WELL-BEING:

“...an optimal and dynamic state that allows people to achieve their full potential.”¹
Well-being moves beyond a focus on individual behavior toward a range of social and environmental interventions that enhance health.

Campus of Well-being: Because well-being happens in the settings of everyday life,\textsuperscript{2} ALL members of the campus community play a part.
• President’s Council for Campus Well-Being (PCCW) is one of two councils designated by the NDSU President.

• Actively advances NDSU’s mission as a student-focused, land-grant, research institution through expanded and holistic vision of well-being.

• Supports institutional growth that is sending our students, faculty and scientists into the world --- and bringing the world to NDSU.

“The well-being of people, places and planet are interdependent.”\(^2\)
Counseling Center

Services
- Free for NDSU students
- Personal-emotional and academic skills counseling
- Individual, group, and couples counseling
- 24-hour on-call counselor
- Wide-variety of stress reduction and educational opportunities
  - MHFA, Therapy Dogs, Art in Therapy, DeStress in the Dirt, Meditation, Relaxation Room
  - ADHD Assessment (fees apply)

Staff
- Licensed counselors and psychologists
- Graduate student Trainees

Location
- 2022-2023 Academic Year: Stop and Go Center (1919 N. University Drive, Suite 1)
Student Health Service

Services

• Acute care
• Primary care
• Preventative care
• Mental Health care
• Dietitian

• Medical Laboratory
• Pharmacy
• Radiology (X-ray)
• Health Promotion
• Sexual Assault Prevention and Advocacy

Staff

• Team of highly qualified, licensed, or certified professionals

Location: Wallman Wellness Center 102
Wellness Center

Services included with membership:
- Membership included by paying the mandatory Student Wellness Fee
- 3 floors with a variety of activities including: Cardio and Strength Equipment, Indoor Walking/Running Track, 4 multi-purpose gyms, fitness studio space, 33’ Climbing Wall, Lap Pool, Leisure Pool, Hot Tub, Sauna
- Fitness programs including free Group Fitness classes
- Included fitness equipment and towel check out
- Free intramural e-sports competitions

Services available for additional cost:
- Intramurals including team and individual sports
- Outdoor activity equipment, trips and workshops
- Child Care available by reservation for students with children

Employment Opportunities on campus
University Police and Safety Office

Services
• Law enforcement duties with concurrent jurisdiction within City of Fargo
• Campus vehicle safety patrol
• Building security checks
• Criminal reports/investigations

Annual Security Report
• Crime Statistics Reporting, Crime Prevention Information & Emergency/Disaster Preparedness

Staff
• 15 Full Time Licensed Police Officers/1 Part time Licensed Police Officer
• 2 Public Safety Officers

Located at the UPSO Building 1523 12 Ave N
Phone # 231-8998
Support your Student’s Well-being Journey

• Visit with your student about their health and well-being
• Remind your student of the many services NDSU has to offer
• Follow us on our many social media pages
• Ask questions at the Resource Fair
• Dean of Students Office
Sources:


Thank you!

Questions, Comments, Suggestions?