The vision of the Rothenberger Institute is to equip all college students—at the University of Minnesota and beyond—with the knowledge and skills to live healthy lives through evidence-informed, inclusive, and engaging online health and wellness curriculum.

We offer cost-effective licensing of our curriculum to promote healthy, safe, and thriving college communities across the nation. More than 50,000 students have taken Rothenberger Institute courses!

**Curriculum**

**Alcohol & College Life:** Insight for all students to balance social life and academics and make safe decisions

**Personal Tech & Wellbeing:** Strategies to support wellbeing in the Digital Age

**Sexuality Matters:** Skills necessary to create healthy relationships, advocate for sexual health and foster inclusivity

**Sleep, Eat & Exercise:** Self-care and time management strategies to prioritize a healthy and balanced lifestyle

**Success Over Stress:** Tools to recognize symptoms and develop strategies to proactively prevent and manage stress

**Implementation Options**

Each offering within our health and wellness curriculum is designed as an entirely online, 1-credit, elective undergraduate course. However, the curriculum is flexible and can be implemented in a variety of ways, such as:

- online component of a hybrid/blended course
- assigned eTextbook for an existing course
- component of a 2, 3, or 4-credit course
- custom combination of selected modules from the curriculum
- first-year-experience or college success course
- pre-matriculation, program, or graduation requirement
- component of a college-prep or readiness program

**Instructor Quotes**

“I am teaching this class as a ‘blended’ class, which I love! This is the best of both worlds for me—personal face-to-face contact, and an outstanding curriculum!”

—Instructor at Vermilion Community College

“Like the course title, ‘Success Over Stress,’ this experience has been great. We needed to broaden our offerings, and we were up-and-running with the comprehensive content and assessments. The customer support has been exceptional.”

—Instructor at Mineral Area College
WHY EDUCATORS ADOPT OUR CURRICULUM

CONFIDENCE IN THE CURRICULUM
• From a top-ranked school of public health
• Theory-based and evidence-informed
• Accurate and up-to-date
• Learner-centered and inclusive
• Aligned learning objectives, content, and assessments
• Assignments that foster critical thinking, problem-solving, and skill-building

INNOVATIVE LEARNING TECHNOLOGY
• Engaging and easy-to-navigate online modules accessible 24/7 from a desktop, laptop, or mobile device
• Customized school branding and instructor information
• Materials compatible with any LMS
• Universal design for diverse learning preferences and abilities

TIME SAVINGS
• Exceptional customer service
• Technical support
• Sample course syllabus and schedule
• Ready-to-use assignments
• Quiz question banks

LEARN MORE
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STUDENT QUOTES
“By offering this class, the university is investing in students’ health and ultimately helps them succeed. I am a better, more capable person as a result of enrolling in this course and participating.”
— Success Over Stress student

“... I’m hard-pressed to name another class I’ve taken that has taught me so much about the real world around me, and given me tools to use in everyday life.”
— Alcohol & College Life student

“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.”
— Sleep, Eat & Exercise student

“It provided many viewpoints to the subject matter, which increased my consideration and tolerance of how the people around me may have different opinions than me.”
— Sexuality Matters student

“I really changed my mindset around my relationship with my phone and other tech devices. I view them as neither good nor bad things, but that I can use them in positive and negative ways for my wellbeing.”
— Personal Tech & Wellbeing student

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