

Guidelines for Wellness@Mac Online Articles

Purpose

- To create a campus conversation reflecting on multiple dimensions of wellness as related to student life

Audience

- Primary: McMaster University undergraduate students
- Secondary: McMaster University graduate students, faculty, and staff

Syntax

- Articles should be between 400 and 800 words
- Contain no grammar or spelling mistakes
- Use of contractions and short-forms is allowed
- Expand all initialisms and acronyms upon first use (e.g., beside NASA write 'National Aeronautics and Space Administration' in brackets)
- Written in plain, accessible language; avoid academic jargon or complicated language

Further Information

- Select a specific wellness-related topic that lends itself to informative writing (e.g., mental health, sexual health, nutrition, fitness, harm reduction, or other topics)
- Format: how-to content/tips, case studies, interviews, highlighting a service/program, student testimonials, question and answer, quizzes
 - Other content formats are welcome, please email Taryn for approval

Submission/Review Process

- Email Taryn Aarsen (Wellness Educator) at aarssete@mcmaster.ca with your proposed blog topic
- A Wellness Education staff member will get back to you with next steps
- We reserve the right to decline posting an article

Include

- 2-4 sentence biography, including qualifications and relevant information
- A high-quality photo of yourself (optional)
- A link to your personal blog/website (optional)
- Relevant photos (optional)