

# About The Barrett Guide: Health and Wellness for College Students

## An Introduction by The Dean:

This guide to good health for college students grew out of a convenient hard-copy manual written by Dr. Doug Lakin and Debra Landau-West entitled “*Thrive 101: Health and Wellness for College Students*” published in 2015. Shortly after the publication of *Thrive 101*, Dr. Lakin convened a working group of students at Barrett, The Honors College at Arizona State University to discuss the best ways to expand its coverage to make it even more relevant to current undergraduate college students. A student in that discussion group, Carolina Abboud, made the continued organization and completion of the new guide her undergraduate thesis topic and is an author of this guide.

Dr. Lakin, Ms. Landau-West, Carolina Abboud and all of the students in the discussion group are thus not only ASU students or alums but also students or alums of the honors college at the university, Barrett Honors College. It is further Barrett’s pleasure to help with the financial support of the publication of the guide and to distribute it to all of its 6,800 students. It is for these reasons that this new expanded guide is called "The Barrett Guide: Health and Wellness for College Students".

## Mark Jacobs

Vice Provost and Dean

Barrett, The Honors College at Arizona State University

<https://barretthonors.asu.edu/>

<http://www.asu.edu/>

## Comments from Dr. Doug Lakin

The college years and the decade after are times of transition and change. Separation from home, family and friends is the greatest challenge, but opportunities await as you assume responsibility for your life and future. Taking responsibility for your health at this point in your life is an opportunity for growth.

This application provides guidance for what to bring with you to college to stay healthy as well as what to keep on hand at your residence and the information needed to care for yourself

The application has four sections:

Section One covers staying healthy, noting the efforts you need to make to maintain good habits in diet, sleep and health behaviors.

Section Two is about potential health issues with a practical guide for understanding and addressing them.

Section Three addresses sexual health. Understanding the health ramifications of your choices is critical to maintaining fertility, general health and a good psychological perspective for life in college and beyond.

Section Four is a review of mental health issues and ways to maintain a proper psychological compass.

TITLE PAGE:

## **THE BARRETT GUIDE**

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