



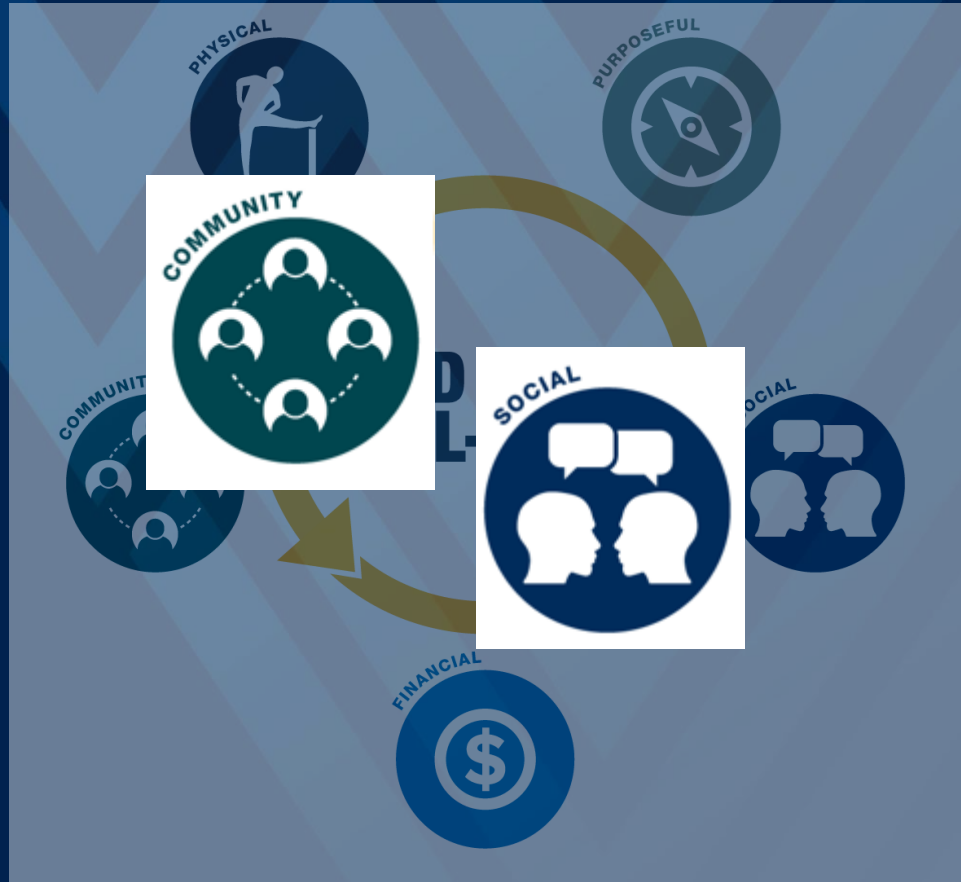
# MOUNTAINEER MEET UPS



# Supporting Social and Community Well-being



# Supporting Social and Community Well-being





# What's a Mountaineer Meet Up?

- Peer-led
- Staff supported
- Technology enabled
- Interest and Identity based



# Fall 2023 Mountaineer Meet Ups

ENGAGE WITH OTHERS WHILE ADVENTURING!

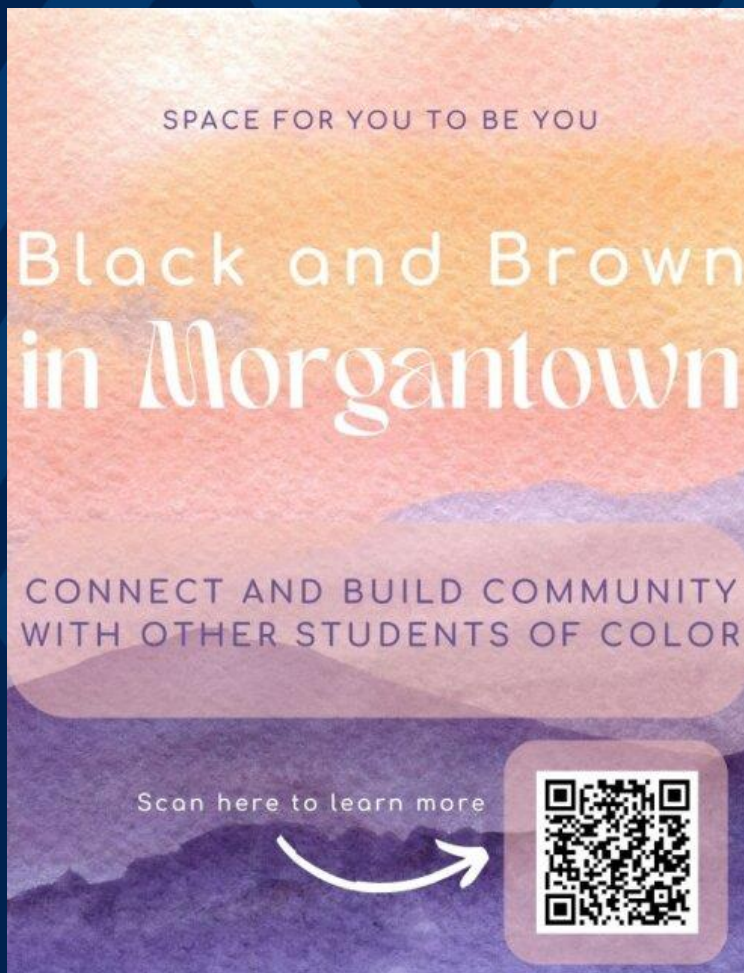
## Adventure Well-being

ACTIVITIES INCLUDE  
SEPTEMBER: PADDLE  
OCTOBER: BIKE  
NOVEMBER: CLIMB

Scan here to learn more



# Fall 2023 Mountaineer Meet Ups



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"ALL HAPPINESS DEPENDS ON A LEISURELY  
BREAKFAST" - JOHN GUNTHER

## Breakfast Club

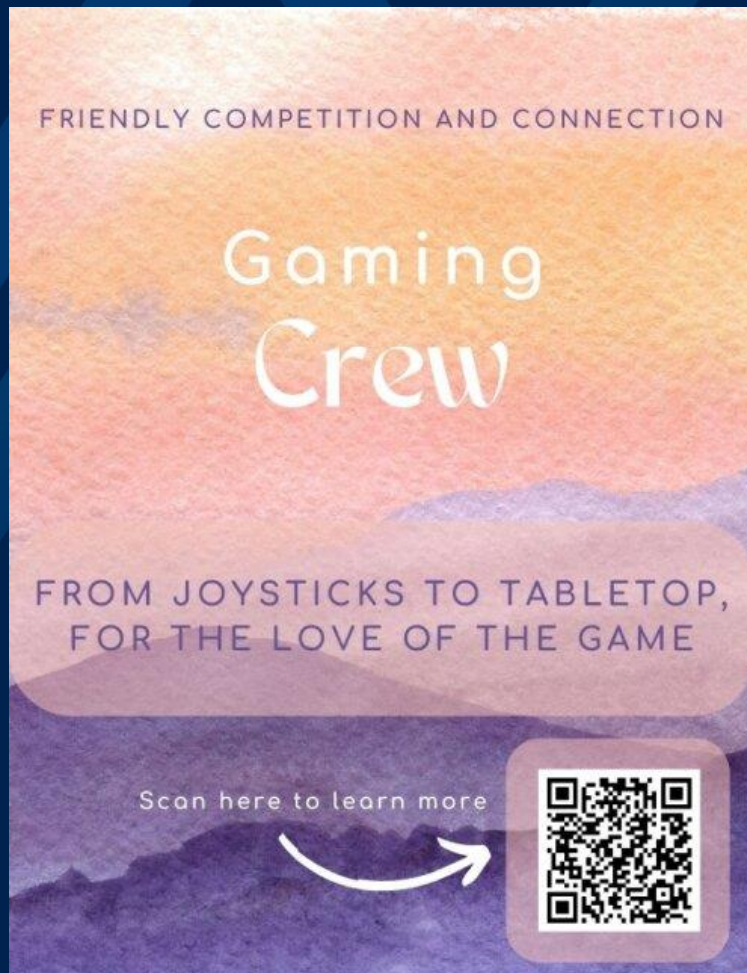
A SPACE WHERE UNDERGRADS  
CAN MEET NEW FRIENDS AND  
SHARE A MEAL

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# Fall 2023 Mountaineer Meet Ups





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LIFE IS ABOUT MORE THAN GRAD SCHOOL

## Get out of the Lab

BUILD COMMUNITY OUTSIDE OF  
YOUR PROGRAM AND COHORT

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# Fall 2023 Mountaineer Meet Ups

SUPPORT FOR THINGS YOU CAN'T CONTROL

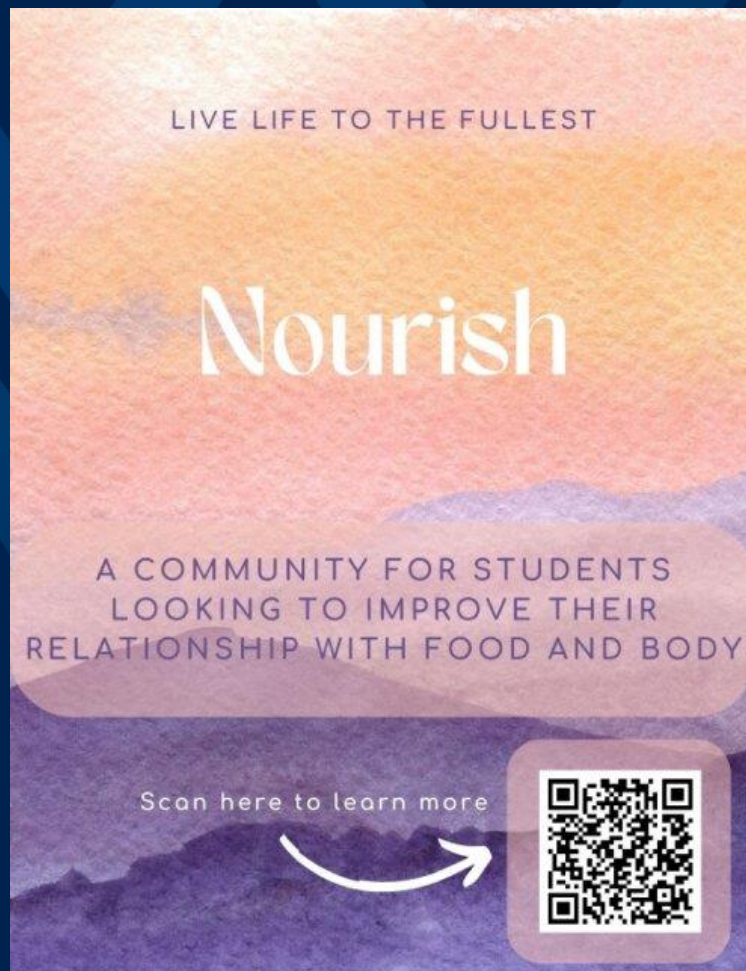
## Loved Ones

FOR ANYONE WHO HAS BEEN  
IMPACTED BY ADDICTION IN THEIR  
FAMILY OR COMMUNITY

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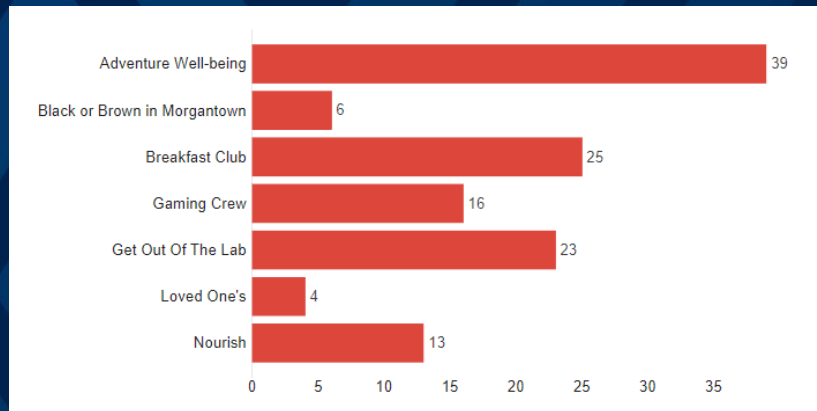




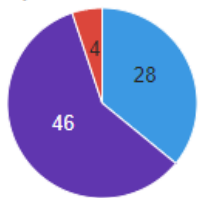
# October Update

## 79 Completed Interest Forms

1 <sup>st</sup> Year	- 23
2 <sup>nd</sup> Year	- 12
3 <sup>rd</sup> Year	- 10
4 <sup>th</sup> Year	- 3
4+	- 4
Grad	- 30
Professional	- 1

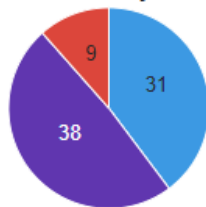


Q7\_1 - How often do you feel you lack companionship?



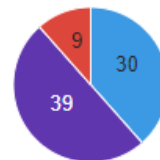
● Often ● Some of the time ● Hardly Ever

Q7\_2 - How often do you feel left out?



● Often ● Some of the time ● Hardly Ever

Q7\_3 - How often do you feel isolated from others?



● Often ● Some of the time ● Hardly Ever

<https://studentlife.wvu.edu/mountaineer-meet-ups>

