

Dear UNL Parents Association,

Your grant supported UNL's Student Health 101, a monthly e-magazine. Because of your generosity, students are getting the education they need to understand and embrace healthy lifestyles.

The University Health Center partners with the UNL Campus Rec, UNL Student Involvement, and UNL Housing to offer Student Health 101, which covers a variety of college health issues including stress, sleep, nutrition, alcohol, sexual behaviors, colds, flu, and more. For example, some of the most popular stories with UNL students in 2015 included:

- "Stress and the Student Body"
- "Spend Smart: 8 steps to a budget that sticks"
- "Avoiding the Flu: Are your healthy habits enough?"
- "The 4 Keys to College Courses"

Your grant was used to help pay for UNL's yearly subscription to Student Health 101.

From January 2015 to December 2015, UNL's Student Health 101 had 22,625 unique visits and 40,422 visits.

UNL students reported that due to the informative and interesting articles, 81% learned something they would apply to their daily lives.

Additionally, due to the empowering articles, 54% intended to get more involved on campus, take advantage of campus resources, ask for help, or help a friend.

We greatly appreciate your generosity.

Sincerely,

The University Health Center