Insights form the Wellness Fair
Don Camelio, Community Development and Substance Abuse
Julie Rothhaar, Residential Life Programs and First-Year Experience
• Collaboration between FYE and CDSA
• Themes of stress, loneliness, risk-behaviors
• Re-connect students to campus resources
• October 2011, 1st fair, saw over 500 students
• Thank you!
• About 400 attendees
• Quick assessment, lots of insight

Wellness Fair 2012
2 questions...
Wellness Themes

- Balance
- Non-Academic in nature
- Being with friends
- Being active/exercising
- Food/Eating
- Being with community/laughing
Being an MIT Student

- Challenging
- Alone, isolated
- Single-minded focus on academics
- “tunnel” vision
- No mention of community
- Lack of balance
How do we work with our students to get them to understand that living well is part of being an MIT student?

Discuss....
WE’RE HERE FOR YOU
MEET THE MIT COMMUNITY MEMBERS WHO WILL BE THERE FOR YOU THROUGHOUT THE YEAR
MONDAY OCT. 28
3:30 - 5:00 P.M. KRESGE LOBBY

Questions