

## What Is a Workshop?

A workshop is an interactive educational program to educate students about specific topics that have an effect on their college experience. Topics include sexuality, alcohol, drugs, violence, STDs, risky behaviors, wellness and nutrition.

A workshop can take place on campus, in a residence hall, or classroom. Workshop typically last around 45 minutes.

Anyone can request a workshop. We encourage campus residence assistants to utilize this resource.

If there is a topic that you would like but do not see in the brochure please contact us in the Health Promotion Office and we can customize a workshop for you.

## Workshop Topics

### 1. Sex Tac Toe

Students are faced with many questions when entering college. For example, sexual assault, STDs, relationships, birth control options, and alcohol are all issues that many have questions about but do not know where or how to get the answers. This interactive workshop is designed to give college student a safe comfortable forum to talk about these issues using a fun “tic tac toe” game format.

### 2. A Girlfriends Guide to Women’s Health

What exactly is a pap smear? When does ovulation take place? What birth control

options are out there? What’s normal? What’s not? This interactive workshop will discuss all these answers plus more on women’s health.

### 3. Stop Wiggin Out! Managing Stress in College

School work, deadlines, relationships, and social situations all contribute to the stress level of college students. This interactive workshop discusses many stressors, recognizing stress, and coping skills for managing stress.

### 4. Risky Behaviors

There are many choices a student will have to make during their time in college. Some choices such as binge drinking and unprotected sex can result in very negative consequences. This interactive workshop will discuss the different risks that college students take reasons for taking risks, consequences, and how to reduce the risk.

### 5. Staying Safe on Campus

This interactive workshop discusses the issues of stalking, sexual assault, and relationship violence on a college campus.

### 6. You Are What You Eat

Many college students have every intention to eat healthy it just seems impossible for them to do so given their food knowledge, limits in the kitchen (if they even have one), college and life stress, and of course the never ending dwindling budget. This interactive workshop teach students how to

eat healthy as a college student, make grocery lists and shop for food, read and understand food labels, along with understanding the importance of nutrition and fitness.

## How to Schedule a Workshop

Please contact Tammy Kresge at [kresgetl@buffalostate.edu](mailto:kresgetl@buffalostate.edu). Or stop by the Health Promotion Office in the Lower Level of Porter Hall Room 14H.

*Workshops can be held anytime between 8:00am and 10:00pm Monday through Friday and between 3:00pm – 10:00pm on Sundays. However, if there is another time you would like, and we are available, we will accommodate you.*

***ALL WORKSHOPS MUST BE SCHEDULED AT LEAST 2 WEEKS IN ADVANCE.***

## **Mission Statement**

Our mission is to help our multicultural student community to succeed by providing high quality medical care, health education and personal development opportunities.

Buffalo State College is an affirmative action/equal opportunity institution that subscribes to all federal, state and SUNY legal requirements and does not discriminate against applicants, students or employees on the basis of race, sex, ethnicity, national origin, sexual orientation, religion, age, disability, or marital or veteran status . Any violation of this policy should be reported to the Equity and Campus Diversity Office, Cleveland Hall 415, (716) 878-6210.

**Come Join Us-  
See What We're All About**

Weigel Health Center is a department of Student Affairs

## **Health Promotion**

## **Campus Workshops**

## **2009/2010**