

OUR ROLE

As faculty and staff, we play a critical role in promoting student health and well-being.

To create a campus environment that positively promotes student wellbeing, the entire campus community needs to be involved. Recent data shows that our students have health concerns that are affecting their ability to be successful. In a 2018 National College Health Assessment Survey, GVSU students reported various factors which have impacted academic performance.¹



ANXIETY

22.6% in 2014
increased to **27.1%** in 2018



DEPRESSION

12.1% in 2014
increased to **17.9%** in 2018



SLEEP DIFFICULTIES

20.1% in 2014
increased to **21.3%** in 2018



STRESS

29.4% in 2014
increased to **32.5%** in 2018

¹American College Health Association. (Spring 2014, Spring 2018). National College Health Assessment Survey. Grand Valley State University.



UNIVERSITY RESOURCES

Academic Advising | gvsu.edu/advising

Alcohol & Other Drugs Services | gvsu.edu/aod

Campus Health Center | gvsu.edu/campushealth

Campus Interfaith Resources | gvsu.edu/campusinterfaith

C.A.R.E. for Students of Concern | gvsu.edu/care

Career Center | gvsu.edu/careers

Dean of Students Office | gvsu.edu/dos

Division of Inclusion and Equity | gvsu.edu/inclusion

Division of Student Affairs | gvsu.edu/studentaffairs

Disability Support Resources | gvsu.edu/dsr

Gayle R. Davis Center for Women and Gender Equity | gvsu.edu/cwge

Milton E. Ford LGBT Resource Center | gvsu.edu/lgbtrc

Office of Financial Aid & Scholarships | gvsu.edu/financialaid

Office of Multicultural Affairs | gvsu.edu/oma

Office of Student Conduct & Conflict Resolution | gvsu.edu/osccr

Pew Faculty Teaching and Learning Center | gvsu.edu/ftlc

Recreation and Wellness | gvsu.edu/rec

Replenish Food Pantry | gvsu.edu/replenish

Social Justice Education | gvsu.edu/socialjustice

Student Academic Success Center | gvsu.edu/sasc

Student Ombuds | gvsu.edu/ombuds

Student Wellness | gvsu.edu/studentwellness

Team Against Bias | gvsu.edu/bias

Title IX Office | gvsu.edu/titleix

Tutoring Center | gvsu.edu/tc

Universal Design for Learning | gvsu.edu/elearn/udl

University Counseling Center | gvsu.edu/counsel

Veterans Network | gvsu.edu/veterans

Victim's Rights and Options | gvsu.edu/vro

Writing Center | gvsu.edu/wc



PROMOTING STUDENT WELL-BEING

with the 8 dimensions of wellness

GVSU DIVISION OF STUDENT AFFAIRS

Strategies to create supportive learning environments for student well-being

Students thrive when they are well. You have the unique opportunity to intentionally connect with students around wellness because a portion of their time is spent in the classroom. Your role is critical to every student's well-being.



BEFORE CLASS

Be positive and prepared. ● ● ●

- Walk into the classroom ready to go so you can spend time engaging with your students.
- Greet students as they enter your classroom.
- Play music.

Build relationships with your students. ● ● ●

- Have informal conversations to let students know they can talk to you. Ask them about their day or how they are doing.
- Share how students help you learn and grow as faculty or staff.
- Send individual emails acknowledging a job well done.

Hold an informal Q&A session to discuss course content. ●



OUTSIDE OF CLASS

Be mindful of types and frequency of communication. ● ● ●

- Avoid emailing or posting assignments after 10pm.
- Know preferred communication styles and respond timely.

Encourage students to enjoy the outdoors. ● ●

- Research confirms that taking part in nature-based activities can improve mental and physical health.²
- Visual connection with nature has been shown to lower blood pressure and improve happiness and cognitive performance.³
- When the weather is nice, hold a class discussion outside.

Reach out to students if you're concerned. ●

- Be observant. If you notice a distracted, fatigued, or unwell student, don't be afraid to ask them how they are doing.
- Offer to walk with students to resource locations on campus.
- Student contact info can be located in Navigate or Banner.

Monitor student engagement and risk factors. ● ●

using Blackboard Retention Center dashboard.

Submit academic concerns through EAB/Navigate. ●

- Faculty should be the first point of contact for a student who is struggling academically.
- Offer academic resources such as office hours, tutoring, academic coaching, and the knowledge market.
- Submit a concern at gvsu.edu/navigate for more proactive outreach.

Submit a C.A.R.E. report ● ● ● ● ● ● ● ●

at gvsu.edu/care if a student expresses a non-academic struggle, such as mental health issues, death in family, medical concern, social/adjustment issue, addiction, or concerning behaviors.

DURING CLASS

Learn the names of your students and pronounce them correctly. ● ● ●

- Keep trying and make it a priority.
- Use tent cards to remember student names.
- Learn about microaggressions and how to avoid them.
- Learn more at gvsu.edu/socialjustice

Use inclusive language. ● ●

- Sign up for training at gvsu.edu/sprout (filter inclusion and equity)
- Download a suggested syllabus at gvsu.edu/inclusion
- Learn more at gvsu.edu/ftlc/inclusiveteaching

Promote a community of learners where students get to know each other.⁴ ● ●

- Start class with students sharing (ie. think, pair, share).
- Encourage students to have a growth mindset.
- Learn more at gvsu.edu/ftlc/teachingresources

Let students know you care and support their personal development. ● ●

- Share personal examples of when you struggled with content.
- Encourage students to speak up and seek support when needed.
- Learn more at ulifeline.org/gvsu/help_a_friend

Recognize the financial investment of students. ●

- Be aware that many students are juggling work, class, and life.
- Provide alternatives to expensive textbooks.

Ask about student career aspirations. ● ●

- Connect class content and skill-building opportunities to future career paths.

Help students grow in their capacity to integrate health and well-being into part of their definition of success. ● ● ● ● ● ● ● ●

- Share information in your syllabus about student well-being and other university resources.
- Encourage students to stay hydrated, get good sleep, and participate in physical activity. Learn more at gvsu.edu/rec
- Learn more at gvsu.edu/studentwellness

Engage students in collaborative learning. ● ● ●

- Set norms for group work to help decrease anxiety.
- Encourage students to seek help from you or other students before completing a challenging assignment.
- Walk around the classroom and move out from behind the podium.
- Take academic field trips to different locations on campus.
- Learn more at gvsu.edu/ftlc/collaborativelearning

Create an environment for well-being in your classroom. ● ●

- Allow for an active break if classes last longer than one hour.
- Add a question to an assignment asking students to write about something that makes them feel grateful.
- Facilitate a mindfulness activity.
- Learn more at gvsu.edu/ftlc/classroommindfulness

Collaborate with campus partners. ● ● ●

- Invite them to class to speak to students about campus resources or student wellness topics, such as stress or finances.

THE 8 DIMENSIONS ARE INTERCONNECTED; ONLY PRIMARY DIMENSIONS HAVE BEEN IDENTIFIED.

²Bragg, R., & Atkins, G. (2016). A review of nature-based interventions for mental health care. Natural England Commissioned Reports.

³Browning, B. (2019, January 16). Innovation for Wellbeing: Systems and Settings. NASPA Strategies Conference Presentation. Washington D.C.: NASPA.

⁴Social environment influences health and individual mortality (Yen & Syme, 1999).