

Why Don't They Teach That In School?

Jacqueline Hamilton, EdD



- Nutrition
- Exercise
- Sleep
- Basic Healthcare
- Personal Finance
- Mental Health Thriving
- Coping Skills
- Time Management
- Soft Skills
- What else?









Students seek our advice.

Be a good steward for the students.

Start with yourself (airplane example) -
learn available resources.

Model behavior.

Learn resources available to students.



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Campus Resources

- **Students**

- Health + (vetted off campus)
- Academic Blue Health Insurance
- Counseling
- Gym
- Izzy's Pantry
- IGrad
- LinkedIn Learning
- Career & Professional Development
- Campus Organizations

- **Faculty/Staff**

- Human Resources
- Employee Assistance Program
- Health Insurance + Programs
- Employee Wellness
- Gym
- LinkedIn Learning

Off Campus

- **Overwhelming – word of mouth!**
- Convention and Visitor's Bureau
- City of Corpus Christi
- Credit Union/Bank - financial classes
- Organizations by Interest
 - Faith-based
 - Sport
 - Social

- Do no harm
- Know your scope
- First time for everything (again)
- Explore resources together
- Build community, ask
- Communicate



Time Management

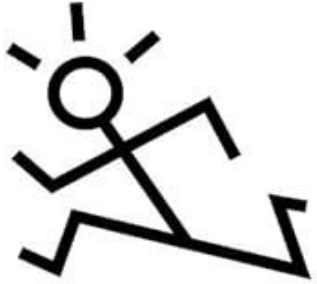


Lifelong Learning

- Awareness of ourselves as resources.
- Needs (of students) change with the times.
- College mindset always changing.
- Salience changes with situations.
- Resources change to meet needs.
- Responsibility of being a resource.
- Adulthood.

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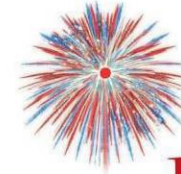
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