

STUDENT HEALTH ADVOCATE WORKSHOP MENU

ALCOHOL & OTHER DRUGS

ALCOHOL JEOPARDY

Learn about alcohol facts, alcohol effects, alcohol and college life, plus more in this fun and interactive game modeled after the famous TV show.

WEED IT OUT

An interactive, highly competitive program exploring important facts about marijuana gathered from the newest research studies. You have to dig deep to get it all!

JEOPARDY: DRUGS REMIXED

Learn about marijuana, “study” drugs, ecstasy, and many others through an exciting game of Jeopardy.

GENERAL HEALTH

MISSION NUTRITION

Learn how to make healthy choices when cooking in or eating out, and discover ways to grocery shop on a budget in this fun and interactive workshop.

LIFE IN THE STRESS LANE

Participants will learn a variety of healthy ways to handle stress through a series of fun activities and group discussions.

ZZZs = DEGREES

Learn why sleep is so important for cognitive performance, academic success, and overall health as you engage in interactive activities. Plus discover helpful tips to help you get a good night’s sleep.

SEXUAL HEALTH

FRISKY NOT RISKY

Learn about the basics of sexually transmitted infection (STI) transmission, protection, and how to talk to partners about safer sex through a variety of collaborative activities.

SEXUAL JEOPARDY

This program teaches participants about essential sexual health information including STIs, birth control, anatomy, and more!

BIRTH CONTROL BASICS

Work with fellow participants as you learn about 10+ types of birth control, how they work, and how effective they are in preventing pregnancy.

Looking for a workshop topic not listed here?

Contact Vivian Lau, Health Promotion Assistant, at vilau@ucsd.edu