

Health and Well-being: Empowering Your Student



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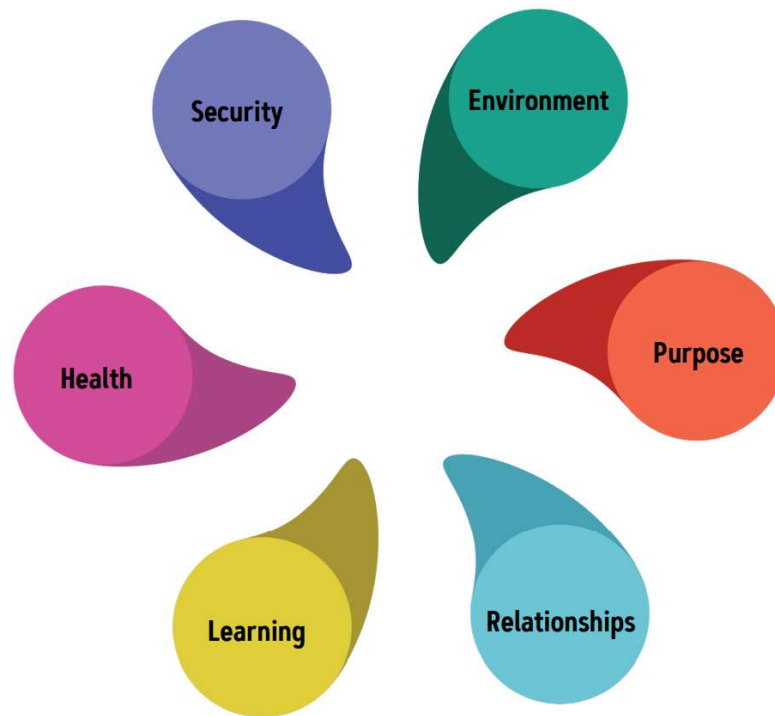
Overview

- How **JMU as a partner** empowers students in their health and well-being
- How you as a **family partner** empower your student in their health and well-being



JMU is a Health Promoting Campus

“Every student flourishes”



Exploring Independence

Empowerment: The process of becoming stronger and more confident, especially in controlling one's life

What might independence mean to your transfer student now?

How might this stage of independence feel different from their last college experience?

How might independence be rewarding and how might it be challenging for THEM?

How might their independence be rewarding and how might it be challenging for YOU?

Tools to Guide Decisions While Exploring Independence

**Family Values
& Expectations**

**Student Values
& Expectations**

**Local Laws &
Ordinances**

**Student Handbook
jmu.edu/handbook**

“This is our daughter’s second school, and she came in more mature, but it was still a big shift emotionally. It helped to encourage her that it takes time to feel connected.”

“Our son had already lived on his own, so we weren’t worried about life skills. But we talked more about how to build new friendships and stay motivated in a new environment!”

Empowering Your Student – A New Journey



Conversation Checklist

- ☐ Setbacks and resiliency
- ☐ Time management
- ☐ Community values
- ☐ Creating healthy routines
- ☐ Their values, strengths, and priorities
- ☐ Trying new things / meeting new people
- ☐ Medical support
- ☐ Resources

Which conversation(s) would you want to have with your student before they arrive at JMU?

What do you wish your family had talked with you about before you came to JMU?



JMU Resources

- **The University Health Center** – primary care, urgent care, gynecology, allergy clinic, nutrition services, x-ray and lab services, immunizations, pharmacy, etc. Appointments are available online through JMU MyChart.
- **Counseling Center** – individual, group counseling, workshops, psychiatric services, resource referrals, etc. TimelyCare also provides free telehealth mental health appointments and access to their 24/7 on-demand TalkNow service.
- **Well Dukes Coaching** – Free and confidential personalized one-on-one wellness coaching on topics like sleep, digital well-being, substance use, stress management, building connection
- **University Recreation Center (UREC)** – Intramural sports, sport clubs, group fitness, aquatics, adventure rentals and trips, etc.
- **Madison Cares** – Referral system if you have a concern for a student's well-being
- **Be Involved** – App that connects students to student organizations, workshops, etc.

Real Life Scenario #1



Student: *"Hey, I'm super sick. I've felt awful all week. What should I do?"*

Family: *"Oh, I'm so sorry you aren't feeling well. What've you tried so far to feel better?"*

Student: *"Well, I've taken ibuprofen...but...I'm just not getting any better."*

Family: *"That's a good first step for self-care....What else do you think might help?"*

Student: *"I don't know. I just need to feel better! I have a test in a couple of days that I can't miss."*

Family: *"You know, at Orientation...we talked to the Health Center at the Resource Fair. I bet they'd be a good resource to start with. I think you can even make an appointment online."*

Student: *"Oh yeah, you're right. I remember where they're at. I'll look them up now."*

Real Life Scenario #2



Student: *“Hey Dad, there is something going on with my roommate. They are skipping a lot of classes; they are always in bed, and they are just acting different than they were before. I don’t know what to do.”*

Real Life Scenario #3



Student: *“Man. I’m not fitting in here the way I wanted to. My roommate and I get along but we’re just into different things. I don’t really have friends yet and I’ve already been here two months! I feel like everyone else has found their place, and I already feel behind.”*

Thank You!



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