



# How To Achieve Well-Being, Balance & Success

## Overview

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When students know how to care for their personal well-being they are better equipped to adapt and thrive in the college environment. By identifying college transition and adjustment issues connected to the dimensions of well-being, students can feel intellectually alert, emotionally stable, and physically strong. This workshop helps students develop a sense of well-being that will allow them to embrace change, take action toward their dreams, and live a life of integrity.

### Objectives:

#### Students will learn:

- Identify the six dimensions of personal well-being
- Identify college transition and adjustment issues connected to the dimensions of well-being
- Identify their weakest life dimension
- Identify their strongest life dimension and how it can be used to strengthen their weakest dimension for a more fulfilling life
- Apply the Change Cycle Model to a challenge they are currently experiencing in one of their areas of well-being

**Please Note:** StudentLingo individual products and packages for students, such as Title IX, Campus Culture & Inclusivity Package are not part of the Go2Knowledge membership.

## Presenter

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### Steve Piscitelli

Steve Piscitelli is a recognized teacher, author and workshop facilitator.

Steve draws on his (33) years of classroom and professional development experience to connect with his audience on a practical level. Recently “retired” from Florida State College at Jacksonville, he remains actively involved with faculty and administrator training across the nation. Additionally, he writes a weekly blog and produces a monthly podcast channel, both of which address the topics of growth and resilience.

He recently released his eleventh book, *Stories about Teaching, Learning, and Resilience: No Need to be an Island*, which encourages educators to embrace the power of collaboration. Thirty-seven scenarios—based on real educational issues—bring The Seven Rs of Success to life.

Steve has written two student success books (both in their 3rd edition with Pearson Education). The University of Texas/NISOD has published four of his articles addressing the principles of teaching and learning success.

In 2015, Florida State College at Jacksonville named Steve as one of the “Fabulous 50.” Nominated by students, this recognition honored “talented and dedicated faculty and staff.” Steve also received special recognition from Jacksonville University with the addition of his name to the list of “Alumni You Ought to Know.”

In 2014, Steve delivered a TEDx talk: “Awareness, Assumptions and Actions: Why Do You Do What You Do?”

Steve lives the mantra that “Life is too short to associate with negative people, pessimistic attitudes, and ‘breaking news’ alerts.” He and his wife of more than forty years, Laurie, along with his canine companion, Roxie, live in Atlantic Beach, Florida.

For more information and resources, please visit [www.stevepiscitelli.com](http://www.stevepiscitelli.com).