

Dear Faculty Member/Academic Advisor,

Staying healthy is important for success in college. Research shows that physical and psychological health is associated with academic development, leadership qualities, and overall satisfaction with college.

The S.W.A.T. Team (*Student Wellness Awareness Team*) is a group of selected student leaders who serve as the peer educators for the University of Toledo. These students deliver dynamic, interactive presentations and programs to classes, organizations and student groups on campus. These presentations are on health issues that affect college students.

S.W.A.T. Team members are trained through the course ***Wellness Through Peer Education: HEAL 4900 Section 070*** (3-credit hours). Most jobs today require public speaking and leadership skills. This course provides students with opportunities and experiences to further develop these skills. Because of this, many majors at the University of Toledo recognize this as a related course or an approved elective.

Wellness Through Peer Education course goals:

- *Students will develop innovative, interactive health/wellness presentations to be delivered to academic classes, organizations, or student groups at the University of Toledo.*
- *Students will develop a strong and accurate knowledge base on health topics that impact the health and success of college students.*
- *Students will be trained on successful presentation/public speaking techniques.*
- *Students will have opportunities to practice and master these public speaking techniques throughout the course. They will also give at least three presentations to outside groups.*
- ***Students will develop transferable skills that will be of value regardless of their major. These skills will include, but are not limited to: leadership, facilitation, team building, developing effective work teams, presentation development, and dynamic, confident communication skills.***

If you have any questions, please feel free to contact either one of us.

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Thank you for your time.