Social Wellness

Social wellness is being able to enjoy spending time with others. It includes acknowledging the value of all people while recognizing that differences do enrich our lives. Showing respect for others, developing close friendships, being civil, and having empathy for people are all components of this. Even when in a stressful academic environment, we need to have time for leisure, time to nurture social connections, and time to practice healthy behaviors.

On Campus Resources

Student Life, Campus Activities and Dining – Strives to provide a sense of belonging and a home for all students to make the most of their time at UD.

The Center of Student Life – Information on student activities that can be found at Trabant and Perkins Student Centers.

Fraternity and Sorority Leadership and Learning – Dedicated to holistic student development and the promotion of a safe and healthy environment where diversity is celebrated by advising individual students, chapters and councils, educating with a purpose, advocating for fraternal values, supporting a culture of care and collaborating with fraternal partners.

Social Responsibility at the Division of Student Life – Explores what it means to be a community member.

Off Campus Resources

Meetup – We are What We Do
Getting together with real people in real life makes powerful things happen. Meetup brings people together to create thriving communities.

Bullying at School: Recommendations for Teachers and Parents (article with contributors Julia Eichhorn Volpe, Karen Permenter, Meghann Kreiger, Emily Burgdorf, and Michael Lewis)

Delaware’s Bully Prevention Law

5 Ways to Create a Kind Classroom (article by Tamara Letter)

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