



PEER-LED WELLBEING WORKSHOPS BY SWAG

SWAG Peer Educators are available to partner with RAs and other student clubs by providing one of the below workshops. If you'd like to collaborate with SWAG, please email us at swag@xavier.edu at least 2 weeks prior to your event. SWAG can also support customized event requests with 3-4 weeks notice.

FINANCIAL WELLBEING: FOR STUDENTS BY STUDENTS

Financial knowledge and skills are crucial, and we want to talk about it! Learn the basics of budgeting as a college student and discuss topics like grocery shopping, rent, and social funds. The workshop concludes with an activity to practice what was learned.

LET'S TALK ABOUT SEX

Test your sexual and reproductive health knowledge with SWAG! Participants will learn more about sexually transmitted infections (STIs), abstinence, safer sex, and resources available.

ADJUSTING TO COLLEGE 101

College is a new and different experience for everyone! Discuss adjusting to a new environment and schedule, making friends, living with roommates, and taking care of oneself. This workshop is most useful in the fall semester.

SELF-LOVE: HOW YOU CAN GET THERE

Self-love doesn't have just one definition, and it can look different for everyone. Discuss ways to improve self-image and self-respect while taking part in an activity that addresses these topics.

COLLEGE MENTAL HEALTH

Let's beat the stigma! Learn about and discuss mental illnesses and statistics, dispel mental health myths, and discover various resources; plus, create a self-care plan for identifying various supports during stressful times.



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HUB 109



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