


CAL STATE LA

# FACULTY GUIDE

TO STUDENT HEALTH  
CENTER SERVICES

20  
22



Student  
Health  
Center

# What We Do

The health promotion and education staff at the Student Health Center are committed to enhancing student well-being on campus by facilitating activities that foster health-promoting attitudes, knowledge, and behaviors. Staff uses evidence-based practice and theory to create workshops, guest presentations, and events.

Faculty are an indispensable partner in our efforts to support student academic success through the promotion of Student Health Center services. In this guide, you will find a summary of guest presentations, select health-promoting materials, and programs that are available for faculty to request.

## Services for Faculty

- **In-class Presentations** are available on request covering a range of college health issues.
- **Health-Promoting Materials** such as condoms, health brochures, and promotional health center items (as supplies permit).
- **Online Wellness Modules** for incorporation into curriculum.



# In-Class Presentations

Topic	Description	Time
Health Overview	<b>Eagle Wellness 101</b> is a highly requested guest lecture. It is ideal for Introduction to Higher Education courses. The presentation provides realistic tips that assist students in choosing, achieving, and maintaining a healthy lifestyle. The lecture covers alcohol and other drug use, nutrition and fitness, healthy relationships and relationship violence, safe sex, sleep habits, stress management, and Student Health Center services.	1 hour
SHC Services	<b>SHC Services</b> is a condensed overview of the services the Student Health Center offers including, primary care services, counseling and psychological services, family planning counseling, optometry, chiropractic, and massage.	15-30 min
Sleep	<b>Snooze or Lose</b> teaches students how poor sleep habits can take a toll on their grades, relationships, and overall mental health. Students will learn how to eliminate barriers to sleep with a few simple, effective techniques. This presentation will also teach students how to figure out how much sleep they need, how to create a better sleep environment, and how to make the most of their naps.	1 hour
Mental Health	<b>Stress Less for Success</b> focuses on teaching students about the physiologic impact of stress on the body and mind. This presentation will help students understand the different types of stress, positive coping skills for managing stress, and creating their own stress management action plan.	1 hour

# In-Class Presentations

Topic	Description	Time
Nutrition	<b>Food Foundations</b> is an overview of basic nutritional principles to help students understand nutrition labels, calories, energy balance, portions, different types of nutrients, and simple strategies for making sustainable changes in their lifestyle.	1 hour
Sexual Health	<b>Contraceptive Connection</b> provides students with medically accurate information on hormonal and non-hormonal contraceptive methods. The presentation briefly discusses the history and social context of birth control in addition to current challenges facing reproductive health. Students also learn about the different types of contraceptives, proper use, pros and cons, and special considerations.	1 hour
Sexual Health	<b>Sex Smarts</b> arms students with the knowledge they need to protect their reproductive health. Topics include types of sexually transmitted infections, how they are transmitted, common signs and symptoms of an infection, how they are treated, and how they can be prevented. Students also learn about the long-term impact contracting an STI can have on their lives and can ask anonymous questions in a safe environment	1 hour
Sexual Health	<b>Let's Talk Sex Positivity</b> discusses the importance of the right to a positive sexual experience that is inclusive and empowering to all. This presentation talks about the history of sex positivity, pleasure and communication, sexual hygiene, and more!	1 hour

# Eagle Wellness 101

Our introduction to college health presentation was developed to be delivered in three different ways. All versions address the following topics:

Alcohol and Drugs  
Disease Prevention  
Healthy Eating and Physical Activity

Sleep Hygiene  
Mental Health & Stress  
Sexual Health



## In-person Guest Presentation

The in-person guest presentation is conducted by a health educator (staff) or program assistant (student) and offers students health tips and behavioral strategies to enhance academic success and reach health goals. This presentation includes pre-and post-testing and an evaluation. Presentation length varies from 50-75 minutes, based on the requestor's preference.



## Synchronous Zoom Presentation

This version of Eagle Wellness 101 contains the same content as the in-person guest presentation but is delivered through a live Zoom presentation. This presentation includes pre-and post-testing and an evaluation. Presentation length varies from 50-75 minutes, based on the requestor's preference.



## Asynchronous Canvas Learning Modules

The Canvas course introduces students to healthy living strategies and resources through video presentations, brief readings, and interactive activities. The course highlights the services of the Student Health Center, including CAPS.

Course navigation requires students to view and/or mark activities as complete before being able to progress to succeeding modules. Eagle Wellness 101 on Canvas includes pre-and post-testing and an evaluation. The course takes approximately 2-3 hours to complete.

# Request a Presentation

In order to request a presentation, faculty should follow the linked icon and complete the required information. We do our best to accommodate faculty requests, but the schedule fills up fast and we recommend reaching out early.



Access to the Eagle Wellness 101 learning modules can also be requested at the same link as above.

## Request a Materials

There are a select number of health-related materials available for faculty to request for distribution to students during class. Requests can be made through the Student Health Center website and fulfillment based on availability.



### Health Brochures

MAX 40/CLASS



### Condoms

MAX 50/CLASS

All materials provided by the Student Health Center (SHC) must be picked up in the Health Promotion and Education Center located on the second floor of the SHC. Additionally, materials may only be requested for courses at Cal State LA for the use of Cal State LA students.

# Counseling & Psychological Services

College can be a difficult transition for many students, particularly those from first-generation families. The CAPS team offers many services to help your students cope with the daily stressors of college life. Faculty are encouraged to connect students to these services when appropriate.



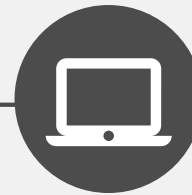
## Individual Counseling

One-on-one work with a professional counselor.



## Support Groups

Process groups where a counselor meets with students that share a common concern.



## Canvas Workshops

CAPS' asynchronous workshops are not live activities. Students can complete these pre-designed workshops at any time.



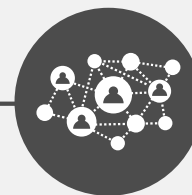
## Psychiatric Services

One-on-one appointment with our psychiatrist, a medical doctor who specializes in psychiatric care and can prescribe medication for psychiatric needs.



## Let's Talk

Let's Talk is a 30 minute to an hour drop-in opportunity to speak with a clinician from Counseling and Psychological Services (CAPS). These drop-in sessions are outreaches that focus on skill-building, resiliency skills, and problem-solving. All Let's Talk facilitators are CAPS Counselors.



## Connection Hour

Connection is key to thriving! Enter the resilience circle spaces with CAPS and the Cross Cultural Centers in order to create community and joy! You'll learn more about yourself and ways to navigate our current times.



# Community Care Advocates

## What They Do

Community Care Advocates are trained to assess and peacefully diffuse a situation that may be of concern, minimizing the need to involve public safety. Staff, faculty, students and other members of the campus community can request to have an Advocate respond to non-life-threatening situations.



To Make a  
Referral

Click on this linked icon above for more information about referring students to CAPS.

## When to Request an Advocate

Potentially controversial events where there may be differing perspectives about the value or validity of the presentation.

Immediate assistance to de-escalate a campus conflict, such as a student who is upset or experiencing challenges in a class or public presentation, or other similar situations.

A student experiencing a mental health crisis.

Community Care Advocates do not address issues of legal concern. Unlawful behavior, i.e. harassment, or crimes in progress, robbery, individuals yielding weapons, and sexual assault will be facilitated by the Department of Public Safety.





# Get In Touch

Visit us at our website by clicking on the icon.

## Health Promotion & Education



Student Health Center  
Second Floor, Room 215  
(323) 343 - 3340

Marisa Marcarello, MPH, MSN, FNP-, CHES  
Assistant Director for Health Education

Jhoanna Avelino, BS  
Health Education Assistant

Stephanie Orjiako, BS  
Health Education Assistant