

Well-Being Leadership Award

Reflection Paper Instructions

You can complete your reflection paper after you have attended all required programs (i.e. one program within each of the 8 Dimensions of Wellness and two programs within Leadership Development).

Your reflection paper should be no longer than 2 pages and should include the following:

- Your personal definition of wellness using the 8 Dimensions of Wellness
- What wellness means to you as a college student
- Your experience of the wellness and leadership programs you attended
- What you learned and/or gained from this experience
- How you will use what you have learned and/or gained in your future

Please submit your Reflection Paper and Progress Tracker to the Program Manager, Zarah Rubio at zrubio@ucsd.edu.

Once your items have been submitted, you will receive an email from the program coordinator shortly after with the final details of your award.