

ODU FACULTY: DON'T CANCEL THAT CLASS!

Consider having staff from the Health Promotion team come in and lead an engaging and educational presentation during your class time!

TOPICS INCLUDE:
**NUTRITION, SLEEP, STRESS, SEXUAL HEALTH,
AND ALCOHOL AND OTHER SUBSTANCE USE**

Fill out this form when you're ready!



Please submit your request at least 2 weeks in advance to ensure availability.
We'll do our best to accommodate last-minute requests when possible!

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*Curious about the impact of the DCTC program?
Check out these stats!*

Faculty Feedback

100% of faculty were satisfied with the program in Spring 2025

100% of faculty were likely to request a DCTC presentation again

Student Feedback

97% of students enjoyed this presentation taking the place of a regular class

92% of students would like to see more health and well-being presentations incorporated into scheduled class times

91% said they learned something new

Top Requested Topics:

- Burn Bright, Not Out: Strategies for Managing Stress
- ZZZ's for a Better You: A Sleep Hygiene Journey
- Food for Thought: Nutrition 101



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Questions? Reach out to the Health Promotion team at
healthpromotion@odu.edu