

# Balancing Wellness and Academic Success in College Settings

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December 4, 2019

A dark blue diagonal graphic that starts from the bottom left corner and extends towards the top right corner, creating a triangular shape in the bottom right of the slide.



Institute for Women's Leadership

The Leadership Scholars Certificate Program is a two-year selective, interdisciplinary certificate program that prepares Rutgers undergraduate women to be informed, innovative, and socially responsible leaders.

Leadership Scholars design and implement social action projects to expand their understanding of issues and problems and to develop leadership skills.

This project gives Scholars the opportunity to apply the theoretical knowledge they have gained about leadership, advocacy, and social change with the practical and experiential knowledge they have developed about a particular policy issue or problem through the field site placement. It also further develops leadership skills by giving undergraduates the opportunity to *practice leadership through* action.

To find out more please visit the Institute for Women's Leadership's website at <http://iwl.rutgers.edu>.

# What is Wellness?



# The 9 Dimensions

- ★ Combination of physical, mental, and spiritual well-being
- ★ A process that takes conscious effort

## 9 Dimensions of Wellness

<p><i>Social Wellness</i></p>  <p>finding fulfillment through social interaction and relationship-building</p>	<p><i>Physical Wellness</i></p>  <p>finding fulfillment through positive health behaviors such as exercise &amp; healthy eating</p>	<p><i>Emotional Wellness</i></p>  <p>finding fulfillment through emotional expression and self-awareness</p>
<p><i>Occupational Wellness</i></p>  <p>finding fulfillment through work &amp; professional opportunities</p>	<p><i>Intellectual Wellness</i></p>  <p>finding fulfillment through intellectual stimulation &amp; learning</p>	<p><i>Financial Wellness</i></p>  <p>finding fulfillment through managing current &amp; future financial situations</p>
<p><i>Spiritual Wellness</i></p>  <p>finding fulfillment through different forms of faith</p>	<p><i>Environmental Wellness</i></p>  <p>finding fulfillment through harmony with nature</p>	<p><i>Multicultural Wellness</i></p>  <p>finding fulfillment through cultural pride &amp; acceptance of other cultures</p>

  
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Source: Honors College Wellness Committee

# 52%

Of students experience high levels of stress  
during a typical semester

# High levels of stress lead to...

- ★ Dismissal of the need to eat a balanced diet, get enough sleep, and avoid smoking and drinking (Hudd, et al., 2000)
- ★ Anxiety, mood changes, and conflict in relationships (Britz & Pappas, 2010)

**These behaviors increases risk for developing additional serious health issues, including heart disease and lung problems**

# So what can we do?

- ★ Educate– workshops and health fairs are effective methods of health education (Kloss, et al., 2016; Dillon & Sternas, 1997)
  - Students consider peer educators to be credible sources for health–related information (Zullig, et al., 2012)
- ★ Recognize and address barriers to access
- ★ Target at–risk students
  - Women are more likely to experience stress, and these stressors are gender–specific

# Promoting Wellness in the Honors College— a first-year residence hall



# Building on last year's framework

- ★ Incorporating Rutgers resources
  - HOPE programs
  - Rutgers Recreation – Wellness on the Go
- ★ Intentional activities
- ★ Targeting each dimension of wellness

A poster for a Wellness Fair. The background is a vibrant, abstract image of water with green and blue hues. The text is white and centered. At the top, it says 'HONORS COLLEGE STUDENT WELLNESS COMMITTEE'. Below that, 'WELLNESS FAIR' is written in large, bold letters. The main text describes the event: 'Explore the dimensions of wellness with fun activities and workshops. There will be Harry Potter yoga, raffle prizes, potted plants to take home and more!'. The date and time are 'SEPTEMBER 6, 2019 • 1 - 4PM' and the location is 'DRUSKIN (SOUTH) LOUNGE'. At the bottom, it says 'Workshops will run from 1-2 PM and 3-4 PM. Yoga will run from 2-3 PM. Be sure to bring a mat or towel!'. The footer contains social media icons for Facebook, Instagram, Twitter, and Snapchat, along with the text 'RUHonorsCollNB HONORSCOLLEGE.RUTGERS.EDU' and the Rutgers logo with 'RUTGERS Honors College | New Brunswick'.

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Gratitude  
Boxes



Wellness Fair  
In Action



Mason jar  
Coin Banks

# Moving Forward – Next Semester

- ★ Implement programs in first-year residence halls on College Ave Campus
  - Specific to the needs of each community
  - Reach those without prior interest in wellness
- ★ Create a resource sheet summarizing Rutgers health resources and their potential costs

# Feminist Leadership

The image features a minimalist design. The top half is a light beige color, and the bottom half is a dark blue color, separated by a white diagonal line that runs from the bottom left towards the top right. The text "Feminist Leadership" is written in a dark blue, serif font in the upper left quadrant.

# Lessons Learned

- ★ Your first idea isn't always the best idea
- ★ Not everyone will share your vision
- ★ People will steal your spotlight
- ★ Backup plans are vital
- ★ Personally connecting people to resources is incredibly effective
- ★ Starting a conversation will create momentum
- ★ People around you want to see you succeed
- ★ Promoting wellness to others forced me to prioritize it for myself as well

# Sustainability

- ★ Planting the seed now means it will bloom after I have left
- ★ HC Student Wellness Committee will continue to build upon the Wellness Fair
  - They can use my mistakes and successes to improve it even more
- ★ In the future— spreading the message to more communities at Rutgers

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