

# FALL 2020 Program List



## Fall 2020 COVID-19 Notice: Program Modifications and updates

To protect the health and safety of students and staff, PantherWELL programs will be conducted remotely during the fall 2020 term. We will be adding additional programs during the course of the semester, so please check back again soon to see what we've brought on board!

### Programs currently available in remote format:

STI/ Sex Health Programs	
<b>Sex in the Lounge</b> (Safer Sex/STI Prevention)	Learn about safer sex practices including sexually transmitted diseases, STD prevention, and proper condom use!
Pitt Grit Series: Mental Wellness, Stress management, Resiliency	
<b>Bouncing Back</b> (Intro to resiliency/stress management)	College is full of new experiences, but can be challenging and stressful, too. This program guides students through some tips and tricks to 'bounce back' from the challenges and stressors we may face in college.
<b>Communication &amp; Relationships</b> (relationships)	Learn more about how to identify healthy and unhealthy relationships, navigating the ups and downs of relationships, communication styles, and self-care tips when relationships come to an end.
<b>Positive U</b> (self-positivity)	Learn more about creating a positive you through exploring concepts like self-compassion and positivity.
<b>Comfort Zone</b> (general stress/time management)	Learn the basics of stress and time management!
Sexual Assault Prevention/Bystander Education	
<b>It's On Us!</b>	Sexual assault has no place on Pitt's campus. This program introduces some information on sexual misconduct, ways to prevent it, and resources available to the campus community. Includes a digital "banner" activity that will be on display as part of the It's On Us! Campaign in spring 2021.
Alcohol and Other Substances	
<b>GAMMA Ed-</b> <i>Greeks Advocating Mature Management of Alcohol</i>	Explore how to create a safe social environment for Greek or for other student organizations.

Last updated August 2020

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## Frequently Asked Questions:

### How do I request a program?

You can submit a request to the Office of Health Education and Promotion by submitting a request form. These are available at Student Health Service, and can be found on our webpage ([www.studentaffairs.pitt.edu/shs/education/pantherwell](http://www.studentaffairs.pitt.edu/shs/education/pantherwell)). Electronic forms should be emailed to [pantherwell@pitt.edu](mailto:pantherwell@pitt.edu). You can also use the Qualtrics link on our website. Please be sure to fill out forms completely, including three preferable dates/times for your program. We ask that you please also submit the form ***at least two weeks in advance*** of the earliest date you are requesting. We also ask that one form be used per program that is being requested.

*If you are an RA, you can also submit a request through Roomcompact!*

### What if the dates I request don't work?

We will do our best to staff your requested program using the dates you provide. In the event that we do not have staff available for your requested date(s), we will contact you to identify other possible options to schedule your program.

### How will I know that my program has been scheduled?

PantherWELL programs are usually staffed on a weekly basis during our staff meetings. You should hear from the person assigned to your program within a week or so, typically. If you have not heard from us, if you wish to confirm that we received your request, or if you have any questions or concerns about your request, please contact our office at 412-383-1830 and leave a message, or email us at [PantherWELL@pitt.edu](mailto:PantherWELL@pitt.edu). If we do not have staff available for the dates you requested, we will contact you to let you know and to explore other possible scheduling options.

### How long are PantherWELL programs?

PantherWELL programs are typically 45 minutes – 60 minutes long depending on the size of the group, the program and, if applicable, the activities you select. If you need a shorter program, or a longer program, please make a note of this on your form and we will do our best to accommodate the request.

### What do I need to provide for the program?

The requesting organization or RA is responsible for advertising the program to their residents or members of their organization. Generally, most programs do not require additional materials to be supplied by you, though some programs, like More than Easy Mac and Recipe for Success, do require the organization or RA to provide some materials for the program. Some programs require IT because they use a power point. The PHE assigned to your program will let you know what, if anything, you need to provide for the program.