



FY25 SFAC Program Questionnaire



UH Wellness

Division of Student Affairs

1. **Please provide a one-page executive summary of your questionnaire responses. This summary should include, in brief terms: your unit's mission, how you accomplish your unit's mission, and a justification of your unit's student fee allocation in terms of benefits for students.**

Our mission in UH Wellness is **to promote health, well-being, and resiliency through education, outreach, and prevention** As one of six units in the Health and Wellbeing team of the Division of Student Affairs we serve as **THE** clearinghouse of health and well-being education, resources, and information.

Our work is holistic incorporating the nine dimensions of wellness (physical, occupational, social, spiritual, intellectual, emotional, environmental, financial, and cultural) and based on many different models and frameworks that include but not limited to the Social Ecological Model and Framework, Theory of Reasoned Action, the Stages of Change, and Health Belief model. The unit strived throughout the year to provide ample opportunities for learning, discovering, and encouraging students to **Choose Well** (choose a behavior or skill learned from participating in our programs and events), **Do Well** (applying that behavior or skill), **Be Well** (make the behavior or skill habitual).

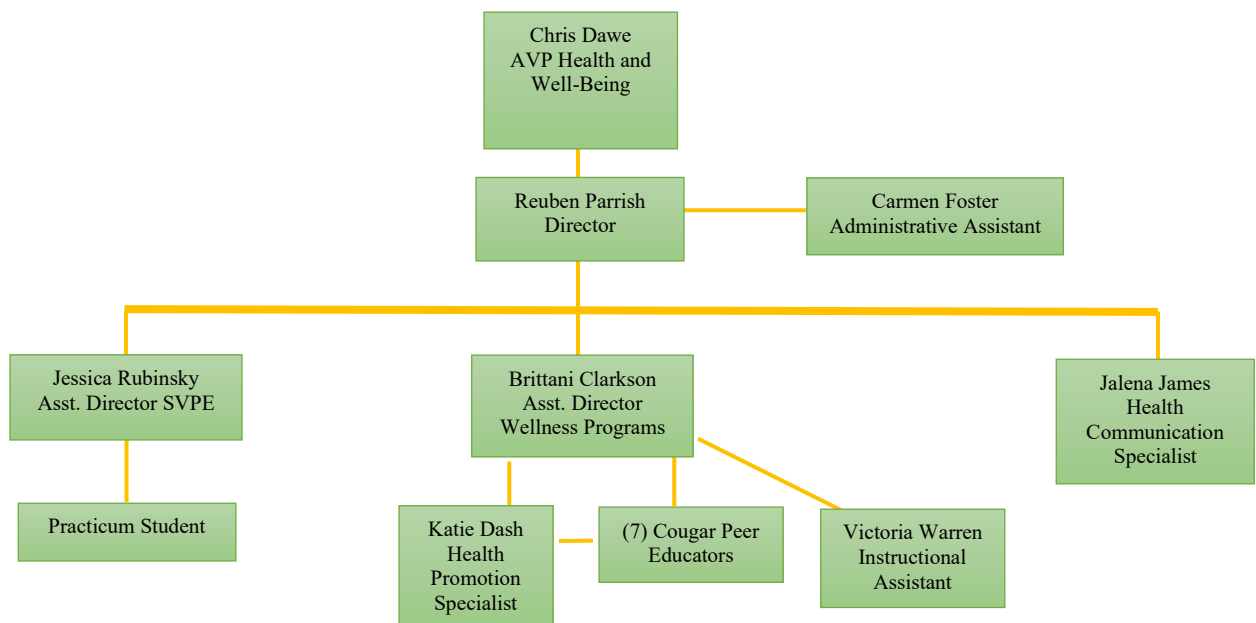
The prior year set a precedent in what the unit had planned to accomplish for FY 23. As the health education office, the unit revamped programs, implemented new initiatives, became more involved in campus initiatives and committees to work on the second action step of the Okanagan Charter. This charter is one that the unit collaborated with others in an effort to adopt to becoming a health promoting university. The two action steps are 1. Embed health into all aspects of campus culture, across the administration, operations and academic mandates and 2. Lead health promotion action and collaboration locally and globally.

Staff lead or assisted on many campus wide committees like the Substance Use Disorder Advisory Committee, JED (mental health initiative) and Cultural of Respect (sexual assault prevention initiative) committees. The unit developed and piloted the Relaxation Station on the Go, launched a Whose Wellness campaign and provided additional opportunities to address student basic needs like clothing just to name some of the projects completed in FY23.

The highlight of the year was participating in the Division of Student Affairs external review process. Reviewers from Texas A&M, UC Irvine and the University of Iowa held meetings with campus partners, and DSA leadership of the unit to determine 1- What the vision for and expectation of the unit UH Wellness, 2 Are those visions, needs and expectation being met? And 3, if so, how...and if not, in what ways can they improve? The results were positive like strong collaborative partner and fosters sense of community to name a couple. Constructive feedback was more tailored toward programming and with a suggestion of becoming more visible and known campus wide.

2. Provide an organization chart of your unit. Large units may need to have an overview chart and then more specific charts for each program. Where you have multiple staff in the same position (e.g. counselor, advisor, etc.), note this on your chart. Student employees should be cited on the chart and identified as students.

UH Wellness Organization Chart



3. If your unit falls under the Division of Student Affairs, list your unit's strategic initiatives and action steps identified for the 2022 – 2023 academic year and cite the specific Division of Student Affairs (DSA) Strategic Initiatives and University of Houston Strategic Goals to which they can relate (links below). Please comment on your success in achieving these strategic initiatives/action steps. If a strategic initiative/ action step changes during the year, please note this and explain. Also, list any new strategic initiatives/action steps, the rationale for the addition, and comment on your success in achieving these items.

Our focus for the year was to work on programs and initiatives to have an impact at various levels on campus using the Socio Ecological Model and Framework (pictured right). Still in line with our upstream and holistic approach using the nine dimensions of wellness as our foundation, we decided on two strategic initiatives:



Strategic Initiative 1: Lead healthy campus initiatives developed by topic specific collectives that would propel UH toward becoming a Health Promoting University. (UH- 1, DSA- SS 1-5; DC 1; P 1, 2) (Organizational/Community/Public Policy)

Strategic Initiative 2 Create interactive, engaging, and inclusive health and well-being programs for UH students. (UH-1,3; DSA- SS 3,5; DC 1,4,5; R 1-3; P 1-2) (Individual/Interpersonal/Organizational)

SI 1- As in the previous year, we continued to engage in work to aide in the adoption of the Okanagan Charter working on the second Call to Action to increase health promotion locally and globally working more on the outer circles of the SEM model. The unit staff focused efforts through working on committees, involved in campus wide initiatives, partnering with academic affairs, and learning about the student population.

- The director of the unit chaired the Substance Use Disorder Advisory Committee that worked on writing and submitting the current unofficial Substance Use Disorder Prevention Policy to become an official MAPP policy that included a section on amnesty for students.
- The assistant director for SVPE co-chaired the Culture of Respect Committee that conducted a campus scan providing a detailed inventory of the university's efforts to address sexual violence across six key areas (survivor support, clear policies, multitiered education, public disclosure, schoolwide mobilization and ongoing self-assessment).
- The unit also worked closely with CAPS on their JED initiative. Several of the staff lead or took part in sub-committees to develop strategies in the develop life skills section, provide mental and substance misuse services, promote social connectedness, and promote means safety.
- One of our most visible efforts campus wide was through Cougar Cupboard (food pantry). The cupboard significantly grew this past year increasing usage, new students sign ups and offering education workshops, cooking demonstrations and providing basic necessities (period products, school materials, home goods, etc).
- The unit conducted informal interviews across campus with our marketing interns, peer educators and interns for the cupboard. These students canvased the campus asking their peers questions regarding general health and wellness programming on campus, programming from our unit as well as individual, in general as a well as personally. Students were excited to share

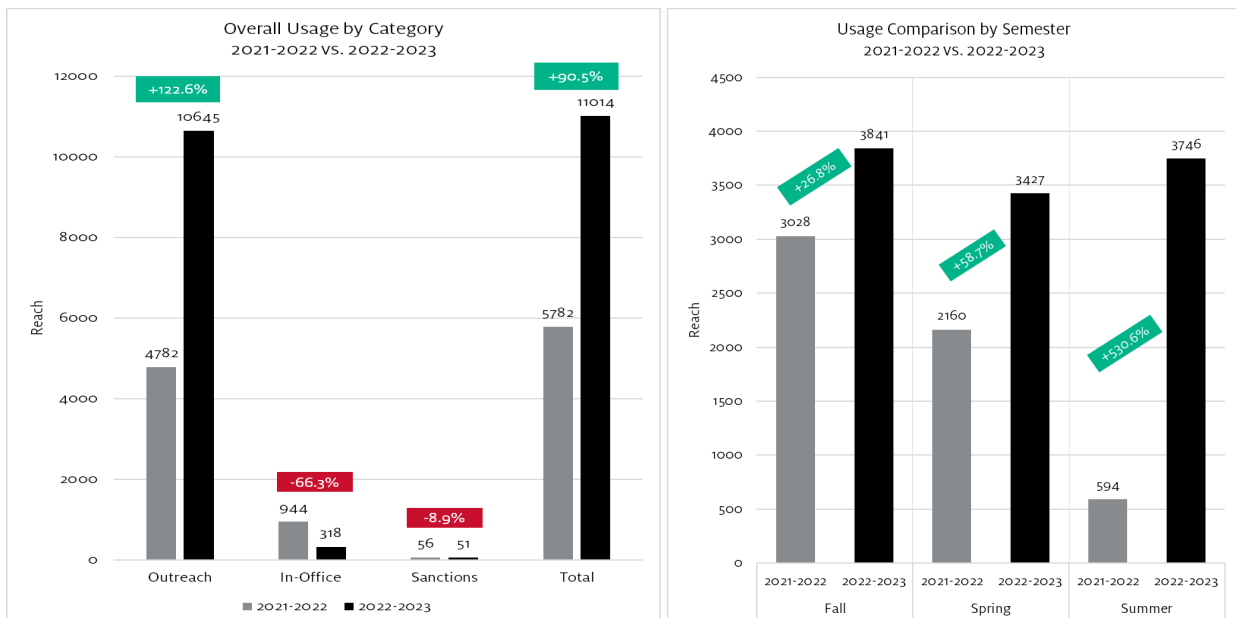
what was on their mind and what they would like to see more of regarding programs and services on campus. The following are just a few students recommendations:

1. More therapy dogs days
 2. Interactive activities that are related to wellbeing
 3. How to help others
 4. Resources on mental health
- The unit also worked with a community organization to sponsor a walk to increase the awareness and education for the hard of hearing and deaf community. It provided not only resources for the community but students on the campus.
 - Lastly, our efforts to establish partnerships with academic departments and faculty senate slowly evolved over the fiscal year to collaboration more closely with academic counselors. The unit's communication specialist developed and shared hand bills and digital media to specifically promote consultations, Unwind with Wellness on Wednesdays and the Cougar Cupboard. In addition, during the spring semester the unit was able to promote a few of our programs in the Faculty Top 5 of the faculty senate newsletter.

SI 2- Working more in the inner circles of the **SEM** model, the addition of the new FTE positions proved to be beneficial in being able to focus more on helping students where they are and what they need. The unit successfully created opportunities (Relaxation Station on the Go, biweekly interactive tabling, social media interactions, evening programs) that were inclusive, engaging, interactive and informative. Our programming increased, participation increased, and overall satisfaction of programs and services increased.

2022-2023 Academic Year Utilization Summary

Utilization can be separated into three categories: in-office services, university sanctioned services, and outreach. The total reach for the 2022-2023 academic year was **11,014 contacts**. This was a **90.5% increase** from the 2021-2022 academic year where the total reach was 5,782 contacts. This increase can be attributed to the addition of 3 new staff positions (Health Promotion Specialist, Health Communication Specialist, Administrative Assistant) within the department and thus greater human resource capacity to implement and market programming.



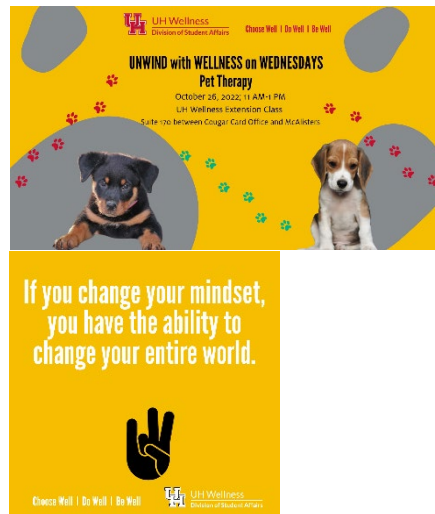
When comparing semesters, each semester of 2022-2023 saw an increase in utilization compared to its 2021-2022 counterpart. Fall 2022 showed a **26.8% increase** in utilization compared to Fall 2021. Spring 2023 showed a **58.7% increase** in utilization compared to Spring 2022. Summer 2023 showed a **530.6% increase** compared to Summer 2022. This shows that the increase in UH Wellness utilization is a consistent trend and the department is **sustaining continuous growth over time**, not just during peak programming times such as back-to-school or due to large singular outlier events.

SVPE-Sexual Violence Prevention and Education. Throughout the last year the unit’s Sexual Violence Prevention and Education team have conducted programs such as Sex After Dark, Step UP! Bystander Intervention, Culture of Respect Collective, Sexual Assault Awareness Month, and Free STI testing.

- Sex After Dark consists of a question-and-answer session for students to ask questions that might be taboo about sex to sexual health experts.
- Step UP! Bystander Intervention is a training that teaches students techniques to safely intervene in situations of potential harm. There are many different iterations of the program including mental health, sexual violence, and alcohol and other drugs.
- The Culture of Respect Collective is a two-year program that brings together institutions of higher education who are dedicated to ending campus sexual violence and guides them through a rigorous process of self-assessment and targeted organizational change.
- Sexual Assault Awareness Month consisted of bringing awareness to the issue with tablings and many educational events. Those events include Step UP! Bystander Intervention, Self Defense Training, I am Evidence Film and Panel, UH Goes Teal Resource Fair, Take Back the Night, Rock Climbing Event, and a viewing of Netflix “You”: Dangers of Stalking. Take Back the Night is an annual program commemorating a National Day of Action bringing attention to sexual violence and interpersonal violence on college campuses. There were 150 attendees who participated in the Take Back the Night rage room and a mini resource fair.
- Free STI Testing. Students from across campus came to get tested for HIV, Hep C, and Syphilis.

Marketing and Social Media Growth

As mentioned above adding new staff was an asset. Within the first three months, the addition of the Health Communications Specialist, sparked a substantial growth for the units target audience via social media and direct inquiries regarding the units programming and services. The primary social media platform used for communication and marketing efforts was Instagram. The revamped workshops by the Health Promotion Specialist were well received by the students and departments who requested them. Our demographic analysis shows that the marketing content has been effective in reaching our target audience of student population at UH. Our average age range is 18-24, the average city is Houston, TX.



Fall 2022 Social Media Analytics

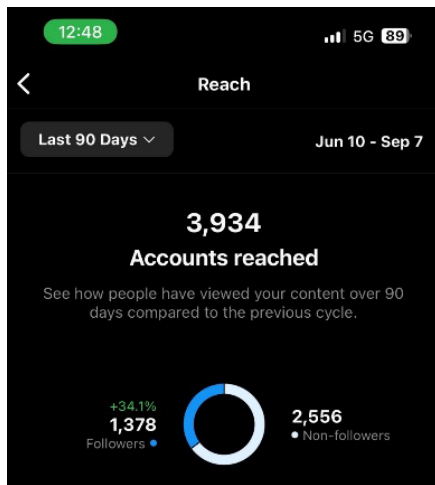
Between September and December, UH Wellness’s reach increased by a remarkable 444%. Our engagement rate has increased by 433% and followers have increased by 15.2%. Students have begun to take more notice of strategies for improving health and wellbeing, motivation, events, and services offered by the unit.

Spring 2023 Social Media Analytics

Between February and May, UH Wellness’s reach increased by an additional 10.6%. Our engagement rate has increased by 36% and followers increased by 5%.

Summer 2023 Analytics

During the Summer months, UH Wellness has seen a 34% reach increase for its social media followers.



Campaign

The [#WHOSEWELLNESS](#) campaign was launched Spring 2023. The initiative was a mini vlog series posted weekly that highlighted a specific portion of the office regarding programs and resources to educate the community. The chart below shows results regarding reach for each series.

Episode Highlighted	Number of Plays/Views	Accounts Reached
Launch webisode	1,393	783
Consultation Sessions	485	357
Presentations	486	353
SVPE	630	483
Unwind With Wellness	539	464
Overall Engagement (Average)	706.6	488

Cougar Cupboard had a very successful year. Conducting collaborative events like Banking Bingo with TDECU, a range of workshops like Fueling Your Body and Delicious Can be Nutritious and informational table sessions to promote the cupboard. The cupboard now serves more students than ever, averaging 800 visits per week during a regular semester. It has also been approved for one time funding to expand into a new location. The new location will allow more students to utilize the space simultaneously, thereby decreasing wait times and increasing accessibility. It will also allow storage of nearly twice as much food, increase refrigerated and frozen storage thus providing more support to students and their families.

FY23 Totals:



	Fall 2022	Spring 2023	Summer 2023	FY23 Totals
Average visits per week	500 visits per week	700 visits per week	200 visits per week	500 visits per week
Total visits	10,887 visits	10,561 visits	2,369 visits	23,817 visits
LBS of food distributed	100,946 pounds	93,536 pounds	48,483 pounds	242,965 pounds
Door Dash orders filled	278 orders	266 orders	123 orders	667 orders
Volunteer shifts completed	430 shifts	287 shifts	71 shifts	788 shifts
Number of new students enrolled into the program	1,463 students	759 students	426 students	2,648 students
Total students enrolled	4,859 students	5,618 students	6,044 students	6,044 students

Cougar Closet

This year the unit took on a new initiative to address clothing insecurity on campus. The Cougar Closet is an on-campus resource that targets clothing insecurity amongst the University of Houston community and clothes students with the confidence needed to step into any environment and perform effectively. With an emphasis on community and bridging the gap between demographics through the use of a give-and-take communal closet, Cougar Closet also strives to foster a more inclusive environment on the University of Houston campus. They served 2,284 students with clothing and received clothing donations from 171 people from the UH community.

4. Please list your 2024-2025 strategic initiatives and action steps in priority order and if operating under the DSA, cite the specific Division of Student Affairs Values and University of Houston Strategies Goals to which they relate.

Strategic Initiative 1- By the end of the FY25 school year through various campus wide initiatives, contribute to the changing of culture with the incorporation and embedding of wellbeing messaging and programming throughout campus. DSA- Care, Community, Empowerment; UH- Innovation

Strategic Initiative 2- By the end of FY25, establish partnerships in academic affairs expanding opportunities for students to increase engagement in our programmatic offerings. DSA- Collaboration, Innovation; UH- Collaboration

Strategic Initiative 3- By the end of FY25, students will learn skills and behaviors to incorporate into their daily lives to improve their wellness by completing wellbeing track to obtain the title of a "WellCOOG". DSA- Care, Collaboration, Community, Integrity; UH- Resilience

i. **Articulate how KPIs are tracked and how/when your unit utilizes them to measure progress towards your goals. Are there any deficiencies in your ability to measure your KPIs? If so, explain why.**

- SI 1- DSA- Care, Community, Empowerment; UH
 - Number students participating in programs
 - Number of specific health and wellbeing messages displayed
 - Number of unique students served by the unit
- SI 2- DSA- Collaboration, Innovation; UH
 - Number of Relaxation Station on the Go requested
- SI 3- DSA- Care, Collaboration, Community, Integrity; UH
 - Number of requested trainings
 - WellCOOG, Bystander and MHFA
 - Average GPA of students who attended the units offerings
 - Decrease in substance related sanctions
 - Increase in upstanding behavior

ii. **Identify the milestones laid out on the path to achieving the long-term goals you have laid out. How do these milestones contribute to your unit's ability to hold itself accountable to the long-term goals?**

Our assessment plan is developed and reported on three times a year which sets up how we implement our strategic plan each year. Each month is scripted to make sure the unit is on track to achieve the goals set for the year. Monthly check-ins with each member of the unit establishes accountability for each to reach their monthly mini-goals to ultimately accomplish their own set goals which are aligned not only the department but the division as well as UH.

iii. **In your response, identify who (besides the department director) is responsible for each milestone in the plan and for measuring each KPI you have identified.**

- The entire unit is responsible in one way or another to make sure we achieve our KPI.

5. **Please discuss the means that you are utilizing to evaluate both your success in achieving the aforementioned strategic initiatives and/or action steps and their importance as compared to others that you might pursue. Where data exists, discuss the number of persons served by each of your programs and any assessment measures and/or learning outcomes used to evaluate program success. Please provide the method for collecting this data. If your unit holds events, please provide revenue sources breakdown of each revenue stream including but not limited to the number of:**

- i. **Tickets sold/number of attendees recorded**
- ii. **Merchandise**
- ii. **Concessions sold/distributed**
- iii. **Revenue generated from these sales**

Each year the unit develops an assessment plan with specific items to be assessed that are directly related to the goals of the unit. The sub-tactics developed lays out the path of how to achieve our goals. These tactics in and of themselves have action items the unit assesses throughout the year. As students attend the programs and services of the unit, they will complete a short evaluation that captures their intentions for change, increase in knowledge and awareness, behaviors and/or skills to incorporate into their lives and if programs/services of that nature are beneficial. In addition, the students' PeopleSoft ID is collected which will be submitted to the director of assessment team for analysis of GPA, retention, and behavioral patterns of campus involvement. Hopefully what we do is making an impact in how students are engaging on campus from a health and wellness viewpoint and the culture shifts to a true community of care.

6. If your unit concluded FY2023 with a Fund 3 addition to Fund Equity in excess of \$5,000, please describe the conditions which cause the addition and provide a line-item identification of the budgetary sources(s) of the addition (i.e., lapsed salary, conference travel, etc.).

UH Wellness concluded FY2023 with a Fund 3 equity in excess of \$5,000 to the delay in relocation of the cupboard due to construction design and additional budget approval. A total of \$50,000 was a carryforward from FY22 to FY23 and now carried to FY24. This carryforward is to fund moving expenses, new equipment, and any miscellaneous costs to relocate the Cougar Cupboard to the space previously occupied by parking at University Lofts.

7. Recognizing that the potential to generate additional Student Service Fee income for FY2025 base funding is extremely limited and recognizing that it is likely that some units will not be allocated the new base budget and/or one-time funds requested. Please provide a narrative of how your unit would accommodate a reduction of 5.0% in your total FY2025 base Student Service Fee budget request and provide a line-item explanation of where budgetary cuts would be made.

Name of Unit: Wellness Center		
Dept#: H0292	FY 2025	FY 2025
Funding Sources	Base Budget	Amount of 5.0% Reduction
Student Service Fees- Base Budget	572,531	28,627
Other Expenses		
General Supplies		10,000
Services		4,000
Uniforms		5,000
Computers/Repairs		2,000
Professional Development		
Printing		2,500
Program Events		3,506
Admin Charge Enter %	6%	1,620
Other Expenses Total		28,626
TOTAL EXPENSE		28,626
Amount left to allocate		0

8. Please discuss any budget or organizational changes experienced since your last year (FY2024) SFAC request, their impact on your programs, and your reason for implementing them. SFAC recognizes that some programs did not receive the funds that they requested, that some programs were impacted by additional expenses after the conclusion of the budget cycle, and that some programs may be ahead of or behind their self-generated income projections.

There were no changes that impacted our programs.

9. What are the other possible sources of funding available to your unit and what efforts are being made to access them (e.g. grants, donations, etc.)? If you receive funds from other sources, please briefly describe the source, purpose, and duration of the funding and report the amounts received in the appropriate rows/columns on the SFAC spreadsheet.
- i. If applicable, what can be done to increase donations, sponsorship sales, and other revenue streams? Please answer each separately.

Grants (state, federal and foundations) are the best additional available sources of funding for our unit. Staff of the unit have been the lead or assisted with the writing of the grant submission or providing support. We have not been successful in securing a state or federal grant but will continue to apply. The cougar cupboard however was successful in obtaining a local mini grant in the amount of \$150 from Coog Moms.

This group’s mission is to establish fellowship among UH moms and families by supporting them through programs and scholarships in addition to the support of special initiatives on campus.

10. Does your unit generate revenue? (Please do not address donations in this question) If your unit does not generate revenue, respond “not applicable. If so:

- i. **Provide your unit’s P&L statement for the current fiscal year and trailing five-years showing all revenue streams for your unit.**
- ii. **Provide line-item data for each revenue stream.**
- iii. **For each revenue stream, provide an explanation of the nature of the revenue and briefly articulate the successes and failures for each line item.**

Yes, our unit generates revenue from two programs. These programs are either instructor certified and licensed facility or subscription based. Our office oversees the sanctioning of education for students using alcohol and marijuana illegally or in a harmful way. The profit margin for most years

MIP- \$40

The Alcohol Education Program for Minors (MIP) is a six-hour course (two sessions of three hours). Texas state law requires that minors who have been convicted of alcohol-related offenses complete this course, which is certified by the Texas Department of Licensing and Regulation (TDLR).

CASICS- \$30

CASICS (Cannabis Screening and Intervention for College Students) is a nationally recognized and evidence-based program to reduce smoking use. The CASICS program is open to all students but is primarily used as an educational sanction in the conduct process.

11. Does your unit raises money from donors and sponsors? If your unit does not receive donations or sponsorships, respond “not applicable”. If so:

	2019	2020	2021	2022	2023	2024	Total
UH Wellness Center	(939.34)	(101,050.00)	(1,625.00)	(6,176.00)	(3,923.00)	(25.00)	(113,738.34)

As a unit in total, we do not intentionally ask for money from donors and sponsors. Just like any other unit on campus, we brand our website with the donate button, social media with the text-to-give number and specific promotional items. However, within the last five years, we received specific donations to support the Cougar Cupboard. The Cougar Cupboard is the official food pantry that all students on campus are eligible to use regardless of their financial situation. The first full year of operation, the Cullen Trust for Higher Education donated \$100,000 that was used for additional food that the Houston Food Bank did not have and operational needs. Starting FY24, the cupboard now located in the Center for Student Advocacy and Community will receive from TDECU partnership with athletics a total amount of \$415,000 over the next 16 years.

12. Please describe any services that are similar to yours and or any overlap between your unit and any other unit(s) providing services to students and the rationale for the overlap.

UH Wellness provides a holistic, upstream primary prevention approach when implementing programming. This approach is based on the Wellness Model that is comprised of nine dimensions of wellness (Physical, Occupational, Social, Spiritual, Intellectual, Financial, Emotional, Environmental, and Cultural). This holistic approach covers all these areas in a myriad of ways (workshops, consultations, outreach events, tabling, monthly health observances) which other units may provide information on these topics in a similar fashion. Even though we are the health education office, the work to provide education to the campus is a group effort. So, we collaborate with those departments that may have be

the subject matter expert to help to maximize resources for a greater impact. In many cases other units are providing programs and services at the secondary and tertiary prevention level (when students have already experienced or is extremely affected) by some sort of crisis. That difference alone set our unit apart in program and services we offer.

13. What percentage of department M&O is allocated to marketing?

Our SFAC budget is 87% salaries and 13% is our M&O. The funds allocated to marketing is 18% of that M&O budget. A very small fraction of our entire budget. The money allocated to marketing is event smaller. At a whopping

i. Please detail your comprehensive marketing strategy towards the student body including metrics used to measure the effectiveness of the marketing strategy.

Goals The proposed goal of UH Wellness marketing strategy is to increase awareness of the department and its programs/initiatives to the UH community. Thus, expanding the number of students who utilize the program's resources and attend its events each semester.

Objectives/Tactics UH Wellness's marketing objectives will be the following:

- Objective 1: Increase brand identity and awareness of UH Wellness within the UH community.
 - Tactics:
 - Curate digital and social media campaign(s) that raise additional awareness of the program.
 - Send a biweekly UH Wellness newsletter (What's Up with Wellness?) that contains info, upcoming events, resources, etc. to increase awareness of the program on campus.
 - Utilize UH Wellness Student ambassador(s) that assists with spreading awareness of the office on campus. (Student(s) will also assist in curating promotional videos, partnering with Greek life and wellknown student orgs, etc.)
 - Partner with UH athletics to target students directly. (Tabling at football games and large sports events) Cougar Pathway and create an account or Jill Yamasaki from Health Communication
- Objective 2: Increase student engagement regarding the department's resources by at least 15%. (i.e., consultations, presentations)
 - Tactics:
 - Partner with academic advisors on the UH campus to distribute UH Wellness promotional materials (informational cards, one-pager) to students to refer to UH Wellness as a resource on campus.
 - Push promotion through the Cougar Cupboard in which students will receive Thank You receipts after shopping at the Cupboard. These receipts will be small UH Wellness advertisements that contain coupons for free UH Wellness resources. i.e. (Free consultation, etc.)
 - Curate social media posts for all platforms that encourage students to utilize UH Wellness resources.
- Objective 3: Increase student attendance for UH Wellness events by at least 15%.
 - Tactics:
 - Distribute e-mail blasts pertaining to events.
 - Curate social media campaigns and contests that will appeal to the target audience and increase student attendance.
 - Reach out to relevant student organizations, departments, and professors pertaining to each specific event.
 - Utilize digital monitors. • Utilize advertisement through campus media (CoogNews, Daily Cougar, etc.)

- Collaborate with other departments within the Health and Well-Being Portfolio to create larger, events to increase student attendance.
- UH Wellness Rewards Program o WellCoog- can be opened to other programs on campus, wants to give passport

ii. **How much revenue is allocated towards the marketing strategy?**

\$12,448 estimate

14. If any of your funding from the student service fee goes to your general operating fund, please detail where any student service fees you received went and what they were spent on as well as future intentions if granted. Otherwise please respond “not applicable”.

As mentioned in the above question, my general operating budget (M&O) is around 18%. This portion of fees are used to conduct programs, events, communication/marketing, and many other areas listed below. The unit plans to continue to use the funds the same way.

	FY23 Actuals	FY24 Projection
Advertising	1,815	7,500
Awards	150	
Business Meals	1,165	5,500
Computer/Hw/Sw Supplies/Repairs	2,020	5,000
Construction/Renovation	-	15,000
Facilities Work Orders	3,897	4,000
Financial/Legal	552	
Office/General Supplies	25,853	12,000
Parts/Furniture	-	20,000
Printing/Postal/Freight	3,671	4,948
Professional Development	5,975	10,000
Programs/Events	13,345	18,000
Rental/Lease	5,330	5,000
Repairs/Maintenance	-	10,000
Services	3,392	8,000
Teaching Food	589	3,000
Teaching Supplies	239	
Telecom Services/Supplies	1,804	2,500
Travel	4,547	6,000
Travel/Guest	-	
Travel/Student	-	4,000
Uniforms	314	

15. How does your unit contribute to campus culture and improve the student experience? How is the effectiveness of these contributions measured by your unit if at all? What else can your unit do going forward to continue to improve your contribution to the student experience?

i. **Does your unit contribute to turning students into coogs for life?**

In essence this is the mission of the department. Utilizing the 9 Dimensions of Wellness with an upstream approach, the unit demonstrate a holistic approach to addressing the needs of the students. We strive to provide information through our various programs and services to help students make well informed decisions on and off campus around these dimensions. Our programming offers students a place to learn new skills (i.e. coping skills, mindfulness, socializing, budgeting, critical thinking, and executive functioning) and behaviors (I.e. abstinence, self-care, sleep hygiene, physical activity regime) they can incorporate into their life to improve their over health and wellness hopefully resulting in a better sense of self, sense of belonging, good GPA, life skills and behaviors for a successful global citizen.