**Welcome Back Well-Being Fair Reflection**

**Purpose:**

The purpose of the Welcome Back Well-Being Fair is to better understand the factors that contribute to one’s overall well-being (examples of well-being include physical, mental, emotional, financial, social, and community). In this reflection, you will have the opportunity to connect what you are learning in this course to well-being. After completing this reflection, you should be able to

* Describe various types of well-being
* Reflect on your current well-being using a well-being scale
* Identify appropriate campus resources for your well-being needs (examples include University Health Center, Campus Recreation, Counseling and Psychological Services, etc.)
* Describe at least one campus resource to a peer

**Task:**

At the Fair, you need to visit and interact with ALL campus resource representatives present.

**Acquiring Knowledge:** When you are at the fair, it is important to talk with the representatives of the campus resources to learn about what Longwood offers to assist with your well-being. While you are at the fair, do ALL of the following

* Collect a flyer and/or business card
* Follow on social media, if applicable
* Ask how the campus resource contributes to your well-being (example: what programs do they offer, is there any upcoming programs happening, hours of availability to connect to the resource if needed – business hours and after hours, if applicable)

**Self-Reflection:** Here is where you will reflect on your current well-being using the Well-being Scale provided (see below). After reflection do both of the following:

1. Pick one area for growth and write a paragraph to one page paper about how you will use one or more of the campus resources to meet your growth goal. (Rating of 3 and below on the Well-being Scale)
2. Pick one area you are excelling at, and write a paragraph to one page paper on why you are excelling in this area and how you will maintain this going forward. (Rating of 4 and up on the Well-being Scale).
3. Discuss one key concept/idea from our course to what you learned at the fair.

*Well-Being Scale:* Rate your well-being on a scale of 0 (poor) -5 (excellent) for the following:

1. Physical Well-being (example: eating habits, exercise habits, sleep habits, etc.): \_\_\_\_\_
2. Mental Well-being (example: mood, understanding self and others, stress management etc.):\_\_\_\_\_
3. Financial Well-being (example: budgeting, spending habits, etc.): \_\_\_\_\_\_
4. Social Well-being (example: creating and maintaining relationships – family, friends, romantic partners, etc.): \_\_\_\_\_
5. Community Well-being (example: connecting with campus organizations and clubs, feeling a sense of belonging, etc.)\_\_\_\_\_

**Sharing with Peer:** Have a conversation with at least one peer regarding one well-being campus resource that appealed to you and why. Write a paragraph about this discussion with a peer regarding the well-being campus resource.