

COMPASS: A Roadmap to Healthy Living is designed to help students help themselves. It promotes personal responsibility, awareness of resources, comfort with using resources, connections on campus and in the community, and, overall, healthy living.

CREATING

OPTIMIZING

MAPPING

PLANNING

ACHIEVING

STEERING

SUCCESSING

**2006 Winner
of a
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*Helping Students Make
Healthy Choices:
Suggestions for Faculty*



Healthy Expectations & COMPASS

Healthy Expectations is an innovative strategy designed to promote informed decision-making and healthy choices among college students. It promotes “life health planning” and increased competence, confidence and commitment on a range of issues important to successful, healthy and safe experiences in the college environment. The important role of intermediaries (such as faculty members, student leaders, professional staff, and parents) is emphasized to complement traditional campus programming and policies. Desired outcomes include greater awareness and utilization of campus and community resources, enhanced personal responsibility, healthier lifestyles, and reduced drug and alcohol use.

A central component of **Healthy Expectations** is the use of technology. **COMPASS: A Roadmap to Healthy Living** is a CD and web-based resource with information on 31 topics (such as time management, financial management, study skills, alcohol, and sleep). Each topic includes a brief essay, web link to Mason, local and national resources, as well as worksheets to facilitate students’ reflection of their past and future planning. The CD-ROM has 360 inspirational quotes, the Mason catalog, and a downloadable screensaver.

COMPASS: A Roadmap for Healthy Living

Here are some ways that faculty can incorporate COMPASS into the academic setting:

Overall

- ◆ Highlight specific topics on a bulletin board, on a door, on a window, or in some other location
- ◆ Refer students to specific **COMPASS** topics when it appears beneficial, including projects and papers
- ◆ Reference the “Transition Times” e-newsletter

Mason Catalog

- ◆ Refer students to the PDF file of the catalog found on the CD-ROM

Worksheets

- ◆ Incorporate worksheets in classroom and out-of-classroom assignments
- ◆ Encourage students to use the “looking back” and “looking ahead” worksheets, downloadable versions will be on the web site

Quotes & Screen Saver

- ◆ Prepare a ‘quote of the day’ (or week) for a bulletin board or class announcement
- ◆ Encourage students to download the screensaver onto a computer
- ◆ Promote involvement in the photo contest

Topical Information

- ◆ Take a topic of interest and highlight sections, sentences, or thought-provoking comments from the worksheets as a part of a lecture
- ◆ Organize a discussion to encourage students to ‘live the messages’ of a specific topic, including strategies and resources that could be used
- ◆ Invite an author to participate in a discussion or class lecture; it could be live, web chat or teleconference
- ◆ Incorporate topical information within course material
- ◆ Link to planned/unplanned campus and community events
- ◆ Check out Mason, local and national resources on specific topics

Program Enhancements

- ◆ Make suggestions for the 2007 version based on your experience with students
- ◆ Identify ways of enhancing the CD or website— as an individual, group, or class project
- ◆ Ask about mini-grant funding for project supplies and incentives

