**Wellbeing and Success Syllabus Statement**

While a statement on your syllabus is impactful, it will be amplified further if you specifically discuss the connection between the students’ wellbeing and academic success during your first class, drawing attention to the specifics and your care for them as a person. Below are sample wellbeing syllabus statements that can be used.

**OPTION A**

In this course (insert course name if desired), I care about you and your success. Within this learning environment, it is important to acknowledge that:

* You belong in the UD academic community.
* Your ability and competence grow in direct correlation with your effort.
* You can succeed at this.
* This work has value to you.

While academic achievement is amplified by a positive, growth mindset, you may struggle at times. Your wellbeing is foundational to your academic success and fulfillment as a person. Know that seeking help and support is a sign of strength. UD offers comprehensive health and wellbeing resources designed to promote your ability to succeed, thrive, and matter including the following: **Dean of Students Office – Student Care and Advocacy** (937-229-1212); **Counseling Center** (937-229-3141); **Student Health Center** (937-229-3131); **Center for Alcohol and Other Drugs Resources and Education** (go.udayton.edu/cadre); **Brook Center** (go.udayton.edu/brook); **Campus Recreation** (activeflyers.udayton.edu); and **YOU@Dayton** (wellbeing.udayton.edu). Engage and stay up to date by following **@ud\_healthandwellbeing**. Know that I care about you and can help guide you to campus supports and resources.

**OPTION B**

We all experience stress and wellbeing differently. It is part of being human. Sometimes the challenges will be manageable and other times they may seem overwhelming. Please connect with me or use the resources available to you at UD to support you and take care of your mental health and wellbeing or keep these in mind for a peer or friend. Support options and resources for individual and collective identities are available, knowing that each of us has unique needs and approaches that work best for where we are in life.

If you find yourself struggling with your mental or physical health this semester, please feel free to approach me. I try to be flexible and accommodating. You may also connect to the following resources: **Dean of Students Office – Student Care and Advocacy** (937-229-1212); **Counseling Center** (937-229-3141); **Student Health Center** (937-229-3131); **Center for Alcohol and Other Drugs Resources and Education** (go.udayton.edu/cadre); **Brook Center** (go.udayton.edu/brook); **Campus Recreation** (activeflyers.udayton.edu); and **YOU@Dayton** (wellbeing.udayton.edu). Engage and stay up to date by following **@ud\_healthandwellbeing**.

**OPTION C**

At UD, we know health and wellbeing are important to your success. That’s why we help students of all backgrounds build a foundation for sustainable, lifelong, physical, mental, and social wellbeing. We provide the services, resources and support you need to be successful on campus and in life. Health and Wellbeing resources include the following: **Dean of Students Office – Student Care and Advocacy** (937-229-1212); **Counseling Center** (937-229-3141); **Student Health Center** (937-229-3131); **Center for Alcohol and Other Drugs Resources and Education** (go.udayton.edu/cadre); **Brook Center** (go.udayton.edu/brook); **Campus Recreation** (activeflyers.udayton.edu); and **YOU@Dayton** (wellbeing.udayton.edu). Engage and stay up to date by following **@ud\_healthandwellbeing**.

**OPTION D**

Success in this course depends heavily on your personal health and wellbeing. Recognize that stress is an expected part of the college experience, and it often can be compounded by unexpected setbacks or life changes outside the classroom. Your other instructors and I strongly encourage you to reframe challenges as an unavoidable pathway to success. Reflect on your role in taking care of yourself throughout the semester, before the demands of exams and projects reach their peak. Please feel free to reach out to me about any difficulty you may be having that may impact your performance in this course as soon as it occurs and before it becomes unmanageable. In addition to your academic advisor, I strongly encourage you to contact the many other support services on campus that stand ready to assist you. UD offers comprehensive health and wellbeing resources designed to promote your ability to succeed, thrive, and matter including the following: **Dean of Students Office – Student Care and Advocacy** (937-229-1212); **Counseling Center** (937-229-3141); **Student Health Center** (937-229-3131); **Center for Alcohol and Other Drugs Resources and Education** (go.udayton.edu/cadre); **Brook Center** (go.udayton.edu/brook); **Campus Recreation** (activeflyers.udayton.edu); and **YOU@Dayton** (wellbeing.udayton.edu). Engage and stay up to date by following **@ud\_healthandwellbeing**.

**OPTION E**

As your instructor, I fully support you prioritizing your own health and wellbeing. This means finding ways to prioritize what you need to be physically and mentally healthy throughout the year, including but not limited to, getting healthy amounts of sleep, moving your body, eating well, studying hard, and taking time to relax. Stay up to date by following @ud\_healthandwellbeing. If you are looking for resources, check out the following:

* **YOU@Dayton:** YOU@Dayton is an online platform that provides 24/7 access to a variety of health and wellbeing resources. Learn more at wellbeing.udayton.edu.
* **Campus Recreation:** Just 30 minutes a day of exercise can have a tremendous impact on both your mental and physical health and wellbeing. Let us be a part of your healthy habits. Participate in intramurals, build your strength, adventure to the outdoors, or join some friends for a group fitness class! Visit activeflyers.udayton.edu for more information.
* **Counseling Center:** The Counseling Center offers group therapy, individual therapy, daily walk-in appointments, workshops, crisis care, Let’s Talk, and consultations so that you can prioritize your own mental health. Call 937-229-3141 to schedule an appointment.
* **CADRE** *(Center for Alcohol and Other Drugs Resources and Education)*: CADRE delivers science-based risk reduction alcohol and other drugs prevention education, interventions, and recovery support. We support students who wish to remain substance-free and students who are in or seeking recovery from alcohol and other drugs. Please visit: go.udayton.edu/cadre
* **Brook Center:** The Brook Center is all about relationship education - relationship with yourself, others, and the world around you. We do this by focusing on mental health education, healthy equity education, sexual violence prevention, and LGBTQ+ student services. Get involved, and be a part of positive change on campus! The Brook Center houses three peer education groups, a wellbeing podcast, workshops, academic certificates, mini courses, and lots of other ways to get involved. Visit go.udayton.edu/brook to learn more.
* **Health Center:** Taking care of your physical health means not coming to class when you are sick and seeking out medical care when needed. We treat injuries, illnesses, and ongoing complicated medical problems. Call 937-229-3131 to schedule an appointment.
* **Dean of Students Office:** Our case managers work individually with students to develop the necessary skills to manage their academic and personal responsibilities while experiencing challenging and overwhelming situations and life stressors. Let us connect you with supportive resources available on campus and in the Dayton community and navigate various campus processes and procedures. Call 937-229-1212.