

Ideas for programming attachment

Levelhead-Ed

Posted on [June 4, 2020](#) by [JED Campus Learning Community](#)

- [Programs/Products](#)

Levelhead-Ed is a flexible, mobile learning program that can be utilized in the classroom to complement any higher-ed course — from business to positive psychology, to construction management, to student orientation programs. Levelhead-Ed’s micro-lessons are delivered to the students via their mobile device and provide students with the emotional intelligence skills they need to increase focus, reduce stress, boost creativity, build relationships, and more. They offer a modular program that covers up to 12 weeks of micro-lessons. **Main**

Contact: Jeff Schrock – jeff@getlevelhead.com

Website: <https://www.getlevelheaded.com/>

SuperBetter

Posted on [April 20, 2020](#) by [JED Campus Learning Community](#)

- [Programs/Products](#)

SuperBetter is a tool created by game designers and backed by science. Playing SuperBetter helps build personal resilience: the ability to stay strong, motivated, and optimistic even in the face of difficult challenges. Resilience has a powerful effect on health—by boosting physical and emotional well-being. Resilience also helps you achieve your life goals—by strengthening your social support and increasing your stamina, willpower, and focus.

Every aspect of SuperBetter is designed to harness the power of positive emotions and social connection to help you improve your life.

At the heart of SuperBetter is the Live Gamefully® method, a framework that brings the psychological strengths and mindset of gameplay to real life. The method promotes new levels of personal growth as a result of stress and change. That’s why it’s called SuperBetter.

[Click here to learn more about SuperBetter.](#)

ReST – Resilience Skills Training

Posted on [December 10, 2019](#) by [JED Campus Learning Community](#)

- [Programs/Products](#)

ReST actively engages participants in improving their mental health by offering a weekly selection of wellness activities in the areas of goal-setting, emotional skills, social connection, health, meaning and purpose, and self-talk. Participants use the companion workbook Four Weeks to Wellness to select and complete the exercises that are most appealing and relevant to them.. The FREE ReST (Resiliency Skills Training) facilitator’s manual provides a detailed curriculum with step-by-step instructions on how to implement a 4-week workshop series or a DIY campus-wide online program centered on evidence-based wellness practices.

[Click here to access the full facilitator’s manual.](#)

JED Campus Webinar: Integrating Wellbeing into the Classroom – Faculty-Staff Collaborations to Support Student Mental Health

Posted on [October 23, 2019](#) by [JED Campus Learning Community](#)

- [Webinars/Media](#)

PRESENTATION DATE: **August 21, 2019**

ABSTRACT:

Thea Woodruff, Ph.D., from the Texas Well-Being Project (University of Texas – Austin) and Joselyn Lewis from The Engelhard Project (Georgetown University) will discuss the strategies their institutions have used to collaborate with faculty to support the mental health of their students. Through each project, Georgetown and University of Texas faculty have integrated wellness into their classrooms and curricula to help connect student well-being and academic study. Through overviews of these two projects, attendees will hear about practical ways that their JED Campus Team can engage campus faculty in the implementation of their mental health strategic planning.

To access the recording for this webinar, please reach out to your Campus Advisor.

Sample programs & resources for emotional management & resiliency

Posted on [April 13, 2018](#) by [JED Campus Learning Community](#)

- [Resources from JED Campuses & Other Schools](#)

An increased focus on life skills development may ease the burden on counseling centers, as it might limit or prevent some problems from emerging in ways that require clinical care. Similar programs can be implemented across campus through clinical and non-clinical staff such as health educators and student affairs staff. These schools have solid programs that help to support student resiliency and emotional management.

[University of Wisconsin – At the Heart-Understanding and Managing Emotions](#)

[University of Texas – Managing Difficult Emotions Resource](#)

[Kansas State University – University Life Cafe: The Bookshelf](#)

[Yale’s Mood Meter](#)

Student Success — A New Blueprint for Engagement & Measurement

Posted on [January 7, 2018](#) by [JED Campus Learning Community](#)

- [Webinars/Media](#)

In this webinar you’ll get a liberal arts school’s perspective on using [Portfolium](#), a digital portfolio tool, to:

- Engage students in a first year transition program
- Empower peer-to-peer discovery of interests
- Enable self reflection upon skills & strengths
- Provide a showcase for matching strengths with career opportunities
- Measure the impact of engagement efforts

View the [recorded webinar](#).

SCoRE – Student Curriculum on Resilience Education

Posted on [September 21, 2018](#) by [JED Campus Learning Community](#)

- [Programs/Products](#)

SCoRE (Student Curriculum on Resilience Education) is a research-based resilience education program that helps students cope with the personal, social, and academic challenges of college life. The curriculum was developed by [3C Institute](#) and [LEAD Pittsburgh](#) in collaboration with ten colleges and universities and is available as either an [instructor-led](#) or [self-paced](#) course.

[Click here to read more about SCoRE.](#)

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Gratitude Blooming

Posted on [November 2, 2020](#) by [JED Campus Learning Community](#)

- [Mindfulness.](#)
- [Programs/Products](#)

Gratitude Blooming provides a simple, accessible way for Student Affairs staff and their students to cultivate self-care, shared connection and healthy coping strategies, especially during times of stress and uncertainty.

Inspired by nature, at the heart of all Gratitude Blooming practices is the artist-illustrated 39-card deck and guidebook. Each card has been designed to help you notice with different senses and perspectives. This is a practice to stretch your emotions and mind. Gratitude is an antidote to the brain's biological bias to focus on the negative. As a social emotion, gratitude is a 'gateway' to building emotional intelligence and tilling the soil for a thriving community. Gratitude Blooming Circles are spaces designed to be emergent, experiential and peer led. Student Affairs professionals can even train students to host their own circles after they've attended our facilitator training series! Mention **JED** and you'll get **15%** off all of our products and services in your invoice.

Find out more at: <https://www.gratitudeblooming.com/gratitude-blooming-community>
Book your Introductory 60-min Gratitude Circle or our 3-Part Facilitator Training Series by contacting: belinda@gratitudeblooming.com

The National Institute for Student Success (NISS) at Georgia State University

Posted on [September 1, 2021](#) by [Nicole Mullis](#)

- [equity](#)
- [Resources from JED Campuses & Other Schools](#)

The National Institute for Student Success at Georgia State University helps colleges and universities identify and resolve institutional barriers to equity and college completion by increasing their capacity to implement proven student-success systems and data-driven interventions, and enact systemic change to institutional processes and structures.

[Click here to learn more about GSU'S NISS program](#)

Trula Campus Peer Coaching Program

Posted on [January 25, 2022](#) by [Nicole Mullis](#)

- [Peer Coaching](#)
- [Peer Mentoring](#)

TrulaCampus™ is a peer coaching program which connects college students looking for support and guidance with trained and qualified peer coaches. TrulaCampus™ is an evidence-based program designed to increase student wellness and foster connection. Trula Coaches assist college students in **personal development, goal-setting, confidence building, stress management, self-care and more.**

[TrulaCampus Flyer](#)

[Trula Advocate Training](#)

[Click here to visit The TrulaCampus Website](#)