

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



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- Collaborative effort to provide a central place to access programs, workshops and other services to help students maximize their success at Southern and beyond
- Coordinated and centralized programming brings adjacent offices together to reach students more effectively and efficiently
- Comprehensive programming addresses wellness on every level



LEARNING OBJECTIVES

1. Define Holistic Student Success

1. Describe how to partner with offices across the university to offer integrated holistic programming

2. Describe examples of holistic programming throughout the student life cycle



Students at Southern

- 40% of our students are first generation.
- 64% of our students are women.
- 38% of our students live on campus.
- 81% of our students receive some type of aid.
- 84% of our students graduate with debt.
- 40% of our students are transfer students.
- 50% of our students indicate SCSU is not their first choice



Our Students: What They Say

2013 FYE Assessment Information

91% said they intend to graduate from college.

68% said it would be from SCSU.

70% said they need help w/ time management/study skills.

57% said they could use help in preparing for exams.

42% said High School study habits are not successful in college



Our Students: Health and Wellness

- Excellent/very good health:
35% females; 41% males
- 64% women trying to lose weight;
32% overweight/obese
- Regular exercise: 46% males; 23%
females
- Binge drinking: 57% males; 40%
females
- Smokers: 5% males; 4% females



Our Students: Psychologically

Depression

Males = 13% (11% in 2012)

Females = 19% (15.5% in 2012)

Anxiety Disorder

Males = 14% (9% in 2012)

Females = 22% (19.4% in 2012)



Source: CORE, 2012 and Healthy Minds, 2010

*So many
programs,
so little
coordination...*

- “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??”



Student Affairs Professionals

Who do you collaborate with?

How do you get programs to the students who need them most?



What my family thinks I do



What my friends think I do



What society thinks I do



What professors think I do



What I think I do



What I really do

Holistic Student Success = Academic Success

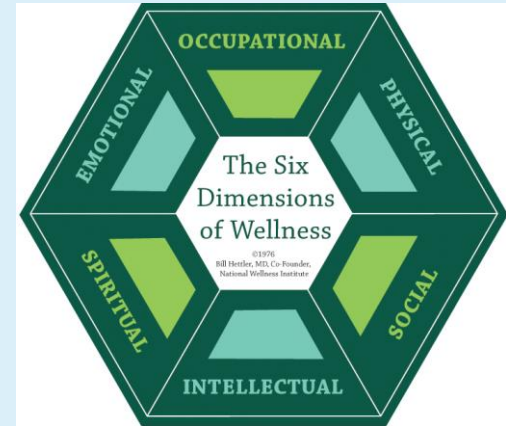
- Holistic Student Success: The student is in a state of well-being physically, psychologically, emotionally, intellectually, socially, and spiritually
 - How **prepared** students are for learning determines how much and how well they learn, and influences persistence, retention, and graduation.
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Holistic Wellness and Academic Success

- Effective learning requires more than simply attaining academic skills
- There are many factors that can affect the learning process and impact academic and student success

Study of first year students

- 7 dimensions of wellness (physical, intellectual, social, occupational, spiritual, emotional, environmental) were *all* shown to be correlated with academic success
- Most significant and positive association to final course grade : physical and occupational wellness
- College experience of these dimensions is critical to developing lifelong habits





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
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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
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Goals of the Collaborative

- Offer programs more strategically, as part of a comprehensive and intentional approach to student wellness and success
 - Bring diverse and adjacent offices together to reach students more efficiently and effectively, and in new ways, while embedding messages about health and wellness into academic success and other programming.
 - Provide comprehensive and centralized marketing, one-stop shopping for students, faculty and staff, collegial partnerships, increase collaboration – more bang for our limited buck!
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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?
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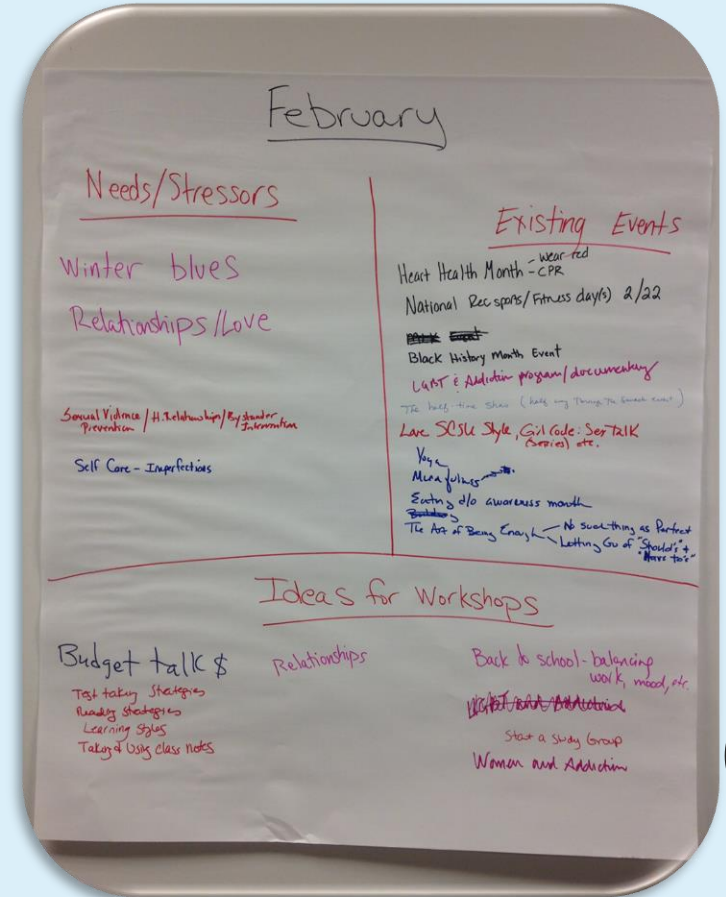
Mapping the Student Life Cycle

- Student Needs
 - Student Stressors
 - Existing Events/Programs
 - Ideas for Collaboration
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The Student Life Cycle

- 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?
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Maximize your Potential at Southern

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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.



Maximize your Potential at Southern

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Academic- Academic wellbeing supports students on their journey to gain scholastic independence and achieve academic success. Academic support services are offered by many departments on campus including, but not limited to: the Academic Success Center, the Disability Resource Center, Academic and Career Advising, Buley Library, and the Center for Adaptive Technology. Check out the resources below to learn more about the classes, groups, and individual sessions and other services available upon demand.



Maximize your Potential at Southern

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Community - Community wellbeing emphasizes your engagement with the Southern community and the world beyond. A wide variety of programs, classes, and workshops are offered by the Office of Campus Recreation and other offices and departments around campus.



Maximize your Potential at Southern

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Cultural- Cultural wellbeing celebrates appreciation for diversity and the world around us. Cultural events are offered by many organizations and groups on campus including, but not limited to: the Interfaith and Multicultural Center and the SAGE Center. Check back often to learn about the upcoming cultural events.



Maximize your Potential at Southern

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Financial- Financial wellbeing emphasizes effective management of your personal finances. The Office of Student Financial Literacy and Advising offers programs and classes on topics such as loan repayment, credit, budgets, and more. In addition to the group programs listed below, individual consultations are also available upon request.



Maximize your Potential at Southern

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Health- A holistic approach to health incorporates mental health, physical health, and emotional wellbeing. A wide variety of programs, classes, and workshops are offered by the Fitness Center, the Counseling Center, the Drug and Alcohol Resource Center, Health Services, and the Wellness Center.



Maximize your Potential at Southern

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Social- Social wellbeing emphasizes strong and healthy relationships. Several offices on campus offer programs and resources to help students connect to campus and their peers. These offices include, but are not limited to: the Office of New Student and Sophomore Programs, Violence Prevention, Victim Advocacy, and Support Center, the Office of Student Conduct and Civic Responsibility, and others.

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!
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Outcomes and Products

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

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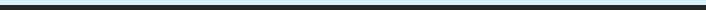
What's next?

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



Questions? Comments. Exclamations!



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