BENEFITS OF THE PROGRAM

For many students, this will represent their first opportunity to engage in athletic related activities that support their well-being at UCSC.

This program is a great opportunity for students to:

- build networks, friendships, and sense of belonging through participating in the extracurricular activities
- participate in activities that they might not be able to participate in due to financial hardship and/or background
- broaden and enrich their college experience
- help improve stress and mental health

INTERESTED IN APPLYING?

3 Ways to Apply:

1. Visit the EOP Webite @ eop.ucsc.edu and under "EOP Services" navigate to the "EOP Wellness" Page.

2. Meet with an EOP Counselor

3. Email eopwellness@ucsc.edu, you will receive an automatic email response that will link you to the application.

OUR LOGO:

Our program logo represents all aspects of wellness in life:

- Environmental Wellness
- Occupational Wellness
- Intellectual Wellness
- Nutritional Wellness
- Emotional Wellness
- Spiritual Wellness
- Physical Wellness
- Mental Wellness
- Health Wellness
- Social Wellness

WELLNESS PROGRAM

Website: eop.ucsc.edu
Email: eopwellness@ucsc.edu

EOP Wellness Program Coordinator: Shannel Joseph

These are all a foundation of the transformative student experience at UCSC. Athletic related activities promote the holistic well-being of students and can help foster success in and out of the classroom. To find more information about our program, please contact us!!!!
**PE/ELP PROGRAM**

The **Physical Education (PE)** and **Experiential Learning Program program (ELP)** allows students to participate in physical activities ranging from advanced scuba diving to intensive backpacking in which they explore new interests, meet new people, take risks and expand their circle of comfort.

The **FitLife** program encourages and supports students to live a healthy athletic lifestyle. They strive to help students attain optimal well-being through fitness, classes, and education. **(courses offered: Yoga, Kickboxing, Zumba, Pilates)**

The **Intramural** program allows students to create their own sports teams and compete with other UCSC students in tournaments. **(courses offered: Basketball, Volleyball, Softball, Soccer)**

**RECREATION PROGRAM**

**Recreational activities** provide students with the opportunity to go on adventure outings that empower and challenge them to step outside of their comfort zone. They are designed to help students acquire different types of skills. **(courses offered: Backpacking, Kayaking, Surfing, Camping, Hiking, Rock Climbing, River)**

**GOALS OF THE PROGRAM**

- To promote physical activity, encourage health and wellness, build community and cultivating leadership
- Increase Student Retention
- Allow students to build upon important life skills (leadership, teamwork, trust)
- Improve student health (physical, emotional, and mental wellness)
- Increase participation and exposure to outdoor adventures and activities
- To alleviate financial hardship for students who wish to participate in activities through the Athletics and Recreation department as well as non-UCSC affiliated athletics-related activities

**MEASURE 68**

These resources were developed through the passing of Measure 68 in the 2017 campus elections. The goal of this measure is to create long term and continuous support for EOP students to participate in athletic and recreation based activities.