

U GOOD EVENT GUIDE

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START HERE.

U Good events raise awareness of mental health and substance misuse among college students. The objective of U Goods is to engage, educate, and encourage students to adopt healthful skills and behaviors that improve mental wellness. This event programming was created and implemented by Kent State University, Center for Public Policy and Health.

This Microsoft Word Document details the U Good event titled:

“Redeem Your Self Esteem Virtual Workshop”

EVENT DESCRIPTION.

The focus of this event was to explore ways of enhancing self-esteem. This event was hosted to present ways to increase self-esteem, and to learn more about the effects of having a positive self-esteem experience.

The evidence backing reasons for hosting the event:

- Research has shown that there are physical and mental health advantages to having higher self-esteem, and similarly, the negative effects of having a lower self-esteem (Liu et al, 2021).
- An article by University of Georgia explains the difference between having a high self-esteem, compared to a healthy self-esteem: “Research shows high self-esteem is not always what it’s cracked up to be”. This demonstrates the need to take the discussion a step further to ensure individuals are taking the steps to become healthy.

Individuals at this event will have an open discussion and a safe space to be educated about self-esteem, and ways to improve their own self-esteem.

The anticipated event attendees were Kent State University students.

The event was held virtually on Microsoft Teams. The presentation was approximately 30 minutes long. Participants were encouraged to participate in poll questions, group discussion questions, along with any questions they may have. There were no collaborators for this event.

EVENT BUDGET

There were costs associated with hosting this event. See event itemized budget below.

Event title:	Redeem Your Self Esteem Virtual Workshop				
Expected number of event attendees:	~20				
Items on-hand that did <i>not</i> need to be purchased:	University Subscription to Microsoft Teams				
Event Itemized Budget					
Item	Quantity	Price per unit	Total Cost	Web Link	Store
Total	0	-	\$0	-	-

*Please note that links to items are subject to change. Some items may no longer be available or have fluctuated in price. In those cases, our recommendation is to browse for items to serve as substitutes for items listed above.

EVENT SCHEDULING.

The event took place over two days, with sessions held in both the evening and afternoon to accommodate students' schedules effectively.

EVENT ADVERTISING.

The event was advertised through social media along with various university email listservs.

EVENT PREPARATION.

Prepared for the event by logging into Microsoft Teams a few minutes before it started to ensure that all technology, including PowerPoint, was functioning properly.

EVENT PROMOTIONAL MATERIALS



References:

- Liu, Q., Jiang, M., Li, S., & Yang, Y. (2021). Social support, resilience, and self-esteem protect against common mental health problems in early adolescence: A nonrecursive analysis from a two-year longitudinal study. *Medicine*, 100(4), e24334. <https://doi.org/10.1097/MD.00000000000024334>
- Phil, W. (2008, April 28). Research shows high self-esteem is not always what it's cracked up to be. *UGA Today* . Retrieved from <https://news.uga.edu/research-shows-high-self-esteem-is-not-always-what-its-cracked-up-to-be/>.