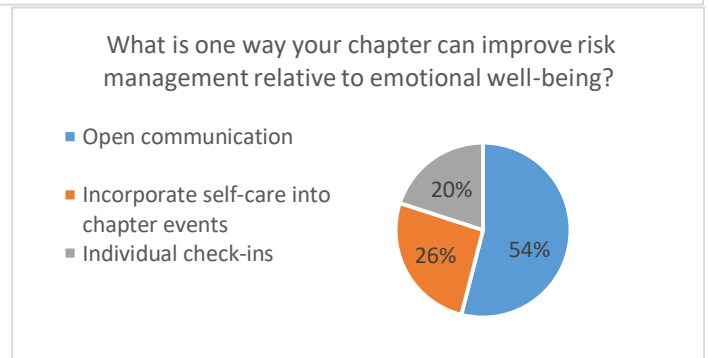
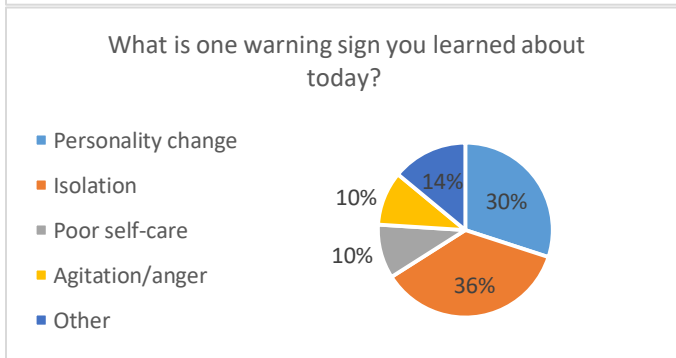
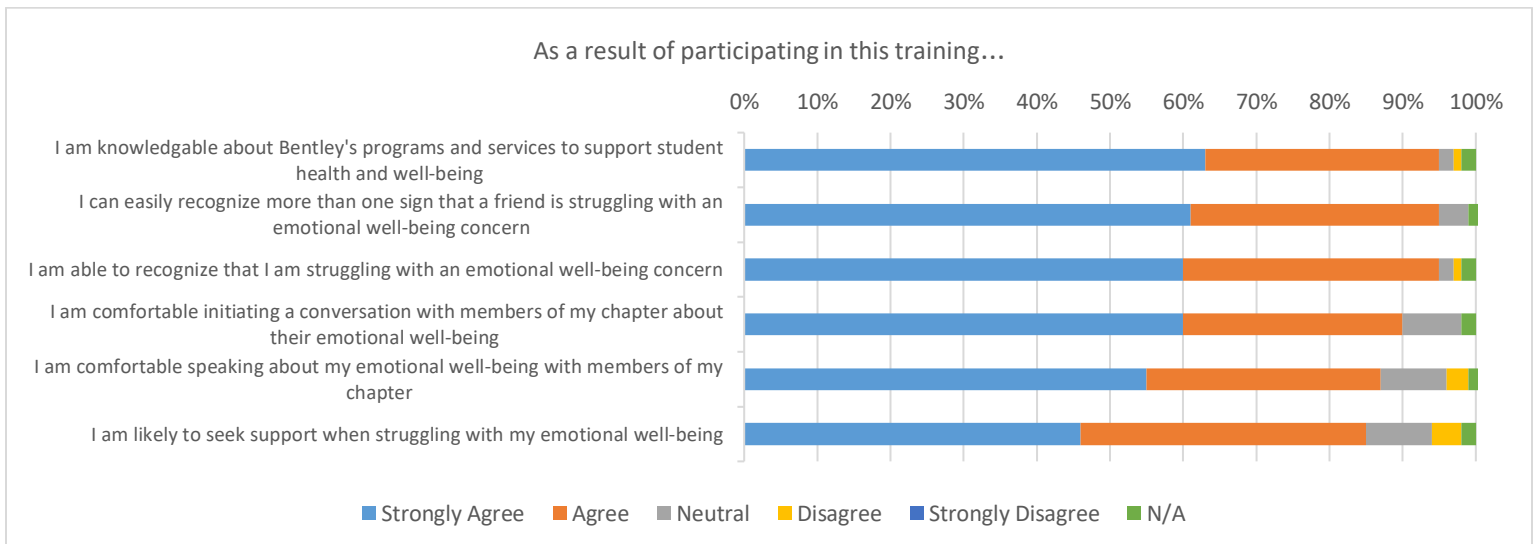


Fall 2018 Emotional Well-Being Training Report

In October, the Office of Student Programs & Engagement partnered with the **Office of Wellness & Health Promotion** to offer a new risk management training program to the Fraternity & Sorority Life Community that focused on emotional-well-being and resource awareness. The training was interactive, involving activities and discussion, as well as presentation-based, communicating content from OWHP staff. Topics covered include:

- **Concepts** and definitions related to risk management, emotional well-being, and stigma reduction
- **Warning signs** that indicate an individual or a friend may be experiencing a mental health concern
- **Resources** at Bentley and beyond that are available for individuals experiencing a mental health concern

In November and December, the vast majority of members of FSL completed the training through in-person, chapter-specific trainings facilitated by staff. Members studying abroad in the Fall semester, along with those who missed the original training dates, completed a make-up training in the Spring 2019 semester. This resulted in 650 (98%) of general and executive board members completing the training. Each learning outcome was assessed using a Likert scale questionnaire. In addition, participants were asked to respond to four open-response questions. The Likert scale data and major themes from open response data are captured in the charts below. This positive data demonstrates the effectiveness of the training in facilitating the intended learning outcomes for students.



Please share any feedback you have about today's risk management training

"I thought that it helped us recognize that we all cope in similar and different ways and we can share those with each other"

"It was extremely useful and I think all chapters should have this"

"It was really useful and I think it will make people more comfortable talking to each other"

"Nice to know risk management includes normal feelings, not just extreme ones"

"Very helpful, should be done school wide"