



## The Pathway To Success



### We're For Strategic Planning

#### **Goal One:**

#### **Increase Enrollment and Student Success**

Initiative: 10 Initiative Name: Student Wellness (SWI)

#### *Introduction*

The vision behind a comprehensive wellness program is to have vibrant healthy students who are ready to learn. This initiative reflects a preventative college health agenda as opposed to a treatment agenda since health is much more than the absence of disease and there are proven strategies for promoting health and preventing disease.

#### *Purpose*

According to the 2014 National College Health Assessment, students report the top five impediments to academic performance are stress, anxiety, difficulty sleeping, flu/cold, and depression. Based on preliminary data collected in 2012, this is consistent with reports from Indiana State University students who reported also reported that stress, sleep difficulties, depression, and anxiety are among their top impediments to academic performance as well. The comprehensive wellness program will work to address these impediments to academic performance using Health Campus 2020 as a guide.

#### *Methods*

National research (Dewita, Woolsey & Walsh 2009; Kuh, Kinze, Schuh, Whitt & associates, 2010; NESSE, 2013) indicates that there is a correlation between levels of engagement a student has with peers, faculty, and staff and his/her chances of being retained through graduation, demonstrating greater potential for higher academic achievements, and experiencing a more balanced, holistically positive college experience.

With that in mind, during FY16, the Student Wellness Initiative (SWI) will provide and support programming focused on:

1. Nurturing students' capacity for achieving stronger, more positive self-efficacy; and
2. Support campus-wide efforts to increase retention rates by offering opportunities for building and reinforcing healthy relationships between students and other members of the ISU and Terre Haute communities with an emphasis on programming promoting holistic well being for ISU students.



### *Discussion*

In FY15, SWI will nurture our students' capacity detractors:

A. Stress and Anxiety – According to the 2014 American College Health Association National College Health Assessment II (ACHA-NCHA II), stress and anxiety are the top two performance detractors. MAP-works data for ISU also revealed that the number of students reporting some level of stress or anxiety is twice that of the national average. Therefore, SWI action steps for FY16 include but are not limited to:

i. Continuing to undergird the work of Student Health Promotion and the Student Counseling Center in educating the ISU student population on stress/anxiety management and life selecting healthy life choice and using coping strategies geared toward stress/anxiety reduction.

ii. To collaborate with departments and organizations in bringing two speakers to campus during the academic year to address these issues.

B. Sleep Difficulties – The third top performance detractor according to the ACHA-NCHA II is difficulty sleeping. Action steps include but are not limited to:

i. Continuing to undergird the work of Student Health Promotion and the Student Counseling Center in educating the ISU student population on the correlation between sleep and academic performance. To collaborate with departments and organizations in distributing 1,000 pillows during Fall semester study week.

C. Substance abuse related incidents – Reduce the number of incidents involving students that are impacted by alcohol or marijuana usage.

i. Continuing to undergird the work of Student Health Promotion and the Student Counseling Center in educating the ISU student population on alcohol and drug use. ii. SoberRide is a designated driver service provided during ISU's Homecoming. The FY16 goal is to provide 250 rides and to have 350 Designated walkers. This is a collaborative effort between Student Health Promotion, the Student Wellness Initiative, University Police, and the Campus Community Alcohol Coalition. iii. Bring in a national speaker to address trends in marijuana usage, changes to laws, and new methods of use.

Building and Reinforcing Healthy Relationships:

SWI will collaborate with other departments, initiatives, etc., to create/enhance a campus climate that fosters well being between community members. This is reflected in the following list of initiatives/events:

### *Summary*

The outcomes of this initiative will offer and support opportunities for students to connect holistically with, and participate in university. Furthermore, students will more effectively be educated and motivated with best practices for developing and achieving a healthy lifestyle. The techniques in a comprehensive wellness program are from sources such as the American College Health Association, Healthy Campus 2020, and American College of Sports Medicine

### *Initiative Chair(s) and Contact Information*

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