

# From Collaboration to Impact: Aligning a Co-Curricular Wellness Requirement and Student Affairs Programming

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## Introduction and Background<sup>0</sup>

- **Well Core** is a required co-curricular wellness learning program
- **Office of Student Wellbeing** exists to educate, equip, and support students in developing the awareness and skills necessary for lifelong wellbeing, empowering them to flourish in alignment with their purpose and calling.
- **Be Well BU** was selected as the university Quality Enhancement Project, focused on aligning campus culture efforts around student wellbeing promotion
- Initially these programs operated independently, however based on NCHA data, enhanced collaboration was desired to improve student outcomes and reduce redundancies



## Program Design

- Original program design included the creation of:
  - Advanced Achievement recognition of students who exceed core requirements in pursuit of wellness
  - Faculty development around student wellness
  - Peer Health Ambassadors program
- Original program overseen by a Director independent of Office of Student Wellbeing
- Well Core program outcomes were merged with Be Well BU outcomes in Year 2 of the QEP
- Director maintained primary responsibility for the academic requirement
- Office of Student Wellbeing assumed responsibility for co-curricular opportunities outside of Well Core
- All programming operated from a common Be Well BU Wellness Behaviors Framework
- Incorporated feedback from JED campus evaluation
- Developed clear roadmap to embed well-being into policies and daily practice
- Intentionally engaged students in both Well Core and Wellness on Wednesday programming to destigmatize mental and physical health topics prioritized by NCHA results

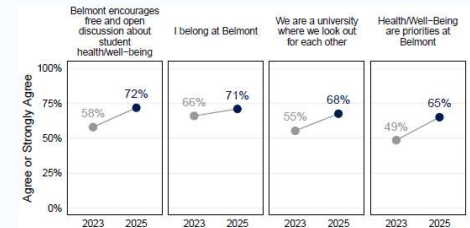


## Goals

- After viewing this poster, attendees should be able to:
- Design integrated programming that aligns institutional co-curricular requirements with student wellbeing initiatives.
  - Evaluate the effectiveness of cross-departmental collaboration in enhancing student engagement and learning outcomes.
  - Implement cross-functional strategies to improve student perceptions of campus culture regarding health and wellbeing.

## Program Evaluation

- NCHA Culture & Belonging Data improved substantially along four key data points.



- Aligned student learning and programming increased engagement

	Advanced Achievement Pathway	Wellness on Wednesday Participation
2023-24	17	696
2024-25	167	1,584
2025-26	329	2,070

## Future Direction

- The university's proposed revision of the undergraduate core curriculum includes:
  - Attach intentional Well Core programming to required courses consistent with course objectives
  - Integration of Peer Health Ambassadors into the First Year Seminar/Experience course
- Increase attention to loneliness, belonging, and flourishing as per JED Strategic Plan