

R.E.N.E.W.

Realizing Everyone's Need for Emotional Wellness

R.E.N.E.W. (Realizing Everyone's Need for Emotional Wellness), a peer educator student organization was established in September 2006 by 19 Florida State University students. The mission of R.E.N.E.W. is to promote an overall healthy lifestyle of emotional health and wellness to FSU students. It has quickly become a key point of interest on campus, resulting in the organization's rapid growth to 51 members, including 8 members who serve on the executive board. It is currently one of FSU's largest health related peer educator organizations and one of the fastest growing student organizations on campus. R.E.N.E.W. is comprised of a diverse student population consisting of student athletes, members of the greek community, first year students, as well as other campus leaders.

When emotional health and wellness issues remain unaddressed, emotional distress and disorders emerge which can be detrimental to a student's collegiate experience. Therefore, R.E.N.E.W. members recognize the importance of connecting with their peers and relating to emotional health and wellness issues more easily. As a result, these student leaders are maximizing the positive impact on the FSU community.

R.E.N.E.W. offers a variety of programming such as educational resource tables at Market Wednesday's, co-sponsoring programs like World AIDS Day, and assisting the University Counseling Center (UCC) with Stress Buster Day. R.E.N.E.W. also collaborates with the UCC on workshops and presentations about emotional health and wellness topics. Common presentation topics include stress management, time

management, study skills, relationships, and building self-esteem. The peer group also educates FSU students on increasing awareness of the impact emotional health and wellness has on their college experience and teaching students skills which they can use in coping with college stressors, thus leading to a productive and healthier college experience- both academically and socially.

Some of R.E.N.E.W.'s past presentations to FSU's students include groups such as the Panhellenic Council, Alpha Delta Pi Sorority, Sigma Chi Fraternity, the Black Graduate Student Association, Salley Hall, and Seminole Oaks Residence Hall.

R.E.N.E.W. members are dedicated to empowering students to feel confident about making choices which impact their emotional health and wellness, especially in the midst of the numerous challenges that college students often faced. This group is not only helping students across campus with health and wellness issues, but also gaining peer educator experience, enhancing leadership development and teambuilding skills, as well as meeting new friends.