

# HSC 3102: Personal and Family Health

Department of Health Education and Behavior

University of Florida

Spring 2025 | Class #25152 | 3 credits

## **INSTRUCTOR: Dr. Garcia-Guettler “Dr. G”**

Dr. Tina Garcia-Guettler, Ph.D.

Office: Florida Gym (FLG) #128

Phone: 352-294-1817 | Email: t.garcia@ufl.edu

## **Department Chair: Dr. Maldonado-Molina**

Dr. Mildred Maldonado-Molina, Ph.D.

Office: Florida Gym (FLG) #5

Email: mmmm.ufl.edu

## **COURSE LOGISTICS**

Class Meeting Day, Time, Location: Tuesdays, Periods 8-10 (3:00pm-6:00pm EST), Florida Gym (FLG) 270

Course Website: <https://elearning.ufl.edu/>

Office Hours: Hours vary by week - please see the HSC3102 Canvas Calendar for dates/times.

\*PLEASE NOTE: all office hours will be in person (FLG 128) unless otherwise indicated by the instructor.

## **EMAILS AND COURSE CORRESPONDENCE**

- Using Canvas email is the **BEST** way to contact me.
- Emails are read and responded to between 8am-4pm ET on weekdays. Email inquiries received Mondays through Thursdays will usually receive a reply within 24 business hours of receipt; however, if you have not received a reply within 48 hours, please resend your inquiry. Emails sent after 4:00pm on Fridays and/or during the weekends will be replied to the following Monday.
- Please check Canvas emails and announcements regularly (daily). You are responsible for all information sent using these lines of communication.

## **COURSE DESCRIPTION**

- This course aims to equip students with knowledge and strategies to make informed decisions regarding their own health and lifestyle choices. It acquaints students with the understanding that the decisions they make affect the health of self, families, friends, and communities. An emphasis will be placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include stress management, nutrition, exercise, weight management, chronic and infectious diseases, healthy relationships, sexual health, drug use and misuse, aging, and the health care system.

## **COURSE PREREQUISITES**

- Sophomore standing or higher

## **GENERAL EDUCATION SUBJECT AREA: Social Science (S) | 3 credits**

- A minimum grade of C is required for general education credit.
- [UF General Education Subject Area Objectives](#)

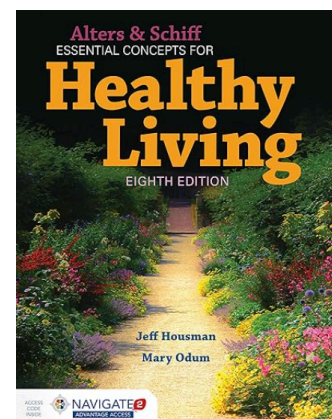
## **COURSE TEXTBOOK (REQUIRED)**

Title: Essential Concepts for Healthy Living (8<sup>th</sup> Edition)

Authors: Housman and Odom | ISBN-13: 978-1-284-15279-1

Publisher: Jones & Bartlett | Format: Paperback and eTextbook

- **Note:** *Our course is aligned to this specific edition of the textbook. If you choose to purchase/rent/study a different edition of this text, you do so at your own risk.*
- If applicable, other books/readings assigned for class will be provided.



## STUDENT LEARNING OUTCOMES / COURSE OBJECTIVES

Upon completion of this course, you will be able to:

1. assess trends in U.S. population health;
2. recognize common stressors and apply coping techniques for stress;
3. label & explain the human reproductive system, pregnancy & infertility, and contraception methods;
4. interpret romantic relationships, sexual orientation, and gender roles;
5. describe and apply physical fitness and body weight management principles;
6. correlate the relationships between lifestyle and cardiovascular disease, cancer, and mortality;
7. deconstruct the relationship between lifestyle and aging;
8. implement the decision-making model to incorporate healthy lifestyle habits;
9. identify major types of violence and discuss violence prevention;
10. determine risk factors and prevention for drug, alcohol, and tobacco use; and
11. critically analyze health information to make informed decisions.

Additionally, it is also my goal that by the end of this course you will have:

1. improved your critical thinking skills;
2. become better prepared to be a life-long learner;
3. strengthened interpersonal and team interaction skills; and
4. enjoyed it all!

## WHAT YOU DO TO BE SUCCESSFUL IN HSC3102

By understanding and performing the following actions:

1. Take ownership of your education and learning experience.
2. Familiarize yourself with all course deadlines. Late assignments will not be accepted.
3. Be an active participant in course discussion forums and activities.
4. Complete all assigned readings prior to beginning an assessment and/or participating in discussion forums.
5. Inform me whenever there is a problem related to the class, whenever you feel the need to clarify questions, or whenever you desire to further explore the topics of particular interest.
6. Respect the viewpoints and contributions of your instructor and fellow classmates.

## COURSE NOTIFICATIONS

- Be sure to set up your Canvas “Notifications” so you are informed as soon as possible when announcements are made, emails are sent, and when grades are posted by the instructor.
- You are responsible for all information included within Canvas Announcements and emails – these should be checked daily.

## COURSE REQUIREMENTS/ACCESSIBILITY

- Reliable Internet connection (DSL, LAN, or cable connection desirable)
- Access to University of Florida’s E-Learning System, Canvas <http://elearning.ufl.edu/>.
- Webcam, speakers, microphone, and capability to record sound.
- Google Chrome browser
- Microsoft Office Suite (free for UF Students; [Office 365](#))

## COURSE INSTRUCTIONAL FORMAT

- Individuals learn in unique patterns; therefore, a variety of learning modalities (i.e., live lectures, pre-recorded video lectures, supplemental videos, peer engagement activities, application assignments, and course discussions) are offered. Your Canvas account will be utilized for accessing all specified course materials.
- Faulty Internet connections WILL NOT be accepted as an excusable reason for any missed assignments, activities, quizzes, and/or exams.

## COURSE REQUIREMENTS/EVALUATION and GRADING

Course Requirements	Point Value
1. Course Orientation Assignments (points vary by activity)	20 points
2. Readiness Assessment Quizzes "RAQ's" (11 @ 5 pts each with lowest score dropped)	50 points
3. In-Class Engagement Activities   Attendance/Participation (10 @ 5 pts each)	50 points
4. Post-Lesson Reflections (10 @ 3 pts)	30 points
5. Health Behavior Change Project (points vary by activity)	150 points
6. Exams (4 @ 100pts each)	400 points
7. Extra Credit (up to 10 points)	0
<i>All course deadlines can be found within the Syllabus Link of our course website.</i>	<b>TOTAL = 700 POINTS</b>

### Grading Scale:

A	93% - 100%	
A-	90% - 92.9%	
B+	88% - 89.9%	
B	83% - 87.9%	
B-	80% - 82.9%	
C+	78% - 79.9%	
C	73% - 77.9%	
C-	70% - 72.9%	
D+	68% - 69.9%	
D	63% - 67.9%	
D-	60% - 62.9%	
E	0% - 59.9%	

### Please note:

Students who have a very low/failing grade and do not drop/withdraw from this course nor explain his/her situation to the instructor on or before [UF's Drop/Withdrawal Deadline](#) will be given an "E" (failing grade), NOT an "I" (Incomplete grade).

*It is unethical and a violation of the UF Student Honor Code to request an unjustifiable grade adjustment (UF Student Honor Code: "Conspiracy to Commit Academic Dishonesty"). Please understand that 89.99999% equals a "B+" semester grade. Under no circumstances will I give extra credit assignments, extra points, nor fractions of extra points, so please do not ask. However, if a grade input error occurs, you should notify me as soon as possible. I will examine the Canvas grade to determine whether a calculation error has occurred and if so, the grade will be adjusted accordingly.*

## DESCRIPTIONS OF COURSE REQUIREMENTS

### 1. Course Orientation Assignments (points vary by activity; 20 points total)

- Canvas & Zoom Profile Photo/Image/Graphic (1 point)
  - Upload a preferred photo/image/graphic of yourself to your eLearning profile.
- Peer Introductions (8 points)
  - Each student will be asked to formally introduce themselves to their peers and the course instructor using the Introductory Discussion Forum in Canvas.
- Syllabus Quiz (5 points)
  - The course syllabus is considered THE mutual agreement between me (the course instructor) and you (the student). The Syllabus Quiz is to ensure that you fully understand the policies and procedures as well as the assignment expectations of this course.
- NameCoach Submission (1 point)
  - Learning how to say your name is very important to me! It's also a great way to build a welcoming learning environment for all of us engaging in this course. NameCoach provides a tool for recording and sharing students' names accurately so that proper pronunciation of one's name can be made.
- Honorlock Practice Quiz (5 points)
  - This quiz is designed to provide you with an opportunity to try/test Honorlock. This way, if any issues arise which need attention, it/they can be addressed & resolved prior to your Exam 1.

- 2. Readiness Assessment Quizzes “RAQ’s” (11 RAQ’s @ 5 points each w/ 1 drop = 50 points)**
  - RAQ’s are brief open-book, open-note online quizzes based on the reading assignment for a designated module. They are scheduled such that the content in each quiz is assessed prior to the corresponding lecture. These quizzes may include multiple-choice, true/false, and/or short answer type questions. Since a drop is permitted for this category of assignments, there are no make-ups for missed RAQ’s.
- 3. In-Class Engagement Activities (Attendance/Participation) (10 @ 5 points each = 50 points)**
  - Participation and attendance are imperative for a successful and comprehensive learning experience. Students are expected to arrive on time (by or before 3:00pm ET) and remain throughout the duration of class (ending at 6:00pm ET). Participation and attendance will be recorded during each live class meeting using in-class activities. ***Failure to attend class will almost certainly result in a significantly lowered grade.*** If class is missed, it is the responsibility of the student connect with a class peer to review the content discussed in class and to get a copy of any lecture notes or handouts from this class peer. These activity points CANNOT be made up. This includes if the in-class activity(ies) was/were missed due to arriving late or leaving early.
- 4. Post-Lesson Reflections (10 @ 3 pts each = 30 points)**
  - The post-lesson reflection is an opportunity for you to pause and assess what you think you learned in the day’s lesson. The brief (~3-question) reflection will allow me to identify aspects of the lesson that you enjoyed, related to, struggled with, and/or found unclear. It provides an avenue for you to request additional help, instruction, practice, or support before moving on to the next lesson. The post-lesson reflection activity will take place the last 10-15 minutes of each class meeting.
- 5. Health Behavior Change Project (HBCP; points vary by activity; 150 points total)**
  - The goal of this project is to provide a guided experience through changing a health behavior so you make progress towards becoming healthier and so you will know how to make successful changes again in the future.
  - In this assignment, you will select a health behavior of importance to you. You will then develop a goal and a maximum of two (2) SMART objectives (Specific, Measurable, Achievable, Relevant, and Time-bound). From there, you will research, plan and carry out a project for changing that personal health behavior (examples include: improve sleeping habits, learn/practice a relaxation method, alter diet, begin an exercise plan, improve time management, etc.). There are multiple steps required in this project, and each step is to be carried out by a specific due date according to the schedule provided in Canvas. You will not be graded on the success of your behavior change but rather your ability to incorporate class material to the project. For the complete assignment and rubric for this project, see Canvas.
- 6. Exams (4 @ 100 points each = 400 points)**
  - Material presented on each exam is designed to assess your comprehension as well as applicability of information learned. Exams may consist of questions using various formats such as: multiple choice, true/false, matching, short answer, and essay. Textbook readings, lectures, and supplemental videos & readings will be included on these exams. Exam 1 will cover Modules 1, 2, and 3; Exam 2 will cover Modules 4, 5, and 6; Exam 3 will cover Modules 7, 8, 9, and 10; and the Final Exam will cover all course content, Modules 1 through 11. Although resources are NOT permitted for Exams 1, 2, and 3, the Final Exam is open-book and open-notes. 😊
- 7. Extra Credit (up to 10 points)**
  - There will be extra credit opportunities provided throughout this semester. Information about these opportunities will be discussed during class.

## COURSE POLICIES

### Late Work Policy:

- Due dates for every assignment are posted in Canvas. Unless otherwise stated, assignments are due on those days. However, I recognize that “life happens” and sometimes things are out of our control. If an emergency or situation arises which causes you to miss a deadline, I will allow two “flex days” past the deadline to submit your work. These days allow you to submit an assignment up to two days late without penalty. You can use flex days for up to three (3) assignments and for any reason. You do not need to provide me with the reason: simply email me (via Canvas) and tell me you need to use one of your “flex day” passes. At that time, I will re-open the assignment in Canvas so that you can submit your work. Once you’re three “flex day” passes have been exhausted, all other late work will not be accepted.

### Exam Policy:

- If you have an emergency or life event (including but not limited to, a new medical diagnosis or death of a loved one), please contact the Dean of Students Office ([www.dso.ufl.edu](http://www.dso.ufl.edu)) and follow the DSO Care Team procedures for documentation and assistance (<https://care.dso.ufl.edu/instructor-notifications/>).
  - You are absolutely not permitted an exam schedule adjustment or make-up for personal travel/vacations, so please make your travel arrangements accordingly.
  - Should a student miss an exam due to an unexcused reason (e.g., overslept, mixed up the exam time, etc.), the exam can be taken with a 20% penalty if taken within 24 hours of the original exam time or with a 40% penalty if taken within 48 hours of the original time.

### Grading and Feedback Policy:

- I aim to return all grades within 10 days, but there may be occasional delays in grading. Please review graded work and exams soon after their grades have been posted. (I highly recommend setting your Canvas Notifications to inform you when a grade is posted.). After a grade is posted, you have one week to inquire about your grade. After one week, a grade will not be changed. Please note that it is unethical and in direct violation of the UF Student Honor Code to request an unjustifiable (e.g., “rounding up”) grade adjustment ([UF Student Honor Code](#): “Conspiracy to Commit Academic Dishonesty”).

### Artificial Intelligence (A.I.) Policy:

- Artificial intelligence (AI) language models may be used for any activity (e.g., assignment, assessment) to brainstorm or generate ideas. You are responsible for fact-checking statements composed by AI language models (e.g., confirming that the content does not violate intellectual property laws or contain false information). All work you turn in should be your own, original work. Many of the assessments in this course involve your opinion or personal health goals and AI may not be useful in these circumstances.

### Technical Issues Policy:

- Any requests for make-ups due to technical issues must be accompanied by the ticket number received from eLearning Support (Phone: 352-392-4357 | email: [learning-support@ufl.edu](mailto:learning-support@ufl.edu)) when the problem was reported. The ticket number (#) will document the time and date of the problem. The date/time stamp should be **prior** to the deadline in question. Students must contact the instructor with ticket # within 24 hours of the technical difficulty if they wish to request (and be considered for) completion of a make-up assignment.
- If you find yourself in an area with limited Wi-Fi access, please know that eduroam, the on-campus Wi-Fi network, is available nationally and internationally. UF students can access eduroam free with their GatorMail login credentials. Visit <https://getonline.ufl.edu/> for additional information.

**Respect Policy:**

- All students are expected to treat each other with courtesy, actively listen to diverse perspectives, avoid disruptive behavior, and refrain from personal attacks or discriminatory language during class discussions and group work, fostering a positive and inclusive learning environment for everyone.

**Preferred Pronoun and Name Change in Canvas:**

- It is important to the learning environment that you feel welcome and safe in this class; and that you are comfortable participating in class discussions and communicating with me on any issues related to the class. If your preferred name is not the name listed on the official UF roll, please let me know as soon as possible by e-mail or otherwise. I would like to acknowledge your preferred name, and pronouns that reflect your identity. Please let me know how you would like to be addressed in class if your name and pronouns are not reflected by your UF-rostered name.
- You may also change your "Display Name" in Canvas. Canvas uses the "Display Name" as set in myUFL. The Display Name is what you want people to see in the UF Directory, such as "Ally" instead of "Allison." To update your display name, go to [one.ufl.edu](http://one.ufl.edu), click on the dropdown at the top right, and select "Directory Profile." Click "Edit" on the right of the name panel, uncheck "Use my legal name" under "Display Name," update how you wish your name to be displayed, and click "Submit" at the bottom. This change may take up to 24 hours to appear in Canvas. This does not change your legal name for official UF records.

**Recording and Redistribution of Course Materials Policy:**

- Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A "class lecture" is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course.

A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session.

Publication without permission of the instructor is prohibited. To "publish" means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third-party note/tutoring services.

A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Policy on Course Syllabi 3 UF, Academic Affairs, August 5th, 2021, Honor Code and Student Conduct Code.

**Title IX:**

- University of Florida has zero tolerance for sexual discrimination, harassment, assault/battery, dating violence, domestic violence, or stalking. Students are encouraged to report any experienced or witnessed occurrences to law enforcement and/or one of UF's Title IX Coordinators. Students can report incidents or

learn more about their rights and options by contacting Student Conduct and Conflict Resolution at 202 Peabody Hall, 352-392-1261; or visit: <https://sccr.dso.ufl.edu/>

### **Academic Integrity Policy:**

- Each student is expected to make an honest effort in this class and to be scrupulous in maintaining academic integrity. Cheating and plagiarism will not be tolerated, and college guidelines on academic misconduct will be enforced.
- UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Honor Code specifies a number of behaviors that are in violation of this code and the possible sanctions. [Click here to read the Honor Code](#). Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor of this class.

### **Course Evaluations:**

- Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

### **Americans with Disabilities Act (ADA):**

- The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protections for persons with disabilities. Among other entities, this legislation requires that all students with documented disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you registered through the Disabilities Resource Program in the Dean of Students Office at 352-392-1261, or [www.dso.ufl.edu/drc](http://www.dso.ufl.edu/drc) and you need specific accommodations for the course, I will gladly provide those accommodations.
- Any student who needs accommodations to complete the requirements and expectations of this course due to documented disability should provide his/her formal documentation via email to the instructor within the first week of the semester or as soon as possible.
- If you did not register formally, but you know you have behavioral or learning disabilities or other issues that might affect your performance in the course, please let me know as soon as possible so that we can work together to develop strategies for adapting assignments to meet both your needs and the requirements of the course.

### **Email Correspondence Policy:**

- Please utilize proper etiquette when sending emails. This includes an appropriate: (1) Subject” heading, (2) Proper greeting/salutation (i.e., Hello, Dr. Garcia-Guettler, or Good morning, Dr. G, etc.), (3) Grammatically correct message body, and (4) Proper closure (i.e., Your Student, Thank you, Best, etc.) followed by (5) First & last name and HSC3102with class meeting day/time.
- ***I EXPECT professionalism from you. Inappropriate or etiquette-deprived emails will be returned with a suggestion to revise & resend.***

- Example email:

**Subject Heading: HSC3102: RAQ 5 Inquiry**

Hello Dr. Garcia-Guettler,

I believe question number 2 on my RAQ #5 was mis-graded. On page 70 of our textbook, the third paragraph on the left column describes why the answer should be “true.” Can you please look into this for me?

Your Student,

[First and Last Name], HSC301: [Class Day & Periods]

**Recommendation Letters Policy:**

- I will consider preparing recommendations for graduate programs, professional schools, internships, scholarships and for jobs if and only if ALL of the following requirements have been met by you:
  - Have COMPLETED at least one course with me and received an “A” grade. For clarification, “completed” means that the student’s final grade has been submitted to the registrar and made available by UF via transcript view or ONE.UF.
  - Were/Are actively engaged in discussions forums and/or other related activities and assignments
  - Submitted all assignments and activities by their assigned deadlines.
  - Have engaged with me personally either during office hours or by appointment at least TWICE during each course to share about yourself (graduate school interests, career goals, general health education inquiries, etc.).
  - Are willing to waive your right to review the letter of recommendation,
  - Provide your recommendation request to me verbally (in-person or virtually) and via email at least 5 weeks prior to the date the recommendation is due.

**Course Schedule**

*(All course assignment deadlines can be found on the Syllabus Link within the HSC3102 Canvas site.)*

Week	Dates	Module	Topic
<b>Week 1</b>	Jan 13 – Jan 19	Orientation & Module 1	Course Overview & Expectations, Peer Introductions Health: The Foundation of Life
<b>Week 2</b>	Jan 20 – Jan 26	Module 2	Stress and Its Management
<b>Week 3</b>	Jan 27 – Feb 02	Module 3	Nutrition and Physical Fitness
<b>Week 4</b>	Feb 03 – Feb 09	Module 4	Body Weight and Its Management
<b>Week 5</b>	Feb 10 – Feb 16	Exam 1	Tuesday, February 11, 2025   Modules 1, 2, 3, and 4
<b>Week 6</b>	Feb 17 – Feb 23	Module 5	Healthy Relationships
<b>Week 7</b>	Feb 24 – Mar 02	Module 6	Reproductive Health
<b>Week 8</b>	Mar 03 – Mar 09	Module 7	Sexually Transmitted Infections & Diseases
<b>Week 9</b>	Mar 10 – Mar 16	Exam 2	Tuesday, March 11, 2025   Modules 5, 6, and 7)
<b>Week 10</b>	Mar 17 – Mar 22	N/A	Spring Break!!
<b>Week 11</b>	Mar 23 – Mar 30	Module 8	Cardiovascular Health, Cancer, and Infectious Disease



<b>Week 12</b>	Mar 31 – Apr 06	Modules 9	Drug & Alcohol Use and Abuse
<b>Week 13</b>	Apr 07 – Apr 13	Module 10	Violence and Abuse
<b>Week 14</b>	Apr 14 – Apr 20	Exam 3	Tuesday, April 15, 2025   Modules 8, 9, and 10
<b>Week 15</b>	Apr 21 – Apr 27	Module 11	The Aging Process; Health Insurance
<b>Week 16</b>	Apr 28 – May 03	Final Exam	Tuesday, April 29, 2025   10:00am-12:00pm EST   Modules 1 to 11

### CAVEAT:

*This schedule represents my current plans and objectives as of 01/13/25 As we go through the semester, those plans may need to change to enhance the class learning opportunity. Such changes, communicated clearly, are not unusual and should be expected.*

## University Resources

- **Online Computing Help Desk:** <http://helpdesk.ufl.edu/>  
The UF Computing Help Desk is available to assist students when they are having technical issues.
- **Career Connections Center:** <https://career.ufl.edu/>  
Career assistance and counseling service
- **Online Library Help Desk:** <https://uflib.ufl.edu/find/ask/>  
The help desk is available to assist students with access to all UF Libraries resources.
- **Disabilities Resource Center:** <http://www.dso.ufl.edu/drc/>  
If you have a physical, learning, sensory or psychological disability, please visit the DRC.
- **Counseling and Wellness Center:** <http://www.counseling.ufl.edu/cwc/>  
Visit the counseling and wellness center to speak to a counselor about any personal problems.
- **Dean of Students Office:** <http://www.dso.ufl.edu/>  
Visit the Dean of Students site for help resolving a conflict or for student code of conduct inquiries.
- **Student Health Care Center:** <https://shcc.ufl.edu/>  
Call 352-392-1161 for 24/7 information to help you find the care you need.
- **GatorWell Health Promotion Services:** <http://gatorwell.ufsa.ufl.edu>  
Health Education for the Gator Nation. GatorWell Health Promotion Services supports student success by providing excellent, accessible, and relevant health information, programs and services to UF students about health and wellness topics relevant to the college experience.
- **U Matter, We Care:** [umatter@ufl.edu](mailto:umatter@ufl.edu)  
The U Matter, We Care initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu) so that the U Matter, We Care Team can reach out to the student in distress. A nighttime and weekend crisis counselor is available by phone at 352-392-1575. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.