Partnering to Support Student Well-Being and Success

2022 Summer Orientation
What is well-being?

Well-being at the University of Iowa is a process focused on lifelong 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
• Supporting students through crisis, emergency situations
  – Access to resources, options, and one on one care
  – Basic Needs
• Student engagement through organizations and events
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

https://studentlife.uiowa.edu/initiatives/alcohol/
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?

1. **Believe**
   - Offer to call/go to RVAP with them
   - Help them make a safety plan
   - Maintain confidentiality to the extent the law allows
   - Assure them that you care
   - Allow them to make decisions
   - Provide them with information & options

- Listen to understand
Questions?

Office of the Dean of Students
dos.uiowa.edu

Student Wellness
studentwellness.uiowa.edu

Rape Victim Advocacy Program
rvap.uiowa.edu