

COLUMBUS STATE

DEPARTMENT OF STUDENT WELLBEING

Student Wellbeing Presentation Request Form

Presentation Information

Today's Date

Requested Presentation Date

Requested Topic (see below)

Presentation Time

Presentation Location

Handouts, materials requested:

Class/Audience Size:



Topics Available:

SWell Info Session

Self Defense (Presentation Only)

Self Defense (Demo)

Physical Activity

Smoking Cessation

Time Management

Nutrition

Mindfulness (Demo)

Stress Management

Wellness as a Lifestyle

Mental Health Counseling

Alcohol & Other Drugs

Financial Wellness

Personal Development

Other: