a budget
- Eating healthy with no time

Physical Activity

- Exploring exercise/activity options in the Manhattan community
- Benefits of physical activity
- Physical activity recommendations
- Incorporating physical activity into lifestyle

Sleep

- Sleep recommendations
- Healthy sleep habits
- Sleep to improve recovery after illness, surgery, etc.

Relationships

- Healthy romantic/intimate relationships
- Healthy roommate/friend/family member relationships
- Social isolation: Getting to know people/getting involved on campus



WellCAT Coach
PEER EDUCATORS FOR WELL-BEING

Body Image

- Body image concerns
- Eating disorder prevention
- Mindful/intuitive eating
- How to talk to friends with eating disorders
- Influence of the media in the development of body image issues and eating disorders

Sexual Health

- Planning to become sexually active in the near future
- Engaging in "risky" sexual activity
- Preparing for first well-(wo)man exam
- STI testing information
- Contraception information
- Relationships

Smoking/Tobacco/Vaping

- Switching from smoking cigarettes to vaping
 - Decreasing use or quitting smoking or vaping
 - Exploration of the risks of smoking/vaping
- (Coaches are FreshStart certified and can work through cessation program through the American Cancer Society.)

Coaching is available at no cost for any Lafene Health Center-eligible student. Appointments can be made through the myLafene+ patient portal or by calling 785-532-6544.

Campus faculty/staff (instructors, academic advisors, RAs, etc.), are encouraged to refer students for coaching services.

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