

Project Summary Document

In the beginning of this project, we knew that we wanted to pick two topics that are not usually on student affairs radars. Usually, professionals are focusing on getting students involved in student organizations and clubs on campus. As we were narrowing down our ideas most of our graduate assistantships are in housing or academic offices, which is where we knew everyone else would be focusing their ideas, so we picked two offices that do not have graduate assistantships. We picked student group fitness classes and our Counseling and Psychological Services.

We wanted to focus on group fitness classes, because students are recommended to take advantage of their campus recreation center, but some of them do not know how. This might be the first time they have had access to a gym, or they might have had access before but did not know what to do. Group fitness classes help students learn what to do and how to do exercises properly. Physical exercise has multiple benefits for mental and physical wellness that was also stated in our video. Especially for those students that were high school athletes but are not college athletes they may not know what to do now that they are not athletes anymore, so group fitness classes may give them a sense of community and being on a team again.

Outside of physical wellness, mental wellbeing is extremely important for college students. Depression and anxiety are prone in college students and some of them do not know how to process or cope with it. They have never been under this level of stress before and may not know how to manage. Group and individual therapy are beneficial when trying to learn how to handle the stress that college brings upon students. There are also things like coping café, where students can learn coping strategies. When students are in college their outside world does

not stop and things can still happen to their family and friends back home, so they need to learn how to cope with something that might have happened.

Both physical and mental wellness are very important. We believe advertising them and talking about them like they are just another organization or club will help cut back on the taboo feeling that comes with talking about therapy, counseling or even exercising. We hope someday these topics become just another topic covered by student affairs professionals, and students are encouraged to be involved in them like any other organization.