

PantherWELL Program Request Form: Fall 2020

Instructions: Please complete each section completely, then email the request form to PantherWELL@pitt.edu.

Fall 2020 COVID-19 Adjustments: To protect the health and safety of students and staff, PantherWELL will be conducting programs remotely during the fall 2020 term. We will be utilizing Zoom for participants. Additional programs to be added over the semester!

Section 1: Contact Information	
Contact person:	Phone:
Title/Role (RA, President, etc.):	Pitt email address:
Organization	Campus address:
How did you hear about us?	

Section 2: Preferred program date(s):			
Please provide THREE (3) dates and times below. Forms should be submitted at least 2 weeks prior to the earliest requested date.			
	Date:	Start time:	Location:
1 st Choice			(remote - zoom)
2 nd Choice			(remote - zoom)
3 rd Choice			(remote - zoom)
Desired program length:			
Expected Number of Participants:			

Section 3: Program requested <i>(please select one; if you'd like to request additional programs, please use a separate form for each program)</i>		
Selection (place x to mark your selection)	Program Name	Brief Description/Topic
	Sex in the Lounge	Safer sex, STI prevention
	Pitt Grit: Bouncing Back	Resiliency/stress management skills
	Pitt Grit: Positive U	Positive self-image
	Pitt Grit: Healthy Relationships	Relationship health and building
	Pitt Grit: Comfort Zone	Stress and time management
	It's On Us!	Bystander/Sexual Assault Prevention
	Happy Hour	Alcohol Safety Education
	GAMMA Ed	Greek Alcohol Management/Safety
** we will be adding more/new programs to our remote option in the future, if you are looking for a program or topic that is not listed here, please email us at PantherWELL@pitt.edu		

Please email this form to PantherWELL@pitt.edu. If you have questions or concerns, would like to discuss a program or collaboration not listed, or would like an update on your request, please email the PantherWELL coordinator: Megan Stahl @ mes249@pitt.edu. Programs are staffed weekly. We will do our best to staff your requested dates, but will contact you to coordinate an alternative date in the event we do not have staff available .