

Social Wellness

Social wellness involves building and maintaining healthy and supportive relationships. Our relationships can offer support during difficult times. We can improve our social wellness by balancing social and personal time, staying connected with friends and loved ones in-person or through virtual platforms, and engaging with people in our community.

- Reflect on your social needs
- Make efforts to keep in touch with supportive friends and family
- Connect with people who have shared interests, like music, movies, art, sports, gaming, and more!

[Student Involvement and Leadership \(SIL\)](#)

Promotes student involvement opportunities on campus, including leadership development programs, Greek Life, community service events, student clubs and organizations, Student Activities Council, Student Government Association, and New Student Experience. Check them out here <https://www.uno.edu/student-involvement-leadership>

[Student Life Calendar](#)

Check out the [Student Life Calendar](#) regularly for upcoming events! Attending campus events is a great way to take part in campus traditions, explore different organizations and departments on campus, and meet other students!

[Local Events](#)

The "Free Stuff to Do in New Orleans" Facebook group posts about different events happening throughout the city that are free and open to all! You must request to join the group at <https://www.facebook.com/groups/FreeNOLA/>

[Volunteer](#)

Volunteering with an organization you feel passionately about is a great way to build connections and meet new people, explore your interests, and have fun while giving back to the community! There are many opportunities to volunteer on campus and around New Orleans! We've included some organizations below to get you started.

SIL Service Partners

SIL has compiled a list of nonprofit organizations in New Orleans who are interested in

providing volunteer opportunities to UNO students. Check out the link below for more information: [Service Partners | The University of New Orleans \(uno.edu\)](#)

HandsOn New Orleans

[HandsOn New Orleans](#) helps to connect individuals or groups with opportunities to volunteer! Check out their website to find service/volunteer opportunities near you!

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