

8 DIMENSIONS OF WELLNESS

Using the 8 Dimensions of Wellness, Wave of Support brings together the programs and services of many student support offices with the goal of building a happier, healthier, and more balanced YOU!

How do you care for yourself in each dimension?



Emotional wellness relates to understanding your feelings and coping effectively with stress. Self-care, relaxation, and the development of inner resources can help you learn and grow from your experiences. Find support through *The Counseling Center* or develop positive self-care habits with *Success Coaching*. Talking to a friend or asking for help is a great place to begin your emotional wellness journey.



Environmental wellness inspires us to live a lifestyle that is respectful of our surroundings, which can facilitate our personal development. *Housing and Residence Life* offers resources to support your living situation, on or off campus. Explore various outdoor activities and volunteer opportunities to connect with the community at large, too!



Financial wellness involves the process of learning how to successfully manage financial expenses. Money plays a critical role in our lives and not having enough of it may impact other health dimensions. *The Financial Aid and Student Employment* offices can support your financial literacy, growth, and wellness while at Tulane.



Intellectual wellness involves having an open mind when you encounter new ideas and continuing to expand your knowledge, even when it gets tough. Intellectual wellness encourages growth mindset and seeking support. *The Academic Learning and Tutoring Center*, the *Goldman Center for Student Accessibility*, and the *Center for Academic Equity* each provide unique resources for all types of learners.



Physical wellness involves maintaining a healthy body and seeking care when needed. It is more than just diet and exercise; physical wellness includes sexual health, substance use, sleep, stress, and more. *Campus Health*, *The Well for Health Promotion*, and *Campus Recreation* are all great resources for building your physical wellness. So is taking a walk in *Audubon Park*!



Social wellness helps you create a support network. This dimension allows you to not only develop encouraging relationships with peers, but also a diverse and inclusive connection to your community. *WaveSync* hosts all campus events and the *Office of Multicultural Affairs* offers a variety of programs to connect with new peers!



Spiritual wellness allows us to develop a set of values that helps us seek meaning and purpose. Spirituality can be represented in many ways, such as relaxation or religion. Check out Tulane's many religious student organizations or find purpose and spiritual connection through meditation or spaces of affirmation on campus.



Vocational wellness is about enjoying your occupational endeavors and appreciating your contributions. This dimension of wellness encourages personal satisfaction and enrichment in one's life through work. *Career Services* can support you with building your resume, finding an internship, or exploring leadership opportunities.



ACADEMIC LEARNING AND TUTORING CENTER

Location: HTML B01 **Contact:** altc@tulane.edu, 504-314-7949

The ALTC offers study spaces, tutors, writing coaches, and more to support your intellectual wellness.

CAMPUS HEALTH

Health Center for Student Care (Uptown)

Location: Building 92 (Corner of Newcomb Place & Willow Street)

Health Center: 504-865-5255 **Pharmacy:** 504-862-8658

The Counseling Center (Uptown)

Location: Diboll Complex **Phone:** 504-314-2277

Health Center for Student Care, Counseling Center (Downtown)

Location: 127 Elk Place, Rm 261 **Phone:** 504-988-6929

CAMPUS RECREATION

Uptown: Reily Student Recreation Center **Phone:** 504-865-5242

Downtown: Deming Pavillion **Phone:** 504-988-8652

Explore club sports, intramurals, fitness classes, and outdoor adventures to expand your physical, social, and environmental wellness.

CAMPUS SERVICES

Location: LBC, Suite 107 **Phone:** 504-865-5441

Email: campusservices@tulane.edu

Access environmental support for splash card issues, dining services, mail services, shuttles and transportation, parking services, and more!

CAREER SERVICES

Location: Mussafer Hall **Phone:** 504-865-5798

Email: csc@tulane.edu

Career Services supports financial and vocational wellness by providing professional development opportunities and career fulfillment through informed and values-driven career choices.

CASE MANAGEMENT & VICTIM SUPPORT SERVICES

Location: LBC, Suite G02 **Phone:** 504-314-2160

Email: srss@tulane.edu

CMVSS is a great resource to turn to if you don't know where else to go. No matter how difficult or unique your situation and no matter where you are - they can help!

THE CAROLYN-BARBER PIERRE CENTER FOR INTERCULTURAL LIFE

Location: Richardson Building **Phone:** 504-865-5181

The CBPCIL includes the Office of Multicultural Affairs, the Office for Gender and Sexual Diversity, and Religious Life at Tulane, each supporting students' social, emotional, and spiritual wellness.

CENTER FOR ACADEMIC EQUITY

Location: Richardson Building **Phone:** 504-314-7571

Email: cae@tulane.edu

The CAE is committed to supporting students' intellectual and financial wellness, focusing on historically underrepresented groups, with unique learning opportunities and need-based support.

CENTER FOR GLOBAL EDUCATION

Location: 6901 Willow Street **Phone:** 504-865-5208

Email: osa@tulane.edu

CGE is the hub for global learning and bolsters intellectual, social, and environmental wellness. It houses the Office of Study Abroad, English for Academic and Professional Purposes, and International Undergraduate Student Support.

OFFICE OF FINANCIAL AID

Location: Gibson Hall, Suite 130 **Phone:** 504-865-5723

Email: finaid@tulane.edu

The Office of Financial Aid is a great resource for financial wellness. Learn about types of financial aid and resource to support you as an undergraduate, graduate, or professional student and beyond.

GOLDMAN CENTER FOR STUDENT ACCESSIBILITY

Location: Howard Tilton Memorial Library, Suite B25

Email: goldman@tulane.edu **Phone:** 504-862-8433

The Goldman Center supports intellectual wellness by seeking to eliminate barriers, advocate for inclusion, and ensure access for every member of our community.

HOUSING AND RESIDENCE LIFE

Location: River Hall

Phone: 504-865-5724

Email: housing@tulane.edu

Contact HRL to access your Housing Portal, see rates and housing agreements, request maintenance, or reserve spaces. You may also find resources for graduate and off-campus housing.

SUCCESS COACHING

Location: Mussafer Hall

Phone: 504-865-5798

Email: success@tulane.edu

Success Coaches assist students in many dimensions of wellness by providing students with questions, observations, feedback, encouragement, support, and accountability to reach their goals.

TITLE IX

Location: Jones Hall, Suite 308

Phone: 504-865-5615

The Title IX office is dedicated to ensuring gender equity at Tulane University, which includes coordinating the University's efforts to prevent and effectively respond to all forms of sex discrimination (including gender identity and sexual orientation discrimination) and sexual misconduct impacting community members.

QUICK REFERENCE

TUPD Emergency/EMS: 504-865-5911

Student Resource and Support Services: 504-314-2160

Student Affairs Professional On Call: 504-920-9900

SAPHE Hotline: 504-654-9543

The Line: 504-264-6074

The Counseling Center: 504-314-2277

The Health Center: 504-865-5255

Nurse Advice: 504-862-8121

Campus Services: 504-865-5441

find more resources at care.tulane.edu