

Student Organization Academy

MANAGING WELLBEING AS A STUDENT LEADER

Emma Mayers & Elizabeth Fitzgerald



ATALIE
SHE/HER

SENIOR
FROM
LOVELAND



2ND YEAR AS
SWAG PEER
EDUCATOR

SOCIAL WORK
MAJOR



PASSIONATE
ABOUT PURPOSE
WELLBEING



EMMA
SHE/HER

JUNIOR
FROM LIMA
OH

2ND YEAR AS A
SWAG PEER
EDUCATOR



BIOLOGY
MAJOR



PASSIONATE
ABOUT
PURPOSE
WELLBEING



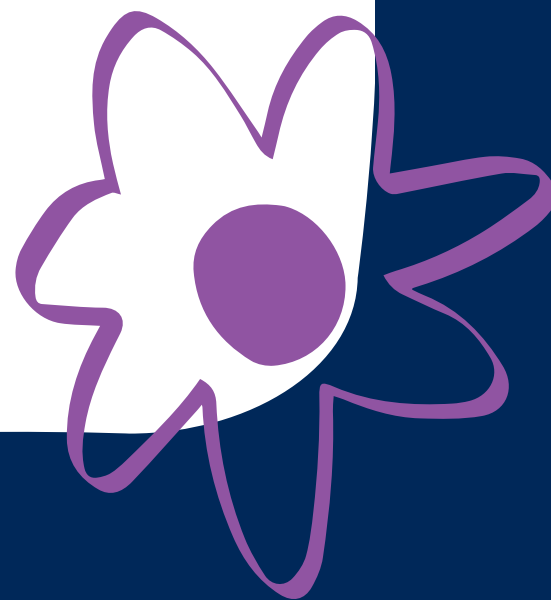
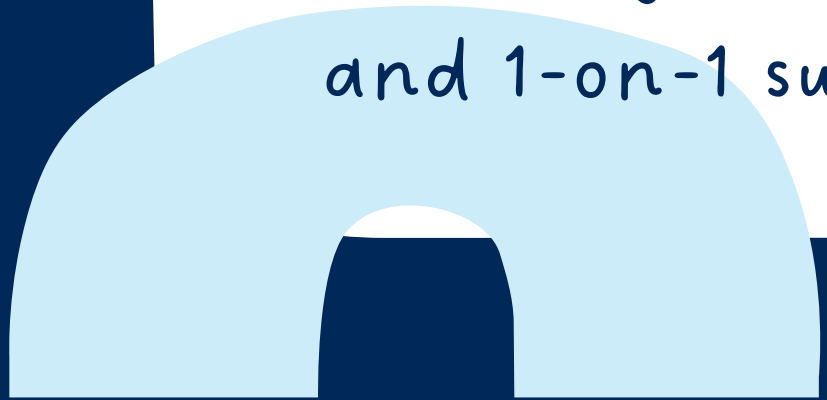


WHAT IS SWAG??



ABOUT SWAG

The Student Wellness Advocacy Group Peer Educators are trained, Certified Peer Educators through NASPA and are on-campus student employees. The team includes eight peer educators, a graduate coordinator and the SWAG supervisor/advisor. SWAG exists to support students with their health & wellbeing through programs, workshops, and 1-on-1 support.



MEET THE PEER EDUCATORS!



ALECEA



ELLIE



ELIZABETH



EMMA



ISAIAH



KAYLA



MAIA



MICHELE



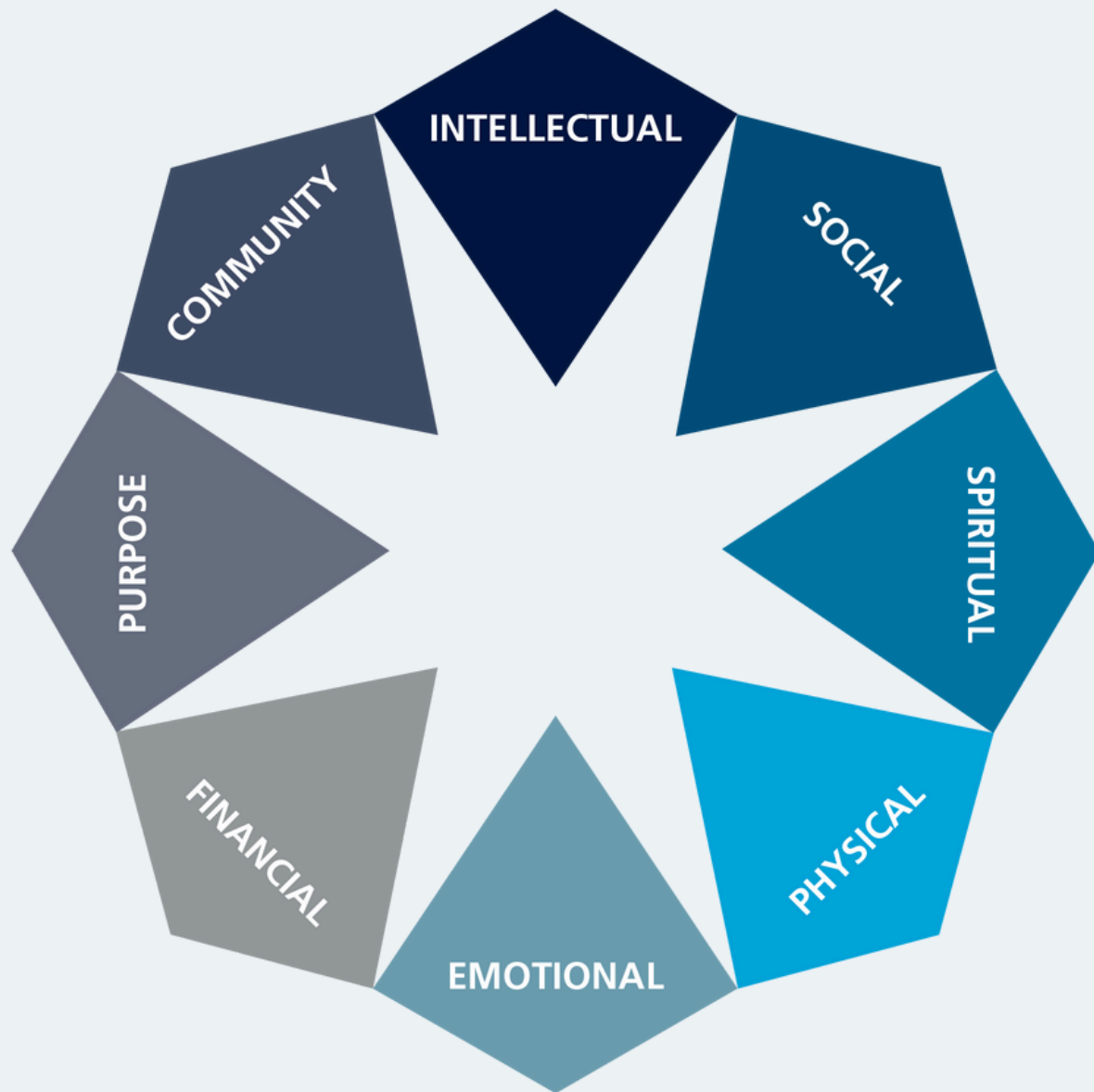
SAM



AL

WHAT WE DO

SWAG's work is grounded in Xavier's eight dimensions of wellbeing and cura personalis



HEALTH PROMOTION & EDUCATION

Tabling programs and events for each of the dimensions of wellbeing

WELLBEING WORKSHOPS

Interactive , educational workshops on a variety of wellbeing topics

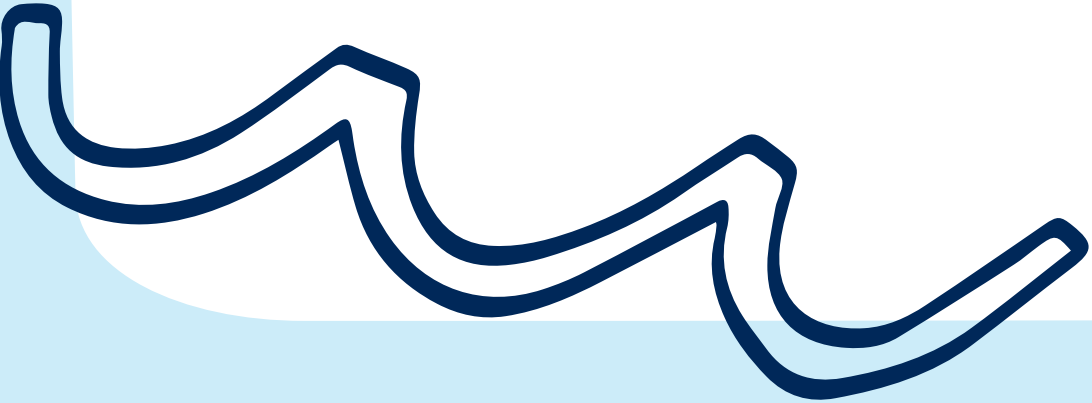
1-ON-1 SUPPORT

Individual sessions with a peer educator during office hours



PROMOTE YOUR EVENT WITH SWAG!

If your event is related to one of the dimensions of wellbeing, send us the flyer and we'll post it on our office wall by the rec center!



WELLBEING WORKSHOPS

- COLLEGE MENTAL HEALTH
- LET'S TALK ABOUT X
- ADJUSTING TO COLLEGE 101
- FINANCIAL WELLBEING: FOR STUDENTS, BY STUDENTS
- SELF-LOVE: HOW YOU CAN GET THERE

SWAG IS HAPPY TO OFFER WORKSHOPS AND/OR COLLABORATE WITH STUDENT CLUBS, RESIDENCE LIFE, ACADEMICS, AND OTHER DEPARTMENTS! REACH OUT TO SWAG@XAVIER.EDU OR KAITY ROWE AT ROWEK3@XAVIER.EDU

FINANCIAL WELLBEING BY STUDENTS FOR STUDENTS

SWAG Peer Educator Presentation

STUDENT WELLNESS
SWAG
ADVOCACY GROUP



Mental Health on College Campuses

Presented by SWAG Peer Educators

ADJUSTING TO COLLEGE 101 WHAT I WISH SOMEONE WOULD HAVE TOLD ME



Let's Talk About X

SELF LOVE

It's not a fictional concept

HOW YOU CAN
GET THERE

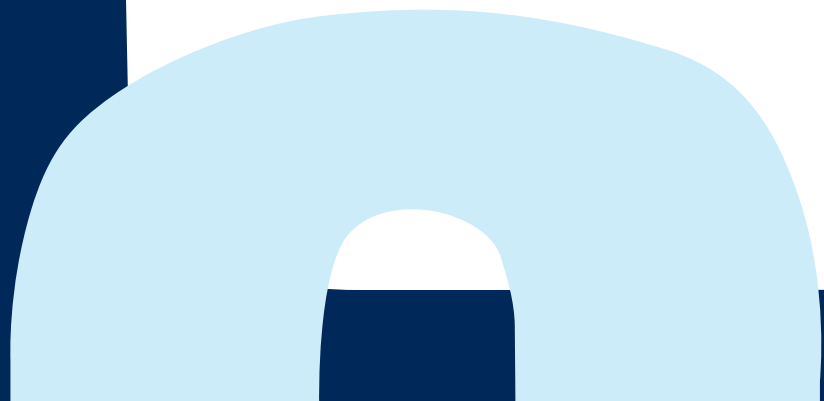
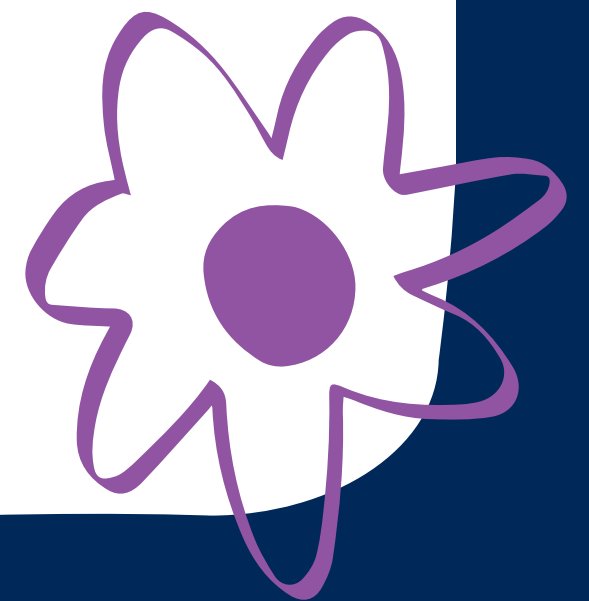




OBJECTIVES



1. Learn about four traps students leaders can fall into related to personal wellbeing
2. Discuss ways to avoid those traps
3. Discover knowledge from your peers
4. Identify take-aways and actionable steps





WHY THIS SESSION?

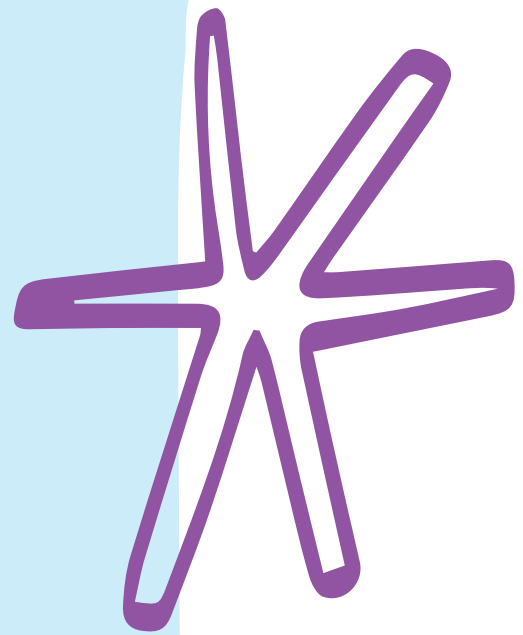
**WHY DOES IT MATTER TO
TALK ABOUT WELLBEING
AND SELF-CARE?**



THE TRAPS

- * NO TIME FOR SELF-CARE
- * TAKING IT ALL ON YOURSELF
- * ALL OR NOTHING MINDSET
- * NEGATIVE SELF-TALK





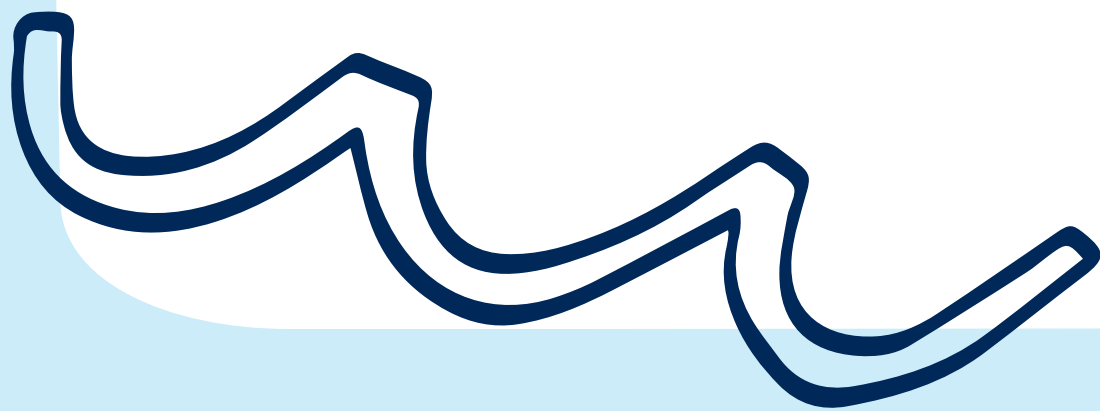
NO TIME FOR SELF-CARE

BE INTENTIONAL

Make a plan based on the time you have and what will be most helpful.

MAKE ADJUSTMENTS

Be flexible and have a back-up plan. Have options that take less time if needed.



TAKING IT ALL ON YOURSELF

Delegation is not an easy thing, especially for high performers

But lack of delegation can increase stress



TAKING IT ALL ON YOURSELF

Group Activity

Brainstorm with your group on tasks you could delegate to others on your board or in your club.


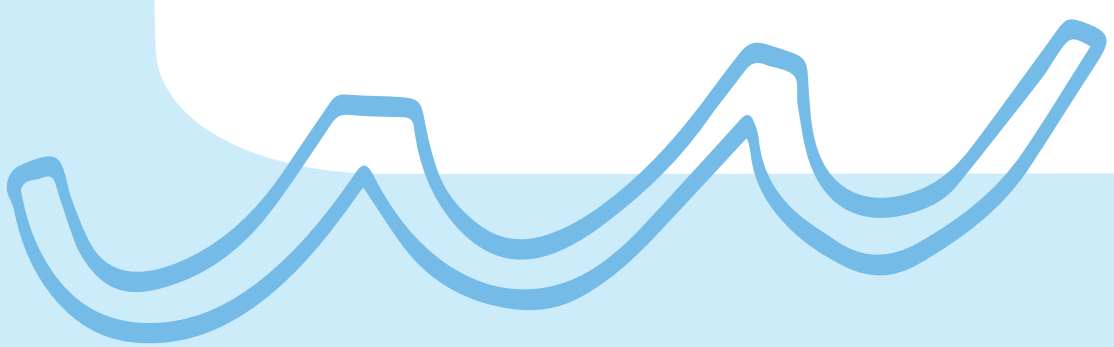

How will this help you and those in your organization?





ALL-OR-NOTHING MINDSET

We can fall into this trap in so many different situations, but especially when it comes to our health and wellbeing.

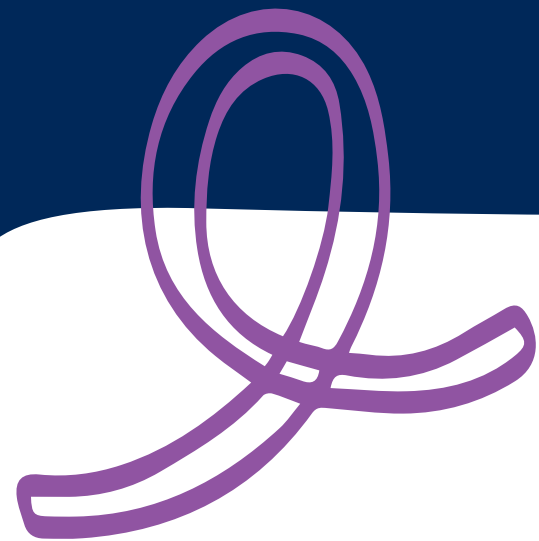




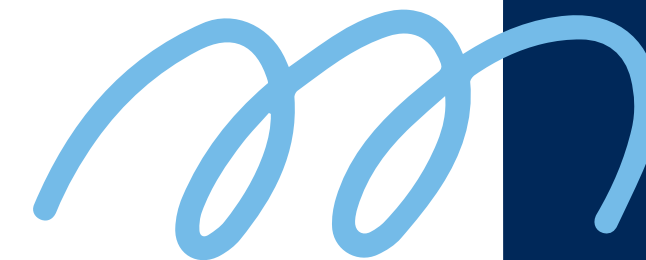
NEGATIVE SELF-TALK

Some of the things we say to ourselves can be pretty harsh, and this typically only leads to shame and guilt, neither of which are very motivating.

What can you do instead?



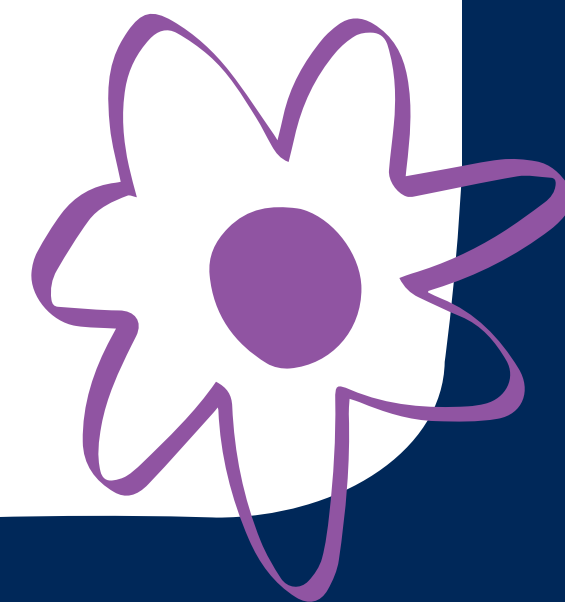
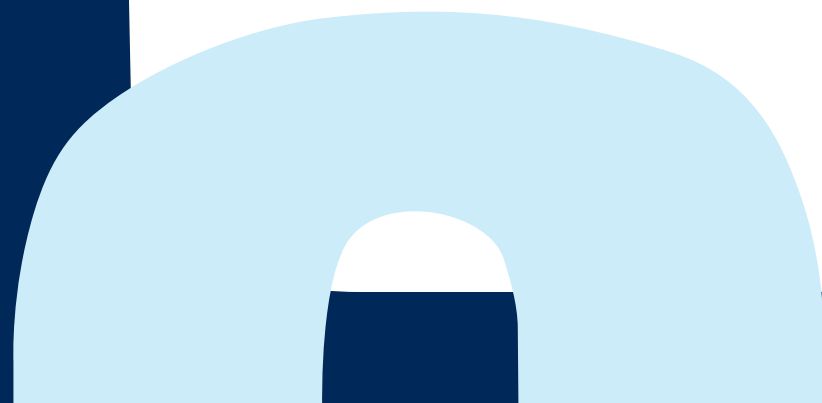
WRAP-UP



What are your top two take-aways today?

What can you implement in the next week or so?

What resources do you need?

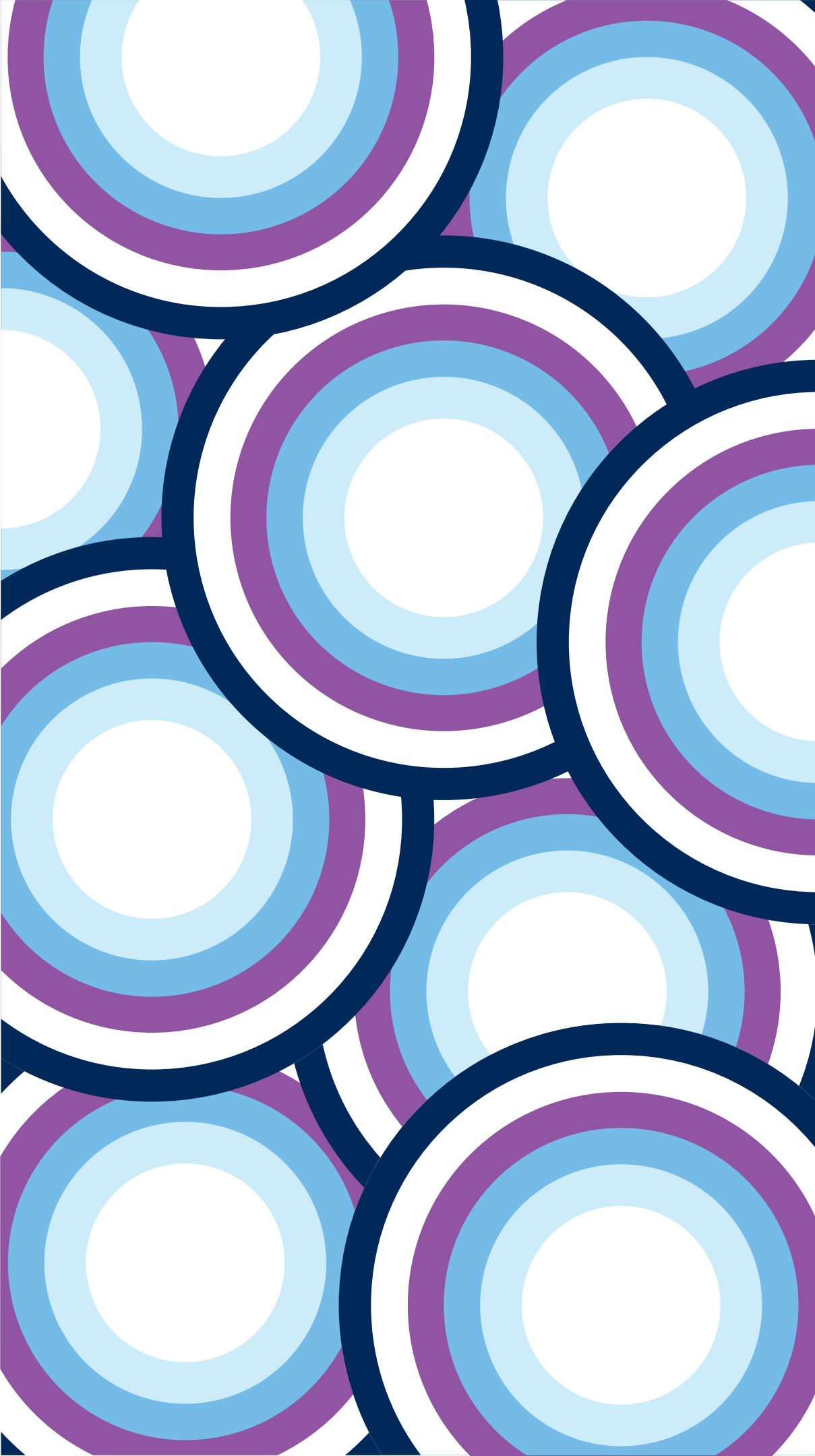




QUESTIONS

How can we help?





THANK YOU!

REACH OUT! SWAG@XAVIER.EDU

