

IOWA

Division of Student Life

Partnering to Support Student Well-Being and Success

2023 Summer Orientation



What is well-being?

Well-being at the University of Iowa is a process focused on life-long learning that promotes and sustains optimal health, personal connectedness, meaningful experiences, and a purposeful life.

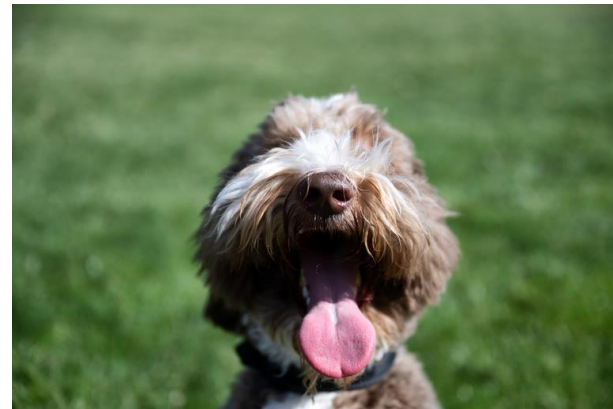


Office of the Dean of Students Supports Well-Being

- Hawkeyes on and off campus
- Prioritizing safety before consequences
- Utilizing restorative practices
- Student engagement through organizations and events

Office of the Dean of Students Supports Well-Being, cont'd

- Supporting students through crisis, emergency situations
 - UI Student Support and Crisis Line
 - Call, text, or chat: 844-461-5420
 - Access to resources, options, and one-on-one care
 - Basic Needs




Office of the Dean of Students Supports Well-Being, cont'd

Questions?



Student Wellness Supports Well-Being

Alcohol & Drug Support 

Fitness 

Nutrition 

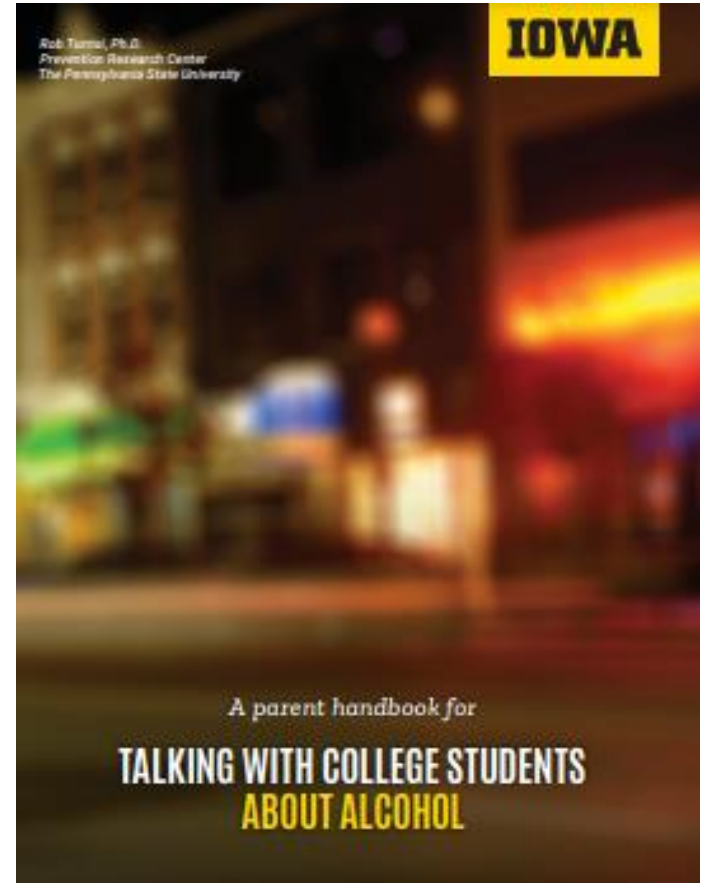
Mindfulness 

Stress Management 

Sleep 

Tobacco and E-Cigarette Support 

Talking with College Students About Alcohol



Student Wellness Supports Well-Being, cont'd

Questions?



Rape Victim Advocacy Program (RVAP) Services

For victims/survivors of sexual assault and their friends & families

- 24-hour Support Line: **319-335-6000** or **800-228-1625**
- Counseling, Therapy, & Support Groups
- In-person Advocacy:
 - Medical
 - Legal
 - Law Enforcement
 - University
- Prevention Education Programming



What can we do?



Questions?



IOWA

Office of the Dean of Students
dos.uiowa.edu



Student Wellness
studentwellness.uiowa.edu



Rape Victim Advocacy Program
rvap.uiowa.edu



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Questions?



www.uiowa.edu