



## Program List 2021-2022

Most programs are available in both virtual and in-person formats! Programs typically run 30-45 minutes. Looking for something you don't see here? Please email us! We are happy to customize programs or connect students to wellness resources.

<b>STI/ Sex Health Programs</b>	
<b>Sex in the Lounge</b> (Safer Sex/STI Prevention) Virtual & In person available	Engaging program that explores STI prevention, condom use and resources for students. In-person program includes safer-sex kit give-away!
<b>PantherWELL GRIT Series: Mental Wellness, Stress management, Mindfulness, &amp; Resiliency</b>	
<b>Bouncing Back</b> (Intro to resiliency/stress management) Virtual & In person available	College is full of new and fun experiences, but it 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—from mindfulness and beyond. In person program includes stress-ball making and coloring.
<b>Turn it Around!</b> (coping and stress management: academics) Virtual & In person available	Combat burnout and explore stress prevention, organization, self-care, and other the tools to navigate and revamp your semester. In person program includes stress-ball making and coloring.
<b>Comfort Zone</b> (general stress/time management) Virtual & In person available	Learn the basics of stress, time management and an introduction to mindfulness! This program explores some of the basics to help you navigate and manage stress in your college career (and beyond!) In person program includes stress-ball making and coloring.
<b>Sexual Assault Prevention/Bystander Education</b>	
<b>It's On Us!</b> (bystander education and sexual assault prevention) Virtual & In person available	Sexual assault has no place on Pitt's campus. This program introduces sexual misconduct prevention and resources available to the campus community. Includes a banner activity that will be on display as part of the It's On Us! Campaign. In person program includes "It's On Us" swag as a give-away
<b>Alcohol and Other Substances</b>	
<b>GAMMA Ed-</b> <i>Greeks Advocating Mature Management of Alcohol</i> Virtual & In person available	Explore how to create a safe, social environment for Greek or for other student organizations.
<b>Happy Hour</b> (alcohol education) Virtual & In person available	Learn more about alcohol safety and how it impacts your body, decision making and resources.
<b>Other programs:</b>	
Collaborative events and tabling	Is your organization or floor hosting a wellness themed event? We'd love to support it! Please email us at <a href="mailto:pantherWELL@pitt.edu">pantherWELL@pitt.edu</a> to chat!
<b>MORE PROGRAMS TO BE ADDED SOON!</b>	

# **Program List 2021-2022**

## **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 virtual programs usually run around 30-45 minutes, though they may run longer or shorter depending on the group participation and program. 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. For virtual programs, if you do not have an existing meeting link, we can make one for you. If you have an existing link, our staff will need added as a co-host during the program to share screen. PHEs assigned to your program will connect to discuss any additional needs or questions.