Resident Assistant Endorsements:
What FGCU RAs are saying about
“They are willing to help an RA”

“Prevention and Wellness helped me a great deal with bulletin boards. I was able to find brochures on all sorts of wellness issues at P&W, either for boards or just to give to residents. I also used P&W for programs. They were fun, interesting, and students always left knowing more information than they came in with. Residents felt comfortable with P&W staff, especially Priya Thomas. Priya not only is a valuable resource for FGCU, but she is dedicated to her profession. She was always willing to help an RA in need and extremely knowledgeable with her content. I valued the time and effort that Priya put into making Prevention and Wellness a success. It is people like Priya that make students and staff members willing to share and talk about personal issues on all levels.”

- Sarah Schultz, RA Spring 2010 and 2010-2011
“Residents love all these programs”

“P&W has helped tremendously in terms of resources. They have provided endless flyers of important information to share with residents, from different wellness services available and programs/events coming up to chances to win a free iPad! They have also come out to do programming for topics that range from getting the right amount of sleep to sexual health. Students love all of these programs and there is generally a very high attendance. P&W has also provided support in issues that I have dealt with personally and led me to being back on the right track. I could not ask for better support. 😊”

- Sarah Norris, RA 2009-2012, RLTA 2012-2013
“Peers C.A.R.E. made programs upbeat”

“Prevention and Wellness has been a true asset! As a first year RA last year, P&W was really accessible, providing me with the essentials to keep my residents educated on making healthy decisions. I have requested P&W programs on relationships, sleep and sexual health, and the Peers C.A.R.E staff who presented these programs made them enjoyable and upbeat. P&W also has awesome “SWAG” they give out at programs to encourage residents to participate and engage in the conversation. This office has literally made my life so much easier. Specifically, Priya has always been so flexible, approachable and open-minded towards me with any problems I run into, ideas I have or simply making a point to converse with me on campus. I look forward to working with P&W in the future!”

- Jacob Robinson, RA 2011-present
“Love having them so accessible”

“Prevention & Wellness really takes the load off the RA and puts it on themselves. Planning programs can be tiring and repetitive but with Prevention & Wellness on your side you literally can watch an important topic turn into a fun informative game. My residents learned the most when attending a P&W program and I love having them so accessible to me!”

- Theresa Knight, RA 2010-2012, RLTA 2012-2013
“It was really a lifesaver”

“Priya was a big time help! Not just with the wonderful friendship and support, but with programming too. My former residents loved “Sexual Jeopardy” and the Valentine’s Day "gift" boxes! P&W also alleviated a lot of the stress when dealing with students going through something so challenging that you couldn't take it on by yourself. It was really a lifesaver to know I could reach out to Priya for ideas on how to help residents or for her just to be a friendly face for troubled residents to meet. I can't even count the times I said "I'm so sorry for what you're dealing with right now and of course I'm always here to help, but if you need someone else to talk to, I'd be happy to walk over to P&W with you". It was a campus resource I always knew I could count on for direction.”

“Finding an educational program to put on for residents can often times feel like an ominous task; however, Prevention and Wellness extends a helping hand to Resident Assistants by offering/facilitating fun, interesting, and insightful programs which grip students’ attention. Specific programs such as “Party Smart” serve as crucial informational sessions which address real-life issues and provide reasonable and helpful suggestions about how to maintain responsibility and rationale in times of duress. P&W addresses some of the most difficult and uncomfortable, yet most important aspects of a college students life. Through this, they help students create and maintain the balance necessary for their collegiate success.”

• **Tyler Withrow**, RA 2010-2012, RLTA 2012-2013
“P&W made my job easier”

“Prevention and Wellness made my job as an RA so much easier, relaxing, and more fun. Every month I looked forward to stopping by P&W because I always knew that there would be a plethora of fliers and goodies readily available for me to use for bulletin boards. I also utilized P&W for programming. One program I requested was “Sexual Jeopardy.” My residents not only learned a ton about sexual health, but they really had fun too. Prevention and Wellness at FGCU is an excellent resource for the general student population, but especially for student leaders like RAs working to help other students succeed in college. I am still in close contact with some of the P&W staff even after I’ve graduated, and I’m so thankful for all they did for me while I was an active part of the FGCU community.”

• Emily Gaudioso, RA 2009-2011
“Priya brainstormed with me”

“Prevention and Wellness was honestly the biggest help! As a new RA, I needed ideas for programs and bulletin boards. Not only did I get tons of brochures and handouts to give my residents, but Priya also brainstormed with me for programming ideas and gave me websites to use as resources for my boards. I highly suggest utilizing P&W for any idea you need help developing, or for support on things like understanding how to talk to a resident going through a break-up.

P&W is such a great resource that I also used their services when I was Risk Manager for Sigma Chi. I worked with Priya to implement using mystudentbody.com with my chapter. It had a great test to take as a starting point to see how you are doing, plus great info and tips! Priya really helped me on that project so it had a good set-up. She was also a good resource for questions or even to sit down and bounce ideas off of if you don’t know how to shape a program or presentation.”

“P&W is a GREAT resource! When I was an RA I could always depend on them for great tips and help with different programs. Priya was always readily available and if she wasn't for whatever reason, the rest of the staff was there and they were amazing! My residents loved all the programs I had with P&W, especially the "Jeopardy". Most definitely utilize P&W as much as you can—enjoy the luxury of having an office like that as an RA and use it to its fullest extent. I miss everything they offered as a campus resource. I know for sure P&W has grown a ton since I was there and they have so much more to offer RAs now—I'm jealous!”

Have RA love for P&W? Tell us!

- If you have requested a program from Prevention & Wellness or utilized our services and would like to share an endorsement to be included here, please email it to Priya Thomas, pthomas@fgcu.edu. If you would like to make a program request, please visit our website.

- What to include: The names of any P&W staff you enjoyed working with to coordinate your program, program title, names of the presenters, specific things about the program your residents enjoyed and/or your overall experience with Prevention & Wellness. Please include your full name, title (RA or RLTA) and year(s) you held the position.