



Thriving in Academia

**Nina B. Hollis
Wellness Center**

**YOUR HOME FOR
WELLNESS AND RECREATION**

Mission Statement



- Our mission is to promote a holistic lifestyle through recreation, health education, and wellness opportunities for the Florida Southern community.

Our Vision



- To continually provide an inclusive environment allowing all participants to find their fit in wellness and recreation.

Inclusive Recreation



- The Hollis Wellness Center is dedicated to providing a safe, welcoming atmosphere for all students, staff, faculty, and alumni members. We strive to offer opportunities for participants of all abilities, gender, race, sexual orientation, or physical or mental impairment to find their fit here at Florida Southern.
- Accommodation form on our website

Our Values



- Community
- Integrity
- Fun
- Support
- Progress

FSC Wellness Video



- https://vimeo.com/632064156?embedded=true&source=vimeo_logo&owner=2810350

About Us



- Alicia Rossow, Director of Wellness
- Emily Walker, Assistant Director of Wellness (IM & Facilities)
- Griffin Swaim, Adventure Rec & Marketing Coordinator
- Missy Meyer, Membership Services Coordinator
- Mark Torres, Fitness & Student Dev. Coordinator



About Us



- Free to Students, Faculty & Staff Members!
 - Free Spouses, Alumni, Guests Allowed
- Open 7 days a week
 - 6 AM – 10pm Monday- Friday
 - 10 AM – 6 PM Sat
 - 12 PM – 6 PM Sun
- FSC ID required for access

The HWC Goes Mobile!



Fitness is now MOBILE!

Download our new "upace" app **NOW** to quickly access information, program schedules, make reservations, and receive alerts!

 

Available on the App Store

GET IT ON Google Play

Powered By  www.upaceapp.com

Download Upace to your smart device



Select FLSouthern as your recreation center



Create an account to get access to:



- Group Exercise schedules & live classes
- Outdoor recreation trip registration
- Facility status and hours
- Occupancy status for each room in our facility
- Alerts & more!

Fitness Center



Project:FIT



Register for FREE and crush your goals! With Project:FIT, students can take advantage of individualized one-on-one sessions, partner training sessions with a friend, small group training classes, or even nutrition consultations!



Group Exercise Classes



Classes like:

- Indoor Cycling
- Total Body Conditioning
- Butts N Gutts
- Core N More
- Ab Attack
- Yoga
- Hip Hop Step
- Zumba

HWC Pool



Intramural Sports



Typical IM Sports

- Indoor Volleyball
- Flag Football
- 3v3 Basketball
- 5v5 Basketball
- Soccer
- Ultimate Frisbee
- Cornhole
- Spikeball
- Trivia
- Swim Meet

imleagues.com/FLSouthern

** A separate eSports schedule will be available as well. **

Adventure Recreation Trips



HWC Waterfront/Moc Dock



Bike and Equipment Rentals



Special Events



Student Employment



Follow Us on Social Media



- **Hollis Wellness Center**

- *FSC Wellness Programs*
- *@FSCHWC*
- *@FSCHWC*



- **FSC Intramural Sports**

- *FSC Intramural Sports*
- *@FSCIntramurals*



Wellness Tips



- Walking
- 30 minutes moving daily
- 8 hours of sleep
- Doing something for yourself daily
- Balanced Meals & Snacks
- Using the pro-staff for help
- Negative head space
 - Start the day with 30 minutes of positive thinking

Loneliness and Burnout



- Being an academic can be a lonely profession.
 - Plan courses (alone)
 - Teach our courses (alone → interact with students → alone)
 - Review Homework or grade exams (alone)
 - Long working hours, sitting or standing (alone)
- We are constantly giving. Burnout is real.
 - According to the APA Dictionary of Psychology, burnout is defined as “physical, emotional or mental exhaustion, accompanied by decreased motivation, lowered performance and negative attitudes towards oneself and others.”

One way to reduce Burnout.....



- Build breaks — and personal check-ins — into your schedule
 - But....how do you do that when?
 - ✦ Other faculty in your department have different teaching schedules.
 - ✦ Your family is at work or at school when you can take a break.
 - ✦ We work into the evening hours to prepare for class the next day.

Consider Being a Faculty Mentor



- **Build breaks — and personal check-ins — into your schedule**
 - Mentors serve as guides on a wide range of topics related to academic policies, scholarship, student advising/mentoring, general how-to-items.
 - Mentors serve on a volunteer basis (but are appointed by and approved by their respective Dean and/or department chair).
 - Mentors can come from within a new faculty member's department, or outside the department. Nonetheless, the Mentor should be in the same general discipline to facilitate understanding of specific and often unique needs.

Wait....that sounds like more work...



- Research shows that giving benefits us under two conditions. First, we have to give willingly. And second, we have to believe our act of altruism will have a positive impact. When these two conditions are meant, we truly are happier and healthier when we give than when we receive.
- Mentoring reminds you how much you know. You are an expert when you can do work and explain to others how to do it. This is a huge confidence-booster.
- “The best way to find yourself is to lose yourself in the service of others.” Mahatma Gandhi

Mentee's have responsibilities too....



- All new Faculty members receive a Faculty Mentor during their first month of their first semester at FSC.
- It is not a one-way street:
 - Mentees should communicate openly with Mentors about questions and concerns regarding scholarly work, teaching, service, resource availability and time management.
 - Mentees can seek formal and informal interaction with colleagues and leaders across the college.
 - Mentees are responsible to ensure their own scholarly progress and the completion of all necessary requirements for Tenure.

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- Any Questions?