



# **Wellness Issues for Higher Education: A Guide for Student Affairs and Higher Education Professionals**

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# Wellness Issues for Higher Education: A Guide for Student Affairs and Higher Education Professionals

## **Wellness Issues for Higher Education: A Guide for Student Affairs and Higher Education Professionals**

*Wellness Issues for Higher Education* is an essential resource that addresses a range of student wellness issues confronting professionals in college and university settings. Organized around five dimensions of Wellness—Emotional, Social, Intellectual, Physical, and Spiritual—this book comprehensively covers key topics that contribute to students' success in college. Each topical chapter includes proactive wellness advice, and is designed to prepare the reader to better understand the facts, issues, and strategies appropriate for addressing the issue.

Each Chapter Features:

- Background information, theory, and research
- Historical and emerging issues
- Common questions, controversies, challenging situations, and misconceptions
- Practical applications for the campus

This practical guide prepares practitioners to understand and deal with the wellness and health promotion issues contributing to their students' overall success and well-being. Armed with this valuable resource, higher education and student affairs professionals can work to improve academic performance, retention, satisfaction, and quality of life. This thorough resource will guide those working at any level in residence life, student activities, orientation, health education, student leadership, advising, instruction, and other areas of student development.

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