

Wellness Plan Instructions

The purpose of this worksheet is to identify aspects of your overall wellbeing. This worksheet will be used in your Wellness Plan meeting to facilitate a conversation regarding maintaining or improving your wellbeing. Please complete each section by reviewing the questions/prompts under each category. You do not have to answer each question; the questions are designed to assist you in reflection. If you feel there are areas where you can improve or if there are things you would like to change, these ideas and strategies can be written in the “plan” section.

Prior to completing the Wellness Plan, you should complete an alcohol and drug inventory, available via the MPACT Feedback Program. You will receive a separate email invitation with information on how to complete the MPACT Feedback Program. Once you have completed the MPACT Feedback Program, you should screenshot the Survey Complete screen.

When completing this form, you should indicate an overall ranking for each category (0-6) using the following scale:

- 0= Totally Lacking**
- 1= Significantly Lacking**
- 2= Moderately Lacking**
- 3= Half Lacking, Half Fulfilled**
- 4= Slightly Fulfilled**
- 5= Relatively Fulfilled**
- 6= Completely Fulfilled**

When you have completed both the MPACT Feedback Program and the Wellness Plan, please attach your screenshot of the Survey Complete screen and your completed Wellness Plan to the Sanction Submission Form. The [Sanction Submission Form](#) can be found:

https://cm.maxient.com/reportingform.php?SaintLouisUniv&layout_id=21.

Important Information about Wellness Plans and MPACT Feedback

The Wellness Plan and MPACT Feedback Program are offered through Saint Louis University’s Office of Student Responsibility and Community Standards for students who are exploring their alcohol and/or drug use. The goal of these interventions is to reduce any risky behaviors and harmful consequences of alcohol and/or cannabis use. This is not intended to be an abstinence-only program, rather, this is designed to assist students in examining their own behaviors in a judgement-free environment. Your responses, based on the survey you complete in MPACT and the Wellness Plan, will be used to provide objective feedback in order to encourage positive changes in behavior.

Services provided through the Wellness Plan facilitated conversation will be kept private and are not designed to create any additional punitive actions (i.e. disciplinary procedures, referrals, investigations).

Physical Wellness: How you experience your body including physical activity, nutrition, and sleep

- Exercise (what types of exercise are you getting, frequency of exercise, etc.)
- Sleep patterns (difficulty falling asleep, feel refreshed after sleep, satisfied/dissatisfied with amount of sleep)
- Nutrition (Healthy/unhealthy options on-campus/off-campus,)

Rating: _____

Plan:

Academic: School, time and graduation plans

- Major
- Academic routine (How long before exams do they study? How many hours do they study a week?)
- Required Services (Do they have necessary accommodations?)
- Path (What does their future look like?)
- Study Habits (Do they listen to music? Do they prefer studying alone, or in a group? If group, do they belong to study groups?)
- Class attendance (Consistent, sporadic, difficulty going to class)
- Realistic Expectations (Where do you see yourself after graduation, what will you be doing?)
- How do they best learn (lectures, discussion, meetings with TA, study groups?)

Rating: _____

Plan:

Time Management: How are you spending your time

- Please see attached sheet for hourly breakdown of weekly schedule

Rating: ____

Plan:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							

Spiritual: Your sense of connection to something larger than yourself, values, meaning, ethics, faith, etc.

- Reflection on self (connected to something larger than yourself, where do you find your meaning, etc.)
- Meditation (practice any meditation, spiritual/faith activities or practices)
- Ask what your biggest unhealthy habit is (Binging shows, video games)
- When do you feel most like yourself?
- When you “take time for yourself” what do you do?

Rating: _____

Plan:

Emotional: Understanding of your emotional self/emotions

- What are some current stressors that you face?
- Feeling of belonging on campus
- Self-care strategies you practice (how do you take care of yourself)
- Identify your support groups/sources of support (friends, family, etc.)
- How are you connected/involved on campus (clubs, organizations, etc.)?

Rating: _____

Plan:

Mental Health: How are you taking care of your mental health

- Do you have support people who you can talk to/process your mental health
- Who do you turn to for support (friends, counselor, mentors?)
- What are your motivations to do well at SLU?

Rating: _____

Plan:

Alcohol/Drugs: What is your relationship with alcohol or other drugs

- Do you have any concerns with your alcohol or drug use?
- Do you self-medicate with any substances?
- Family history with alcohol or other drugs?
- Ever feel pressured to engage in substance or alcohol use?

Rating: _____

Plan:
