



Rothenberger Institute

Technology No. ri

Online Wellness Courses for College Students

The Rothenberger Institute (RI) within the School of Public Health at the University of Minnesota specializes in developing and delivering online wellness courses for college students and students preparing for the transition to college. By leveraging innovative learning technologies, behavior change theory, and peer education, RI courses engage students and help them develop healthy lifestyles, which can impact their overall wellbeing, academic performance, and retention.

Available Courses:

- [Alcohol & College Life](#)
- [Sleep, Eat & Exercise](#)
- [Success Over Stress](#)
- [Sexuality Matters](#)
- [Financial Fitness](#)

In addition to learning course-related content, students enrolled in RI courses through the University of Minnesota apply what they're learning to their own lives through experiential and reflective course assignments. Every student receives personalized feedback on every written assignment from a peer health educator who's been trained in Stages of Change Theory, Appreciative Inquiry, Motivational Interviewing, among other important skills.

Partner with Rothenberger

RI partners with colleges and universities across the country, providing them with the opportunity to offer RI courses to their students without incurring upfront development costs. Through an innovative cloud-based lesson authoring tool, RI customizes course lessons for each partnering campus, enhancing the curriculum's relevance to students by providing a custom lesson interface and highlighting relevant campus resources, services, and policies within the lesson pages.

Rothenberger Institute's Mission

RI seeks to reach and help as many college students as possible lead healthy, productive, and balanced lives by engaging them through convenient online academic wellness courses that are relevant, accurate, and motivating. To do this, RI utilizes innovative learning technology, follows best practices in online learning and health behavior change, and builds collaborative partnerships with other campuses.

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