PSLI-Live: Integrative Health & Wellbeing

Pathway Requirements:
1. Attend all PSLI Core Requirements
2. Attend 5 Elective Offerings within your elected pathway
3. Complete 30 hours of community service and submit Service Tracker by April 1st
4. Submit final Reflection Paper by April 12th

Core Requirements
Must complete all items listed
❑ Rethinking the CV/Resume
❑ The Anti-Racist Leader
❑ Understanding Community Service
❑ Poverty Simulation
❑ President’s Symposium
❑ PSLI Service Requirement (Due: 4/1)
❑ PSLI Reflection Paper (Due: 4/12)

Elective Offerings
Must complete 5 items
❑ A Firsthand Look: Navigating the Healthcare System as a Transgender Patient
❑ Burnout: Managing Wellbeing
❑ Cooking with Nutritionist in 30 Minutes or Less
❑ Health at Any Size: Diets, Fads, and Creating Healthy Food Habits
❑ Health Trends for Graduate Students and Future Health Professionals
❑ How to Support Transgender and Non-Binary Folk
❑ Interprofessional Interview Day
❑ Red Folder training: Assisting Students with Mental Health Crisis
❑ Self-Care for Transgender and Non-Binary Folk

Non-Credit Events
❑ Student Leadership Reception
  (4/28/21)