

Quotes from Former Students

The following student quotes from anonymous end-of-course evaluations and surveys were selected based on their relevance to Rothenberger Institute Program Outcomes.

ALCOHOL & COLLEGE LIFE

- “This class was very helpful to me in restructuring my life so that I can succeed and be happy in college. It also made me aware of my drinking habits and how to use alcohol more safely.”
- “I think I have made my alcohol drinking amounts go down because I wanted to do better academically and I didn’t realize all of the long term health affects alcohol would have on my brain, which affects me academically.”

SEXUALITY MATTERS

- “Because of this course, I’ve really learned about what it means to have a healthy relationship, and I’ve been spending more time trying to have healthy relationships. This course helped me learn that emotional abuse does exist, and that it’s not okay.”
- “I have gained a stronger desire to stand up for my own and others’ gender, sexual orientation, sexual expression, and sexual identity. I have a deeper appreciation for STI testing and pregnancy prevention methods. I have gained a deeper insight into my own sexual well-being and expression.”

SLEEP, EAT, AND EXERCISE

- “Because of this course I’ve actually begun to set health related goals instead of just wanting to be more healthy but not knowing how to go about it.”
- “I have a better understanding of the necessity of effective sleep. This is the first semester I did not pull an all-nighter. My improved sleeping pattern allowed me to concentrate better in classes.”

SUCCESS OVER STRESS

- “I am a lot more aware of how to prevent and manage stress. I have started to see a positive change in my attitude when I am in stressful situations.”
- “I’ve learned to categorize my stressors into things I can control or things that I cannot. This helps me sift through unnecessary stress.”
- “I have been able to practice positive self talk more often and I have started using the UCCS at the U of M to see a therapist.”

FINANCIAL FITNESS

- “I had never really thought about applying my values to my financial habits, and I feel that this is a great way to step back and look at your financial situation, and address it in ways that are important to you and your values!”

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Rothenberger Institute's University of Minnesota – Twin Cities Campus Program Logic Model

