

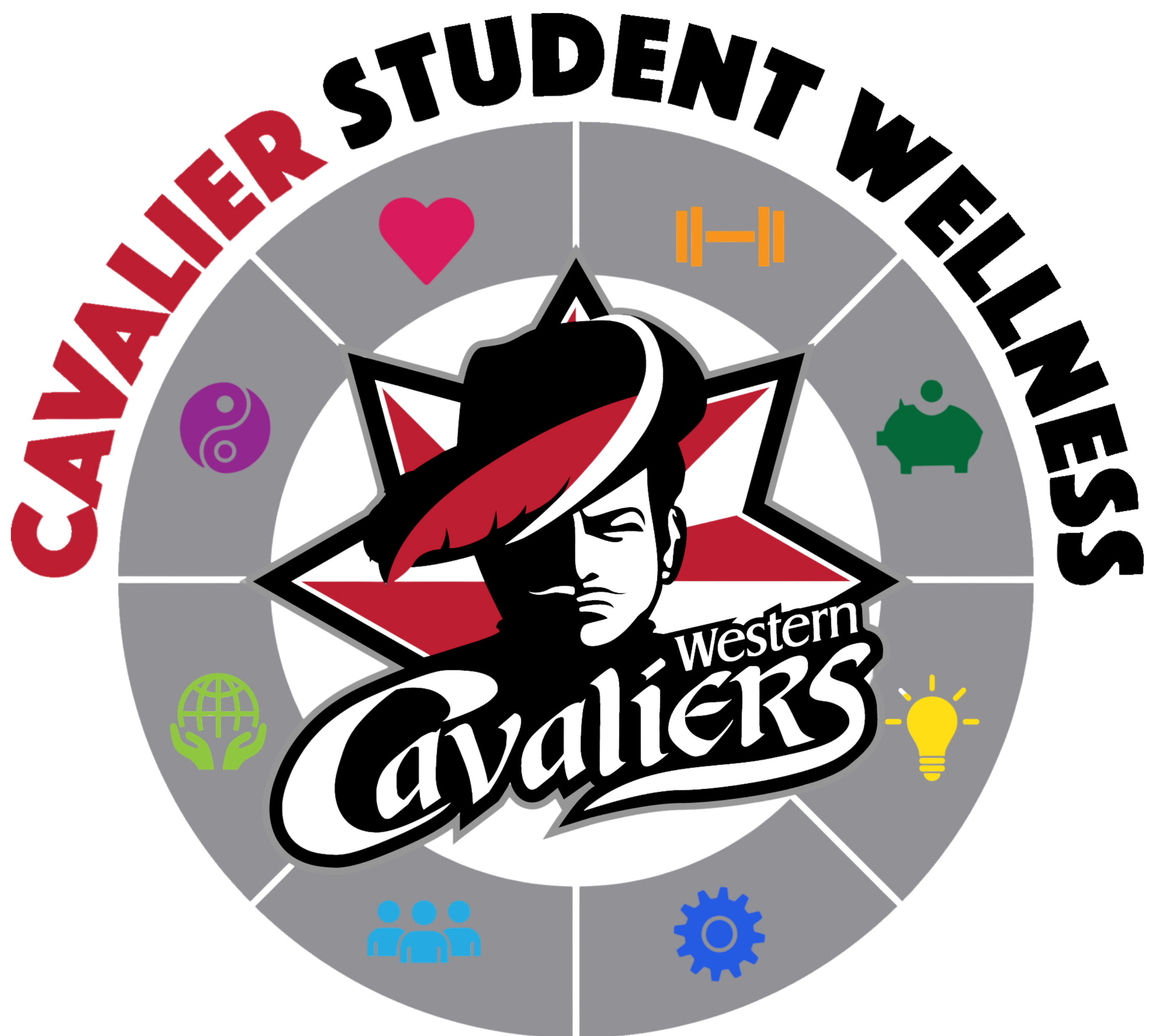
# Student

# Wellness Guide

**A guide to help student take care of their health and overall well-being while at Western.**

# What is Wellness?

Wellness is an active and ongoing process that allows individuals to reach their full potential.



Western encourages students to take action to improve the 8 dimensions that are all interconnected to improve quality of life and overall academic achievement.



# **Emotional**

**Emotional Wellness is how we feel about ourselves and how well we can cope with everyday life and stressors. Being able to understand how our positive and negative emotions can affect our daily lives. Emotional Wellness encourages a healthy and positive way to work through these emotions.**

## **Tips for success:**

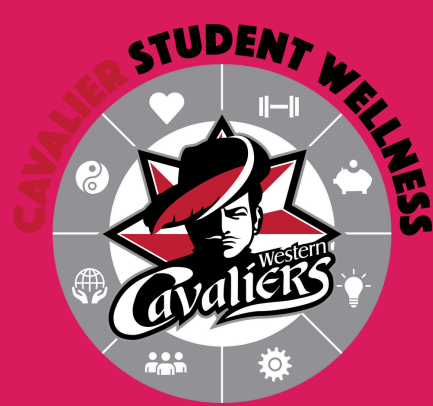
- Practice positive mindfulness
- Seek and accept help
- Find stress relievers that work best for you
- Accept past mistakes and work to become better
- Develop a healthy self image of yourself

## **Want to learn more?**

- Western Counseling and Case Management Services:  
<https://www.westerntc.edu/counseling-and-case-management-services>

## **For more information:**

- Office: Student Success Center, Room 221
- Phone: 608-785-9553





# Physical

**Physical Wellness encourages positive physical health habits such as exercise, balanced diet, sleep and listening to your body. These healthy habits are beneficial to your overall mental and physical health. They can decrease stress and anxiety levels, increase energy, and lower the risk of illness.**

## Tips for success:

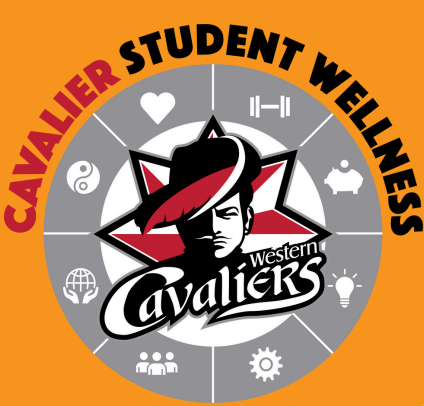
- Be active (30 minutes a day)
- Reach and maintain a healthy weight
- Focus on fruits and vegetable consumption
- Get adequate sleep (8-10 hours)

## Want to learn more?

- Western Wellness Center: <https://www.westerntc.edu/facilities-and-equipment>
- Student Health Center: <https://www.westerntc.edu/student-health-center>
- Recreation interest form:  
[https://westerntechcollege.prestosports.com/Inside\\_Athletics/intramurals/Intramurals](https://westerntechcollege.prestosports.com/Inside_Athletics/intramurals/Intramurals)

## For additional information:

- Office: Administrative Center, Lower level
- Phone: 608-785-9443
- Email: [Wellnesscenter@westerntc.edu](mailto:Wellnesscenter@westerntc.edu)





# **Financial**

**Managing finances while you are in college can be confusing, but there are resources available to help you take control of your financial situation and develop a plan for future financial success.**

## **Tips for success:**

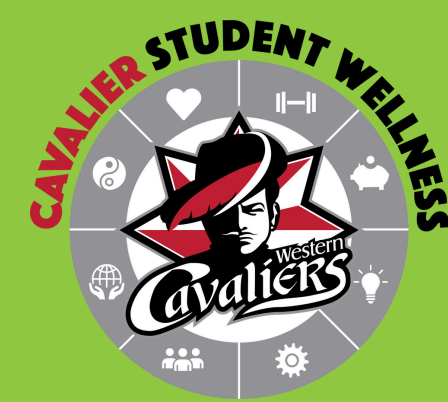
- Set a realistic budget, spend less than you make
- Take advantage of scholarships and student discounts
- Understand student loans and paying them back
- Identify and address any financial problems you may have

## **Want to learn more?**

- Financial Aid: <https://www.westerntc.edu/financial-aid>
- Scholarships: <https://www.westerntc.edu/scholarships>
- Tuition and Fees: <https://www.westerntc.edu/tuition>

## **For additional information:**

- Office: Student Success Center, Room 101
- Phone: 608-785-9579
- Email: [finaid@westerntc.edu](mailto:finaid@westerntc.edu)



# Intellectual



**The ability to expand your knowledge, skills, creativity, and being open to new ideas. Find hobbies, and interests that you are passionate about that contribute to a more balanced lifestyle.**

## **Tips for success:**

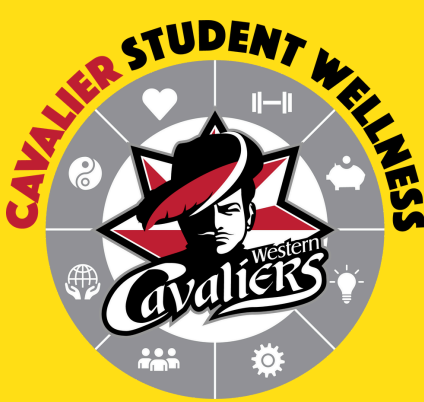
- **Be open to new ideas and people**
- **Read**
- **Attend workshops or course of interest**
- **Find a hobby out of your comfort zone**
- **Interact and learn about other people's cultures and lifestyles**

## **Want to learn more?**

- **Library: <https://www.westerntc.edu/library>**
- **Learning Commons: <https://www.westerntc.edu/learning-commons>**
- **Study Abroad Program: <https://www.westerntc.edu/study-abroad>**

## **For additional information:**

- **Office: Student Success Center, room 201**
- **Phone: 608-785-9198**
- **Email: [LearningCommons@westerntc.edu](mailto:LearningCommons@westerntc.edu)**





# Occupational

**The ability to find fulfillment in your chosen career path. Understanding how to balance work, relationships, and life is critical for your overall physical and mental health.**

## Tips for success:

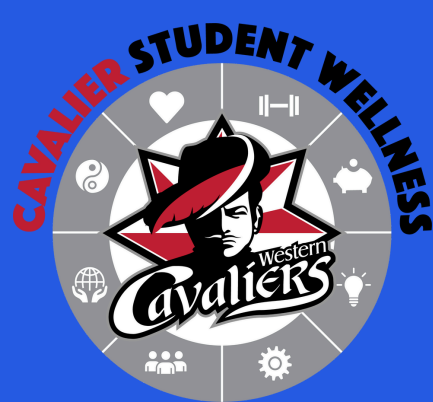
- Be aware of the variety of career choices
- Find your passion in life
- Develop a schedule that helps balance life and your career

## Want to learn more?

- Student Support Services: <https://www.westerntc.edu/student-support-services>
- Academic Programs: <https://www.westerntc.edu/academic-programs>

## For additional information:

- Office: The SPACE, Student Success Center, Room 222
- Phone: 608-785-9440
- Email: [Careerservices@westerntc.edu](mailto:Careerservices@westerntc.edu)





# Social

**The ability to build and maintain positive relationships with peers around you. Having a well-developed support system and connections with people can help navigate you through life.**

## Tips for success:

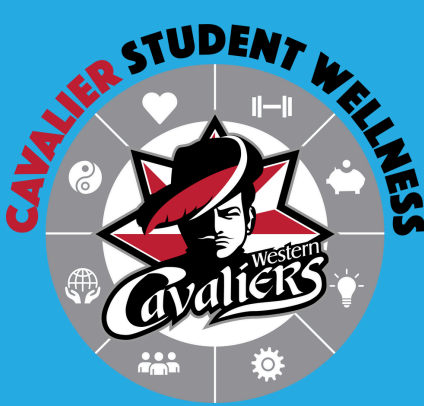
- Explore your social needs
- Learn how to communicate your feelings, and thoughts with others
- Practice active listening
- Join a new club or organization

## Want to learn more?

- Student Life: <https://www.westerntc.edu/student-life>
- Clubs and Organizations: <https://www.westerntc.edu/government-clubs-and-organizations>
- Violence Prevention: <https://www.westerntc.edu/violence-prevention>
- Equity, Inclusion, & Community Engagement: <https://www.westerntc.edu/equity-inclusion-community-engagement>

## For additional information:

- Office: Kumm Center, Room 100
- Phone: 608-785-9445
- Email: [SLGeneralinfo@westerntc.edu](mailto:SLGeneralinfo@westerntc.edu)







# Environmental

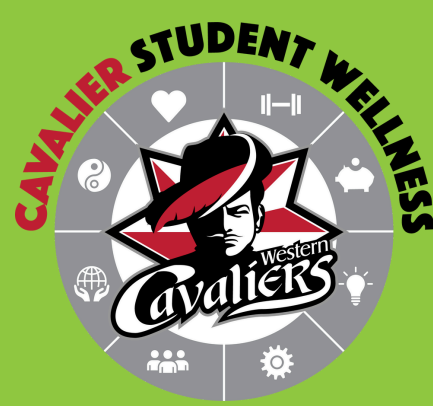
**Understand how your lifestyle negatively and positively affects the environment. Recognize the quality of air, land, and water that surrounds you and your community and how you can help to make it better.**

## Tips for success:

- Learn ways to reduce electricity and water use
- Reduce, reuse, and recycle
- Carpool, walk, or bike when possible
- Volunteer to help pickup parks, highways, etc.

## Want to learn more?

- Western's Environmental Impact: <https://map.concept3d.com/?id=1030#!ce/33971?ct/33971?s/>
- Tobacco/Smoke-Free Campus: <https://www.westerntc.edu/tobacco-smoke-free-campus>



# Spiritual



**Allowing yourself to explore your spiritual side through beliefs, morals, values, religion, and faith. This can help you find a sense of purpose in life and feel more connected with what's around you.**

## Tips for success:

- Find your values, and morals
- Explore different religions that fits best for your beliefs
- Meditate
- Find meaning in your life

## Want to learn more?

- Places of Worship - Explore LaCrosse:  
<https://explorelacrosse.com/places-worship/>

## For additional information:

- Cavalier Student Wellness
- Email: [studentwellness@westernnc.edu](mailto:studentwellness@westernnc.edu)



# Student Wellness

## Resources

- **Wellness Center**

The Wellness Center offers free memberships to all students, providing an excellent opportunity to stay active and healthy without any extra cost. We offer treadmills, elliptical machines, stationary bikes, free weights, and functional fitness equipment.

**Scan the QR code to get started:**

(Note: Must be a current Western student to apply for a free membership.)



- **Recreation**

Western offers an array of recreational activities designed to enrich student life and foster a sense of community. From varsity athletics, recreational sports leagues to outdoor adventure programs, there will be something for you!

**Interested? sign-up using the QR code:**



**Interested in Varsity Athletics? Scan the QR Code:**



- **Peer Wellness Coaching**

Wellness Coaching focuses on the 8 dimensions of wellness and provides an opportunity to reflect and create goals for improvement. Wellness Coaching is free for students and is led by NASPA certified Peer Educators.

**Interested? sign-up using the QR Code:**



# Additional Support Resources

- **Counseling and Case Management**

Western provides comprehensive counseling services to students at no cost. As trained professionals, our counselors can effectively navigate complex personal, academic, and career barriers that can affect your classroom and future workplace success.

**Attending college can be stressful. Our trained professionals can help! To make an appointment, scan the QR code:**



- **Student Health Center**

The Student Health Center, located in the Health Science Center, corner of Badger and 13th Streets in La Crosse, provides comprehensive primary care services for Western students with a valid student ID.

Cost of this service is provided by student activity money with the exception of a \$10 per visit co-pay and other services that are billed directly to the students.

**Want to learn more? Scan the QR code:**



- **Student Wellness Promotion**

Stay connected by following the Cavalier Student Wellness Program with upcoming events and activities.

**Scan the QR code:**

