

Interventions+ Health & Wellness Forms

- Feeling stressed out or overwhelmed?
 - Link campus resource: Counseling Service
- Let's Check on Your Mood
 - Link campus resource: Counseling Service
 - Link campus resource: Campus Rec Center
- Monthly Mood Check
 - Link campus resource: Counseling Service
 - Link campus resource: Campus Rec Center
- Is it consensual?
 - Link campus resource: Counseling Center
 - Link campus resource: Student handbook
- Feeling Homesick?
 - Link campus resource: Counseling Center
- Am I getting enough physical activity
 - Link campus resource: Campus Rec Center
- Do I have healthy eating habits?
 - Link campus resource: Counseling Center
 - Link campus resource: Health Center
 - Link campus resource: Food Pantry
- Are you getting enough sleep?
 - Link campus resource: Counseling Center
- Got the Winter Blues?
 - Link campus resource: Counseling Center
- How much alcohol is too much?
 - Link campus resource: Counseling Center
- How much do you really know about Nicotine
 - Link campus resource: Counseling Center
 - Link campus resource: Student handbook
 - Link campus resource: Campus smoking policy
- How much do you really know about Marijuana?
 - Link campus resource: Counseling Center
 - Link campus resource: Student handbook
 - Link campus resource: Campus smoking policy

- Link resource: State law on Marijuana/Cannabis use
- Are you consuming too much caffeine?
 - Link campus resource: optional