

Flourishing Consultation for Students' Academic Achievement



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Introduction

Procrastination, stress, and sleep significantly hinder college students' academic performance^{1,2}

To address these academic impediments, we offered brief one-on-one educational consultations with a Health Promotion Specialist.

These consultations combine previous independent consultations, which covered stress management and sleep habits that took place from 2021 to 2023.

These sessions provided evidence-based strategies and tools to enhance academic achievement and wellbeing^{3,4}

Launched in Spring 2024, the program served as an interim support for students awaiting longer-term Wellness Coaching.

Purpose: Identify the benefits and areas of opportunities and scaling of one-time educational consultations within the topics of stress management & mindfulness, time management, and sleep habits, or similar.

Program Logistics

Funding Source: tuition-based student health fees; no additional cost to students.

Wellness Topics: time management & procrastination, stress management & mindfulness, or sleep habits.

Session Duration and Frequency: One session for 45 minutes.

Strategies & Resources

In paper-based format (e.g., handouts and worksheets) and online format:

- Time Management & Procrastination (Backward Planning)
- Stress Management (Self-Care Toolbox)
- Sleep Habits (Sleep Diary)



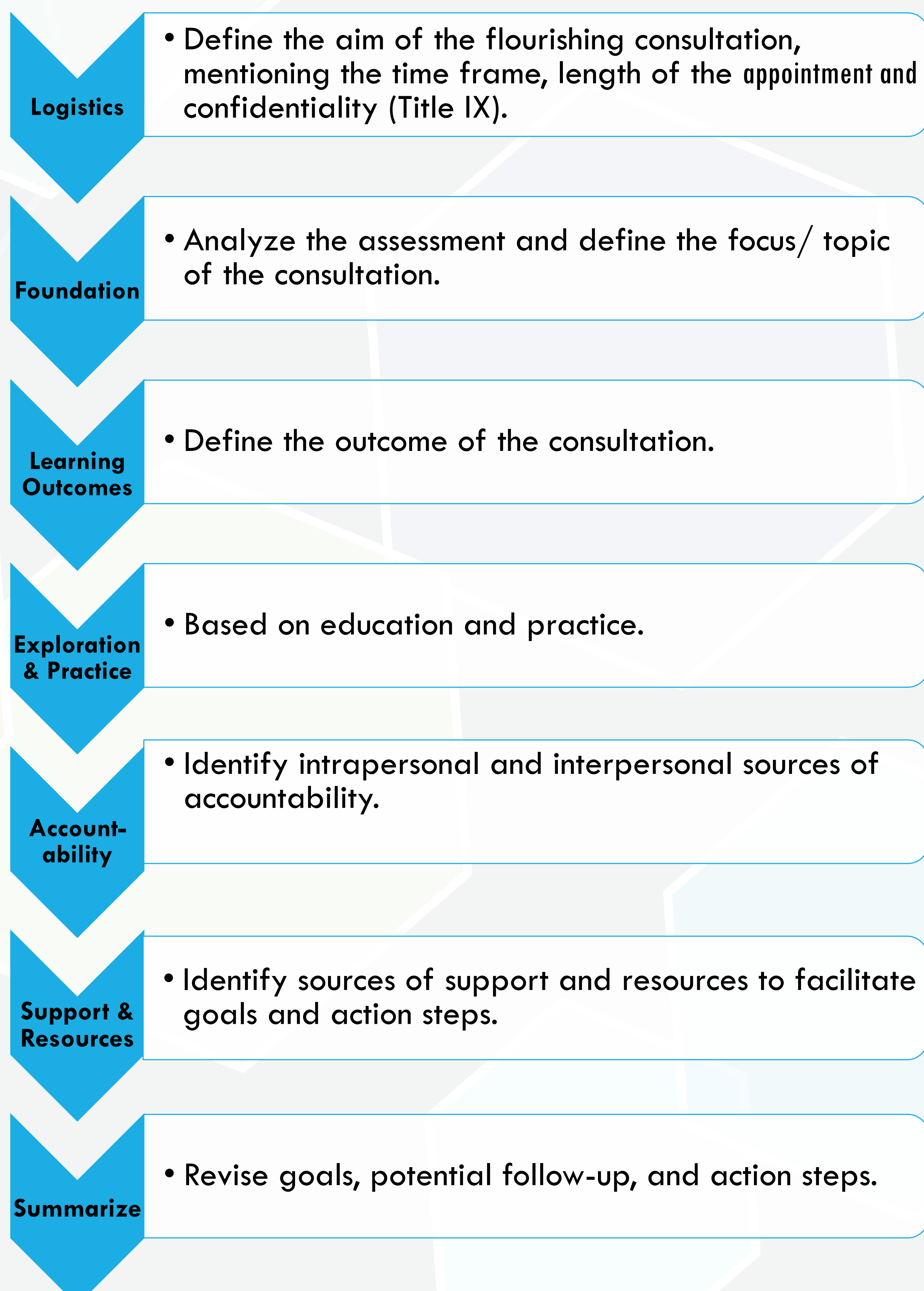
Review handouts and apps used in the consultation using the QR code.

Program Structure

Book an appointment online at the GatorWell website.

- **Pre-assessment:** Tailored to focus/health topic, short survey (5-8 min) hosted on Qualtrics; student completed before consultation. The assessment helps coaches to prepare for the appointment (material and education).

The structure of the consultation was as follows:



Post-assessments were emailed to students two weeks after the consultation and were the same as the pre-assessment.

Program Benefits and Future Direction

Program Benefits

- Supported more than 40 students (2024-2025)
 - Pre-assessment: 46 responses
 - March 2024-April 2025
 - Post-assessment: 3 responses
 - April 2024-January 2025
- Opportunities for scaling up or down.

Program Challenges

- Assessment: linking to academic success, overall wellness, and progress on behavior change goals.
- Ongoing program capacity: meeting demand
- Completion rates for the post-assessment evaluation.

Future direction

- Reframe and improve the session's content, structure, and evaluation.
- Train more staff to provide consultations.
- Collaborate with other resources and services at the university (Disability Resource Center, Counseling and Wellness Center, Student Health Care Center, etc.).

References

1. American College Health Association. "American College Health Association-National College Health Assessment III: Reference Group Executive Summary Spring 2024". Silver Spring. *American College Health Association*. 2024.
2. Bernstein, Emily E., et al. "A roadmap to address stress in graduate students: How to develop and disseminate a student-led single-session evidence based intervention." *Journal of American College Health*, vol.1, no.8, 2023.
3. Salguero-Pazos, María Rosa, and Salvador Reyes-de-Cózar. "Interventions to reduce academic procrastination: A systematic review." *International Journal of Educational Research*, vol. 121, no. 102228, 2023.
4. Hartmann, Monica E., and J. Roxanne Prichard. "Calculating the contribution of sleep problems to undergraduates' academic success." *Sleep Health*, vol. 4, no.5, 2018, pp. 463-471.