

## Wellness Services Presentations and Trainings

Below is a list of presentations and training available through Wellness Services. To schedule a training or presentation from this list contact the person listed for the specific training. **A minimum of 2 weeks is required for scheduling.** Additional training topics may be added. If you have an idea for another health related training please contact Jodi Brawley, MS, Health Educator at 426-5685 or [jodibrawley@boisestate.edu](mailto:jodibrawley@boisestate.edu). Thank you.

**Topic:** Alcohol

**Training:** Making Choices About Alcohol

**Description:** In this presentation, students have an opportunity to reflect on their choices related to alcohol and learn how to reduce the risk of being harmed by one's own or another's drinking. Discover how alcohol can play a role in various aspects of health, while exploring topics such as: tolerance, blood alcohol content, the biphasic response, Boise State drinking norms, alcohol expectancies, risky activities and settings and more!

**Duration:** 45-60 minutes

**Fee:** None

**Contact:** Jenn Summers, Health Educator at 426-2701 or [jennsummers@boisestate.edu](mailto:jennsummers@boisestate.edu)

**Topic:** Alcohol

**Training:** Alcohol: Blacking Out/Alcohol Poisoning

**Description:** Blackouts represent episodes of amnesia, during which subjects are capable of participating in salient, emotionally charged or mundane events that they later cannot remember. Student will learn about alcohol-related blackouts, how to recognize one and the relationship between drugs and black outs. Alcohol poisoning represents a life threatening consequence due to elevated levels of blood alcohol concentration, during which the body's involuntary reflexes are affected, including breathing and gag reflex. Students will learn about alcohol poisoning topics such as critical signs and symptoms, dangers of "sleeping it off" and consequences if left untreated. Information about how to help a friend will be discussed.

**Duration:** 45-60 minutes

**Fee:** None

**Contact:** Jenn Summers, Health Educator at 426-2701 or [jennsummers@boisestate.edu](mailto:jennsummers@boisestate.edu)

**Topic:** Body Image

**Training:** Cross the Line if...

**Description:** Many college students, male and female, face difficulties with body image and/or eating disorders. Cross the Line if... is an activity that shows students they are not alone in their feelings. Students will participate in an activity then have a candid conversation about body image and supporting others who may be struggling. The training ends with students participating in the Scale of Good Fortune.

**Duration:** 60-90 minutes depending on group size

**Fee:** None

**Contact:** Jodi Brawley, MS, Health Educator at 426-5685 or [jodibrawley@boisestate.edu](mailto:jodibrawley@boisestate.edu)

**Topic:** Breast and Testicular Cancer

**Training:** The Importance of Self-Exam

**Description:** Breast and testicular self-exams are an important tool in the early detection of cancer. Students will learn proper self-exam techniques and practice on exam models.

**Duration:** 30-45 minutes depending on group size

**Fee:** None

**Contact:** Jodi Brawley, MS, Health Educator at 426-5685 or [jodibrawley@boisestate.edu](mailto:jodibrawley@boisestate.edu)

**Topic:** General Health

**Training:** Top 10 Ways to Stay Healthy on Campus

**Description:** Health is critical to your success! Students will learn a variety of habits to develop for healthy living at Boise State University. You will be amazed at the campus resources available to support your healthy lifestyle choices.

**Duration:** 30 minutes

**Fee:** None

**Contact:** Jodi Brawley, MS, Health Educator at 426-5685 or [jodibrawley@boisestate.edu](mailto:jodibrawley@boisestate.edu)

**Topic:** University Health Services

**Training:** University Health Services

**Description:** Learn about the services provided by University Health Services. Also get valuable information from the National College Health Assessment results to help you be successful in college.

**Duration:** 30 minutes

**Fee:** None

**Contact:** Jodi Brawley, MS, Health Educator at 426-5685 or [jodibrawley@boisestate.edu](mailto:jodibrawley@boisestate.edu)

**Topic:** Nutrition

**Training:** Healthy Eating on Campus

**Description:** What to eat or what not to eat? That's the question many of us struggle with everyday. The goal of the workshop is to teach students the importance of choosing nutrient, rich foods that provide the most nutrients per calorie, as well as separating fact from fiction. Students will learn how to eat healthy on campus, have the opportunity to sample delicious and healthy food and ask questions.

**Duration:** 60 minutes

**Fee:** Varies

**Contact:** Jenn Summers, Health Educator at 426-2701 or [jennsummers@boisestate.edu](mailto:jennsummers@boisestate.edu)

**Topic:** Other Drugs

**Training:** WHAD'YA KNOW About Drugs?

**Description:** This interactive presentation tests your knowledge about drugs. Expect candid conversations about drugs, their effects and an opportunity to reflect on personal choices related to drug use.

**Duration:** 45 minutes

**Fee:** None

**Contact:** Jenn Summers, Health Educator at 426-2701 or [jennsummers@boisestate.edu](mailto:jennsummers@boisestate.edu)

**Topic:** Sexual Health

**Training:** Sex in the Lobby

**Description:** Students will have the opportunity to anonymously ask questions about sexual health to a panel of experts. Proper condom use demonstrations will be given. Students will have the opportunity to take free condoms and information.

**Duration:** 90 minutes

**Fee:** None

**Contact:** Jodi Brawley, MS, Health Educator at 426-5685 or [jodibrawley@boisestate.edu](mailto:jodibrawley@boisestate.edu)

**Topic:** Stress Management

**Training:** Managing Stress in College

**Description:** College and stress can go hand-in-hand. Learn about the mind/body connection and the relationship between stress and health. Explore tried and true ways for stress management.

**Duration:** 60 minutes

**Fee:** None

**Contact:** Natalie Griffin, Wellness Assistant at 426-5689 or [nataliegriffin@boisestate.edu](mailto:nataliegriffin@boisestate.edu)

**Topic:** Stress Management

**Training:** Art and Practice of Mindful Living

**Description:** Mindfulness is a way to train ourselves to be in the present moment with more attentiveness, awareness and acceptance. This can help us relate directly to whatever is happening, in order to consciously and systematically work with our own stress, pain, challenges and demands of everyday life. In this session, participants will explore mindfulness and meditation and how to apply these practices to create a more balanced and meaningful life.

**Duration:** 60 minutes

**Fee:** None

**Contact:** Natalie Griffin, Wellness Assistant at 426-5689 or [nataliegriffin@boisestate.edu](mailto:nataliegriffin@boisestate.edu)

**Topic:** Tobacco

**Training:** Tobacco Use on Campus and You

**Description:** In this presentation, students will learn about the Boise State smoke-free policy including rights, responsibilities and safety on campus. (*This policy will be effective Fall 2009*). Additionally, there will be discussion on the ingredients really found in cigarettes, the short and long term effects of tobacco use on various body systems and the dangers of second-hand smoke. Resources to aid in quitting tobacco will be provided.

**Duration:** 45-60 minutes

**Fee:** None

**Contact:** Jenn Summers, Health Educator at 426-2701 or [jennsummers@boisestate.edu](mailto:jennsummers@boisestate.edu)