WELL-BEING

noun | /ˈwelˌbeɪŋ/

{defined}

Well-being is an optimal and dynamic state that allows people to achieve their full potential.

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, ALL members of the campus community play a part.
President’s Council for Campus Well-Being (PCCW) is one of three 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.”

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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
- 212 Ceres Hall
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:

• Student membership is included by paying the mandatory Student Wellness Fee
• 3 floors with a variety of activities including: Cardio/Strength Equipment, Indoor Walking/Running Track, 4 Basketball Courts, Multi-Purpose Court, Fitness Studios, 33’ Climbing Wall, Lap and Leisure Pool, Hot Tub, Sauna
• Group Fitness Classes
• Fitness and Recreation Equipment Check-out
• Towel Service and Day Locker Use

Services available for additional cost:

• Intramural programs including team and individual sports: Basketball, Volleyball, Flag Football and more
• Outdoor Adventures equipment check-out and outdoor trips and workshops
• Child Care available by reservation for students with children
• Personal Training

Employment opportunities:

• 200 student employees work flexible hours
• On-site employment interviews TODAY from 2:00 p.m. to 4:00 p.m. in the Memorial Union Badlands Room
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

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 needs
- 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
What is one additional thing you’d like to see NDSU do to advance campus well-being?
Sources:


Thank You and Be Well!