

**Wellbeing National Advisory Board
Crown Council Report
Spring 2015**

President Bergman has called for Gustavus to focus on how it prepares students for life after college. The Wellbeing Initiative is dedicated to this important work: helping people cultivate a sense of purpose, find deeper connections with themselves and others, and enhance their vitality. After establishing a Wellbeing Center, the past year has been dedicated to instilling the value of wellbeing; creating infrastructure for and/or producing education, research, and engagement offerings; and assessing the impact of our work.

Three unique programs form the core identity of the Wellbeing Initiative:

Be U Peer Group Coaching

“Within the first two or three Be U sessions, I was already starting to realize how important this is going to be for interactions with professors, friends, family, even coworkers and bosses in the future.”—Fall 2014

- Fall 2014 Results: Be U coaches—both facilitators and participants—enjoy statistically significant positive changes in: Environmental Mastery, Positive Relations, Purpose in Life, Self-Acceptance
- Curriculum integration of wellbeing coaching as January Term course
- Student leadership team established
- Spring 2015 Reach = 108 (4% of campus population)
- Summer 2015 alumni pilot program

Bounce Resilience Training

- Fall 2014 student and employee resilience workshops with Dr. Henry Emmons
- Received two grants (Mansergh-Stuessy Fund for College Innovation and the Mankato Clinic Foundation) to establish program
- Spring 2015 Pilot Program
- Fall 2015 integration of resilience training into First Term Seminar experience

Mindfulness and Contemplative Practices

- Established Mindful Leadership Track (in Gusties in Ongoing Leadership Development Program)
- January 2015 Book Club for *Contemplative Practices in Higher Education*
- Summer 2015 employee retreat to explore contemplative practices both personally and professionally
- Gratitude Grams Total Reach = 2,035

Assessment

To understand student wellbeing, we are conducting a cross-sectional study that includes administering a survey every eight weeks of the academic year. Highlights (as of February 2015) include:

- 66% = Aware of Wellbeing Initiative
- 52% = Participated in wellbeing-related programs, services, and events
- 85% = Made lifestyle choices to support their wellbeing since participating in wellbeing offerings

Additional statistical tests and analyses related to perceived behavior in personal wellbeing are forthcoming.

Additional Wellbeing Center offerings have included the following:

Wellbeing Peer Assistants

- *Programming Priorities:* Power of Positive Action Bystander Intervention; Chemical Health and Harm Reduction; Sexual Health and Sexual Violence Awareness; Stress Reduction; and Sleep
- *Workshops Offerings:* 18 community presentations (on programming priorities)
- *Campus Collaborations:* Support Student Life offices including Dean of Students, Diversity Center, Health Service, Counseling Center, and Res Life. Partnerships with Diversity Leadership Council, Collegiate Fellows, Student Athlete Volunteer Educators, International Students and Greeks
- Total Reach = 3,787 Students

Find Your Flow

- Offered January Term programming to help participants explore onward, upward and inward
- Highlights: *Fed Up* film screening, fitness classes, “how to” workshops, *The Power of Habit* book club, speaker series
- Collaborated with two January Term classes to shift how we think about food, and how our campus environment can support healthier choices related to eating, moving, and sleeping. Results included permanent shifts in Market Place food offerings and weight training programs.
- Total Reach = 1008 participants

WE Wellbeing for Employees

- Offerings: fitness classes, health screenings, Mindfulness Based Stress Reduction course, Mindful Eating course, chair massages, Profile Weight Management program, e-newsletter
- Total Reach = 2,054 participants

Curriculum Integration

- *Wellbeing Fellows:* Biology; Neuroscience; Health and Exercise Science; Communication Studies; Theater and Dance Departments
- *Nursing:* Self-Care Presentation; Wellbeing Retreat; American College Health Assessment Overview; Stress Busters Team Training and Stress Kits Advisor
- *Health and Exercise Science:* Wellbeing Modules for Personal Fitness Course; Health Promotion Preceptor for Athletic Training Interns; Relaxation Presentation
- *Communication Studies:* Nonprofit Leadership Community Partnership
- *Economics and Management:* Wellbeing in Business Ethics Presentation

Community Engagement

- *Church Relations and Community Engagement:* Meditation Panel; Wellbeing Presentation
- *Alumni Relations:* Alumni Resource Fair; Gustie Breakfast Talks; Alumni Focus Group
- *Student Life Division:* “Change Anything: Applying the Science of Change to Help Students Succeed” Workshop
- *Refreshed Website and Social Media:* 5,683 Unique Web Visitors; 192 Facebook Followers, 233 Twitter Followers

The Wellbeing Initiative has dedicated funding through December 2015 and awaits a plan to secure external funding from the Office of Institutional Advancement.