

WISLI WELLNESS WORKSHEET: PREPARATION FOR INTENSIVE ONLINE LEARNING

STAYING WELL DURING INTENSIVE COURSES

To get the most of your intensive language learning experience, it is important to not only focus on your studies, but to take care of yourself to get the maximum benefit and enjoyment from the summer program.

Your instructors, the summer language institute staff, and UW-Madison are here to support you as you pursue your language learning goals. This wellness worksheet provides some general information, links to resources, and a reflection exercise to help you plan for your summer.

WELLNESS RESOURCES AT UW-MADISON

A helpful starting point for wellness resources is University Health Services (UHS) Wellness Programs portal: <https://www.uhs.wisc.edu/wellness/>. Programs include links to resources such as guided relaxation podcasts and online yoga courses, as well as information about a variety of wellness topics and UHS services.

For information about remote health services via University Health Services and links to virtual resources, visit: <https://www.uhs.wisc.edu/remotehealth/>.

UHS updates their site with information about services and resources, including a video library on topics including (<https://www.uhs.wisc.edu/remotehealth/videos-workshops-webinars/>):

<i>Dimensions of Wellness</i>	<i>Coping with COVID-19 Anxiety</i>	<i>5,4,3,2,1 Grounding Exercise</i>
<i>Learning and Working Remotely</i>	<i>Re-Framing Perspectives</i>	<i>Setting Boundaries</i>
<i>Coping with Bias Incidents</i>	<i>Making the Most of Your Time Outside</i>	<i>Sleep Hygiene Techniques</i>
<i>Relief from Grief</i>	<i>Long Distance Relationships</i>	<i>Common Myths about Group Therapy</i>

Is there some information or support that you need, but can't find? Contact your language institute coordinator for assistance in connecting with campus resources.

Arabic, Persian, and Turkish Language Institute	aptli@iris.wisc.edu
Central Eurasian Studies Summer Institute	cessi@creeca.wisc.edu
Intensive Summer Multilanguage Seminar	wisli@iris.wisc.edu
South Asia Summer Language Institute	sasli@southasia.wisc.edu
Southeast Asian Studies Summer Institute	seassi@seasia.wisc.edu
Summer Intensive Portuguese Institute	sipi@lakis.wisc.edu

QUESTIONS FOR REFLECTION – GETTING READY FOR SUMMER!

Just as you are planning for your language study, take a few moments to think about actions that you can take to help you with your wellness. You are not required to share your answers with anyone, but if there are questions you are not able to answer and would like assistance, contact UHS. Additionally, WISLI is going to be hosting two student events this summer on getting the most out of your intensive language learning experience and wellness tips for summer language study. Stay tuned for dates and additional information!

In preparation for this summer...

- How do I take care of my wellness? What actions do I take to stay emotionally healthy?

- What changes could I try to make if my normal coping skills/resources are unavailable or no longer working?
- What activities and strategies can I try to de-stress and relax? What has worked for me before? What would I be interested in trying in future?
- What are things I can do to manage my screen time and avoid Zoom fatigue?
- What are ways I can safely connect with others (friends, family, classmates, etc.) to get support and discuss feelings? How will I know I need to reach out for help?
- What will I do if I notice a fellow student seems to be having a difficult time?
- What information or resources would I like to know more about for this summer?

IN CASE OF EMERGENCY

The above information provided by WISLI is for informational purposes only. It is not intended to replace professional advice, treatment, or diagnosis. Seek the advice of a medical professional or other qualified health provider with any questions you may have regarding health matters. If you are experiencing an emergency, call 911 in the United States or the emergency services number for your country.

UW-Madison Emergency Procedures Guide: <https://uwpd.wisc.edu/content/uploads/2020/10/EPFG-Final.pdf>
UW-Madison Mental Health 24-Hour Crisis Line: [608-265-5600](tel:608-265-5600) (option 9)

This document is adapted from: Peace Corps Volunteer Health Manual (2017), Peace Corps Ukraine.