

## STUDENT WELLNESS POLICIES AND PROCEDURES

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<b>Title:</b>	<b>Student Wellness Policies</b>
<b>Policy Number:</b>	SA 6/08.2018
<b>Effective Date:</b>	September, 2018
<b>Issuing Authority:</b>	Office of the President

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### 1. RATIONALE

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This manual is designed to regulate and coordinate the activities of the university Health Services and Student Wellness. The mission of the Health Services and Student Wellness is to provide an integrated and systematic support aimed at improving students' potential of educational, personal, social and career success.

### 2. POLICY

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#### A) Health Services:

RHU health services is free to all students who might need on-the-spot medical help for minor health concerns.

- a. Students must fill out a health form, stating any health concerns that the university should know about

#### B) Student Wellness:

RHU Student Counselling services are free to all students who might need psychological support due to their day-to-day stressors.

- a. Students seeking counselling should contact the Counsellor, and set up appointments for the counselling sessions.

### 3. PROCEDURES

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#### A) Health Services:

- a. The student must visit the infirmary in Block I in case of any medical emergencies, concerns, etc.
- b. Upon check-up, the nurse determines the severity of the problem, and acts accordingly.

#### B) Student Wellness:

- a. The Counselling office collaborates with academic advisors and instructors to identify strengths and areas for growth and provide appropriate and interactive support to help students set future goal and improve their time management, study and problem solving skills.

### 4. STAKEHOLDER IMPACT AND SCOPE

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It is the responsibility of each RHU student, faculty, and staff member to familiarize themselves with policies and procedures relevant to the health services and student wellness in case of any emergency.

## 5. RELATED DOCUMENTS

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- > RHU Student Handbook
- > RHU Health Services Handbook

## 6. APPROVAL AND REVIEW

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**OFFICER RESPONSIBLE:** VP for Academic Affairs

**AUTHORITY:**

**POLICY REVIEWED BY:**

**EFFECTIVE DATE:**

**REVIEW DATE:** As needed

**REVISION HISTORY:** None.

**RELATED POLICIES:** All University Policies and Procedures

**FINAL APPROVAL BY THE PRESIDENT:**

**Signature:** 

**Date:**