



Program List 2022-23

Programs typically run around 45 minutes. Looking for something you don't see here? Please email us! We are happy to customize programs or connect students to other wellness resources and programs.

STI/ Sex Health Programs	
Sex in the Lounge (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!
PantherWELL GRIT Series: Mental Wellness, Stress management, Mindfulness, & Resiliency	
Bouncing Back (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.
Turn it Around! (coping & 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 the Moment (mindfulness and stress 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!)
Alcohol and Other Substances	
GAMMA Ed- <i>Greeks Advocating Mature Management of Alcohol</i> Virtual & In person available	Explore how to create a safer, social environment for Greek (or other) student organizations.
Happy Hour (alcohol education) Virtual & In person available	Learn more about alcohol safety and how it impacts your body, decision making and resources.
Recipe for Success (alcohol education) In person only	Explore decision making and possible impacts of alcohol use. This program includes an activity: "mock-tail" challenge*. *Requesting organization is responsible for purchasing ingredients/supplies for the activity.
Other wellness topics:	
Balancing Act: Balancing a Healthier U (Overall Wellness) Virtual & In person available	Explore the 8 dimensions of wellness, including activities and resources to help students find a balance for a Healthier U!
Is your organization or floor hosting a wellness themed event? We'd love to support it! Please email us at pantherWELL@pitt.edu to chat!	
Check back soon! We will be resuming programs and adding new programs in the near future!	

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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 through our online request system. The link for the form is available on our website: (www.studentaffairs.pitt.edu/shs/education/pantherwell). 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. Questions or troubling requesting: email us at pantherwell@pitt.edu.

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

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 email us at 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 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. If you are seeking a topic that is outside of our scope of expertise, we can assist in connecting you to offices to support your programming needs.

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. Some programs, like our demo cooking program and mock-tail program, require the requesting organization to purchase ingredients.