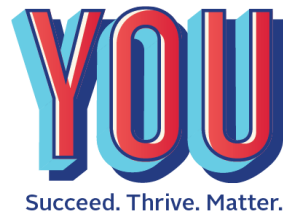


Toolkit For Faculty/Staff:

How to support students
in getting the most out of [YOU@Dayton](#)



Overview of the platform

[YOU at College Overview Video \(4 min\)](#)

Welcome to YOU! College is filled with choices, experiences, and questions for the students we serve as they move toward graduation and the start of their careers.

They may be pondering:

How much sleep do I actually need?

How can I balance my time to accomplish everything I need to and want to?

What do my identities mean for how I navigate the world?

Where do I see myself in five years?

YOU@Dayton is a comprehensive wellbeing platform that is designed to help students find success. The portal is customized for University of Dayton and accounts are personalized to each student's life. This program takes peer reviewed research on topics relevant to UD life and makes it easy to read quickly, connecting them with accurate content that doesn't feel like homework. YOU includes information about campus resources, provides mental health assessments, and guides users in thinking about their futures. With YOU@Dayton, all students will succeed, thrive and matter during their time at UD and beyond!

Learn more about YOU@Dayton [here!](#)

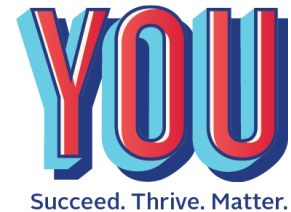
How can YOU work for you?

[Faculty / Staff User Guided Training:](#) This is an interactive training that encourages you as a faculty or staff member to think about how YOU@Dayton can support the work you specifically do with students.

We know that you are squeezing a lot of content into your time with students, working to cover class material, training information, job expectations, etc into your classes, meetings, and trainings. YOU@Dayton provides great resources to make your job easier by supporting your students' success and growth. See below for some ideas for how you can incorporate YOU@Dayton into your work with students!

In Class Awareness

- *Short Demonstration:* Bring Brook Center staff into your meeting or class period to do a short demonstration of the YOU@Dayton platform and help your students get set up in the system. We can be flexible with different time slot opportunities. Fifteen minutes is enough to get students on the platform and acquainted with how it can help them succeed, thrive, and matter at UD and beyond. **Reach out to Shelbe Brown at sbrown5@udayton.edu with speaker or presentation requests.**
- *In Class Education:* The Brook Center offers a variety of presentations on the topics of mental health, holistic wellbeing, and quality self-care that infuses this platform with more in-depth, research based education. **Instead of cancelling class, invite us to the class** to remind students of how interconnected their wellbeing is with academic success.
- *PowerPoint Slides:* Have the following information on slides playing as students walk into the classroom and get settled, add them to the beginning of your lectures, or get in the habit of wrapping up your sessions with a reminder to your students that there are an abundance of resources available on campus to support their whole selves.
 - Have you heard about YOU? Visit www.wellbeing.udayton.edu to learn more.
 - Take a few minutes for YOU before we get started. Check out YOU@Dayton: www.wellbeing.udayton.edu
 - I value mental health. Learn more about how you can succeed, thrive, and matter at UD throughout this semester and beyond by visiting YOU@Dayton. Find it at wellbeing.udayton.edu.
- *In Class activities:*
 - Ask students to pair up with a friend and explore articles within YOU@Dayton together. What stands out to them as interesting or particularly impactful? What are they struggling with most right now as they strive toward academic success, and how can they help one another find the resources they need to succeed?
- *Extra credit/assignment opportunities:* Offering an extra credit assignment is always a motivating factor. Below are some examples of activities that could be used to encourage students to think critically about their mental health and wellbeing via YOU@Dayton.
 - Ask students to complete the self care check quizzes (there are three on the platform) and write a brief reflection on what they learned about themselves. This could be expanded to ask them to connect this learning moment to something they



have discussed in class, their career goals, or how they can improve their overall academic success by thinking more about what they learned from the quizzes.

- Ask students to set a goal for themselves in YOU@Dayton that will support them in their academic goals and then review two articles that will help them achieve that goal. Students can take a screen shot of their goal or write a brief reflection of their experience.

Syllabus statements

We know students use syllabi to keep track of assignments and expectations - but the syllabus is also a powerful place to show your support of their holistic development and wellbeing throughout the semester. Use this document to remind them of the YOU@Dayton platform with one of the following statements. Feel free to make it your own.

- *I am committed to your success in my course this semester. This means that I'm committed to you taking care of yourself. If you aren't sleeping enough, are struggling with mental health, don't have access to healthy food, etc, you will not be able to succeed in this class or at UD. Consider visiting [YOU@Dayton](#) to learn more about resources on campus and how you can improve your own wellbeing throughout this semester.*
- *I value mental health. Learn more about how you can succeed, thrive, and matter at UD throughout this semester and beyond by visiting YOU@Dayton. Find it at [wellbeing.udayton.edu](#).*
- *YOU have the power to shape your own college experience. Take the initiative to reach out to resources across campus to learn more about how to set yourself up for success. Visit [wellbeing.udayton.edu](#) to learn more about where you are succeeding, set reasonable goals, and learn more about how to improve your experience at UD.*

Email Signatures: Show our campus community that you are committed to student success by sharing one of these statements in your email signature line - or perhaps create your own!

- **I believe in the power of [YOU](#).**
- **[YOU](#) have all the power you need to succeed.**
- **YOU@Dayton can help you achieve your goals. Learn more at [wellbeing.udayton.edu](#).**



Isidore Page Links

- Add the following icon and link to your class Isidore page with a note from you expressing your support of students seeking resources to help them in their success.
 - [Wellbeing.udayton.edu](https://www.wellbeing.udayton.edu)

