

Holistic Student Success: Collaborative Programming to Address Academic, Mental and Physical Wellbeing Throughout the Student Life Cycle



April 8, 2016 FAC Conference on Shared Governance and Student Success in the CSCU System

Katie DeOliveira, MPC, EdD, Director of the Academic Success Center
Emily Rosenthal, MPH, LMSW, Coordinator of the Wellness Center
Southern Connecticut State University, New Haven CT

How did we get here?

- “I host a program, and no one comes.”
- “ We don’t have the funding to entice students to come to our workshops.”
- “We’re all trying to reach the same students.”
- “You’re doing that too??”

A photograph of a blue sign with white text that reads "Southern Connecticut State University". The sign is mounted on a light-colored base and is partially obscured by shadows from trees in the foreground. The background shows some greenery and a building.

Southern Connecticut State University

“...Institutions have vast capacity to affect psychosocial well-being, but doing so requires intentional partnerships across academic and student affairs, particularly when trying to embed well-being into campus culture.”

Ribeiro & Akcali. 2016. Campus Highlight: Shaping a Culture of Well-Being: Campuses that Flourish. Bringing Theory to Practice.

“Gallup’s college certification plan may upend traditional rankings.”

The EAB Daily Briefing, Feb 8, 2016.

- Gallup will begin certifying higher education institutions based on the well-being of graduates
 - 1 in 6 graduates aren’t *thriving* in ANY well-being dimensions (social, financial, sense of purpose, community engagement, physical health)
 - *11% of graduates are thriving in all five* (Gallup-Purdue Index)
-

Holistic Wellness and Academic Success

- Barriers to student success are complex
 - Lampard Dennis and Osterholt share: 4 domains of well-being students must manage in order to be academically successful (academic skill attainment, motivation, social/emotional development, self-regulation)
 - Different ways to look at academic challenges and how multiple existing services work together to aid student
- Students = ready to learn when in state of physical, psychological, emotional, intellectual, social, and spiritual well-being (Douce and Keeling)
 - Must pay attention to students well-being as how well mind, brain, and body in shape = openness to learning = persistence, graduation
 - holistic/well-being = pay attention to learner's readiness to learn and possible barriers

*Lampard Dennis S. & Osterholt D. (2011). Holistic Support that Promotes Student Learning.

*Douce L. & Keeling R. (2014). A Strategic Primer On College Student Mental Health



Research continued

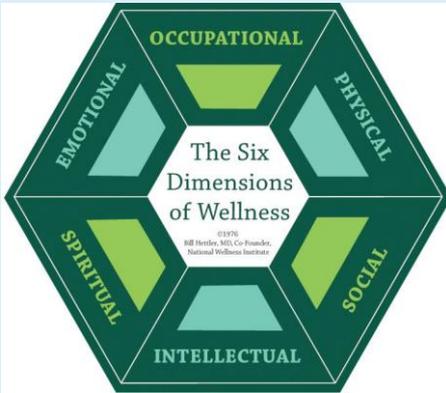
- Cereola, Snyder, Cereola, and Horton
 - Holistic wellness and its impact on first-semester grades
 - Mid-sized public university - research on wellness
 - Students self-assessed their dimensions of wellness (physical, intellectual, social, occupational, spiritual, emotional, and environmental)
 - Helped students with dimensions of wellness needed
 - Compared with final grade
 - Results indicated:
 - dimensions correlated with academic success
 - Students understanding and embracing these dimensions early in college has been demonstrated to help in developing lifelong wellness habits

*Cereola, S., Snyder, C., Cereola, R., & Horton, B. (2014). Holistic Wellness and Its Impact On First-Semester Grades.

How do you define Student Success?



Other models



Hettler's Six Dimensions of Wellness

“ By applying the model, a person becomes aware of the interconnectedness of each dimension and how they contribute to healthy living.”

The Healthy Living Connection at the University of Cincinnati

is a partnership created to bring various campus wellness programs, services and resources together to address the health and wellness needs of our diverse university community.





Goals of the Collaborative

- Offer programs more strategically and collaboratively, as part of a comprehensive and intentional approach to student wellness and success
 - Coordinated and centralized programming brings diverse and adjacent offices together to reach students more effectively and efficiently, and in new ways, while embedding messages about health and wellness into academic success programming.
 - Collaborative effort to provide a central place to access programs, workshops and other services to help students maximize their success at Southern -- one-stop shopping for students, faculty and staff, collegial partnerships, increased collaboration – more bang for our limited buck!
-



Getting Started

Led by Wellness Center & Academic Success Center

- Wellness Center: Who is doing what, where do we fit it?
 - Academic Success Center: Students struggling with more than just academics, and tutoring alone wasn't doing the trick
-

Maximize Your Potential Collaborative

- Academic and Career Advising
 - Academic Success Center
 - Buley Library
 - Center for Adaptive Technology
 - Counseling Center
 - Disability Resource Center
 - Drug & Alcohol Resource Center
 - Fitness Center
 - First Year Inquiry Program
 - Health Services
 - Interfaith and Multicultural Center
 - Office of Campus Recreation
 - Office of New Student and Sophomore Programs
 - Office of Student Conduct and Civic Responsibility
 - Office of Student Financial Literacy and Advising
 - Office of Student Involvement
 - Office of Residence Life
 - SAGE Center
 - Violence Prevention, Victim Advocacy, and Support Center
 - Wellness Center
-

Initial Questions

- What do we mean when we talk about the wellness of our students?
 - What are our goals and priorities?
 - How are we all connected?
 - What are you doing?
 - How can we best reach our students, efficiently and effectively?
-

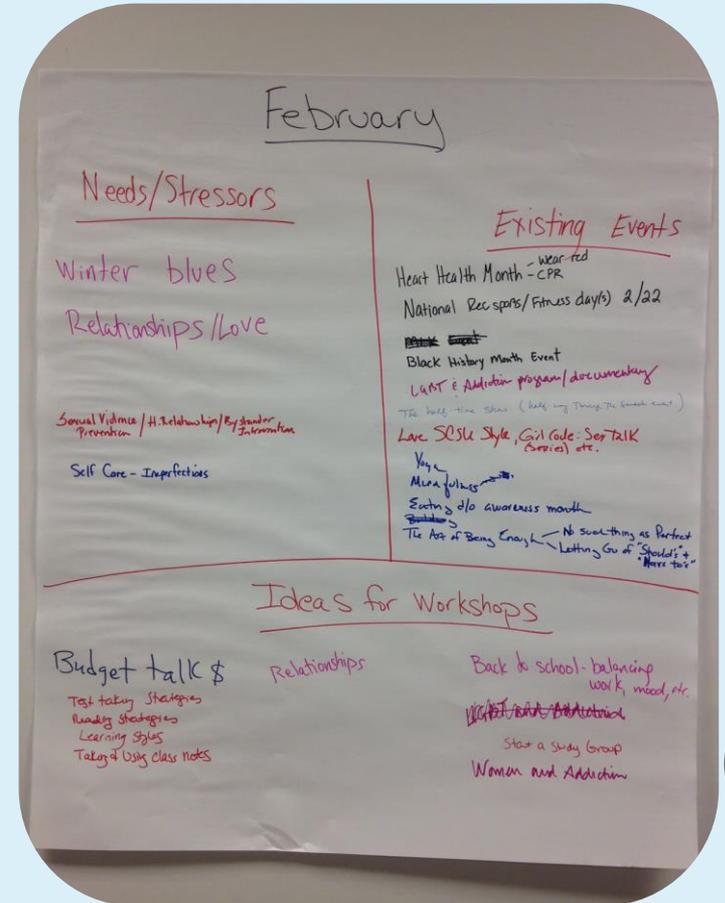
Mapping the Student Lifecycle

- Student Needs
 - Student Stressors
 - Existing Events/Programs
 - Ideas for Collaboration
-



The Student Lifecycle

- September: Transitions
- October: Finding Balance as Reality Sets in
- November/December: Staying Strong and Managing Stress
- January/February: Setting Goals
- March/April: Looking Ahead



Guiding Questions

- Where could you participate? (Existing, new or partnership programs)
 - What does this look like (fairs, workshops, week of themed programming, classes, etc)
 - How do we want to package, organize, and promote this (Calendar, website, print)?
 - How does this all fit together?
-



Southernct.edu/max



Maximize your Potential at Southern

Southernct.edu/max

Student success at Southern goes beyond the classroom. Below are 6 dimensions of wellbeing that fit together, each with equal weight and equal importance. These offerings will support you throughout your journey at Southern and beyond, through comprehensive programming that addresses wellness on every level. Click on any of these areas to learn more about the programs, workshops, and other services available to help you maximize your potential.

Some examples...

- Involvement Impact on Academic Success
 - Emailing and Speaking to Professors with Professionalism
 - Presentation Tips
 - The Politics of Queer Leadership: Moving Towards Diverse Leadership Practices
 - Walking Tour of New Haven
 - Budget Talk\$
 - Avoiding the "Freshman 15": Practical Approaches to Being Healthy in College
 - Free Fitness Friday: Self Defense Fitness
 - Meditation Night
 - Pet Therapy!! #Woof
 - Sexual Health 101
 - It's On Us: Be the Change to End Sexual Harassment
 - Sophomore Surge: Finding Your Shine
 - Social Media Marketing
 - Hands Only CPR: Learn to save a life!
-

Outcomes and Products

- Website and graphic
 - Outreach to all students, faculty, staff
 - 80+ programs co-sponsored by RAs
 - Consistent message and logo
 - Shared evaluation tools
 - Central resource and site
 - 280 programs and counting
 - Collaboration!
-



Challenges

- Technology
 - Marketing
 - Funding
 - Program Space
 - Hard to reach students
 - Getting “stuck”: What we *have* been doing, instead of what we *could* be doing
-



What's next?

- Themed and collaborative programming
 - More embedded programming
 - Marketing
 - Evaluation
 - Incentives
 - Review and modify
 - Campus goals/priorities
-

Daily MAX Programming

- Money Money Mondays
- Tobacco Free Tuesdays
- Wellness Wednesdays
- Thirsty for Knowledge Thursdays
- Free Fitness Fridays

How could you work within your institution to provide collaborative and holistic support for



Katie DeOliveira, MPC, EdD, Director of the Academic Success Center, deoliveirak1@southernct.edu

Emily Rosenthal, MPH, LMSW, Coordinator of the Wellness Center, rosenthale2@southernct.edu
