

Chabot College For Immediate Release

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First Edition of Student-Led 'Chabot College Wellness and Lifestyle Magazine' Published Amidst Pandemic

(Hayward, CA) - Spring 2021 Psychology Counseling students at Chabot College did not let remote learning and COVID-19 deter them from continuing their education, but they did run into a big problem: how could they earn their required service hours when most of the world was shut down due to the pandemic?

The solution: *The Chabot College Wellness and Lifestyle Magazine*.

The first edition, which was published in May, was a student-led and inspired project, according to Chabot College Counselor/Instructor and Mental Health Counselor Sadie Ashraf. Students were able to use the project to earn their required hours while helping to connect readers with wellness resources. Students hope to promote mental health and to reduce stigma around it, said Ashraf.

"Hopefully exposure to information helps create awareness and continued dialogue around mental health and wellness which in turn promotes safety, wellness, and a sense of connectedness and belonging to the campus community," Ashraf said.

Articles in the magazine include what to expect from a therapy session, a profile of Chabot College's Student Navigator, what healthy relationships look like, and resources for individuals in crisis. All of the articles are written by Chabot Psychology Counseling students. The digital magazine is free, accessible, and ADA compliant to ensure all who want to view the publication may do so.

Ashraf said that many on campus have supported the magazine, including Mental Health Grant Coordinator Sang Leng Trieu, Vice President of Student Services Matt Kritscher, Disabled Students Programs & Services Director Nathaniel Rice, Alternate Media Technology Specialist Thomas Dowrie, and Craig Shira from Reprographics. She added that it would not have been possible without their help.

"This magazine represents our students' voices on mental health and wellness, and I'm so very appreciative of the collaboration and receptivity on our campus," she said. "As a community, it is important we support one another, showing inclusivity, connection, and care. We need to continue to destigmatize seeking mental health support, highlight equity in mental health, and continue to advocate for access to mental health information and resources. I hope the Wellness Magazine ignites inspiration and reflection and also sparks dialogue around wellness."

Read [The Chabot College Wellness and Lifestyle](#) magazine.