

**BECAUSE**

*you*

**MATTER**



**STUDENT  
WELLNESS  
INITIATIVE**

**BEWELL. BEFIT. BEYOU.**



# WHAT IS ASI?



**1970s**



**STATE INVESTMENT  
IN HIGHER EDUCATION  
(PER CAPITA)**

**2023**



**CSUF**



**2ND**

**LOWEST  
FUNDED CAMPUS  
IN THE CSU**



# CURRENT CHALLENGES

**1**

**STUDENT  
WELLNESS  
CHALLENGES**

**3**

**STUDENT  
FINANCIAL  
HARDSHIP**

**2**

**DECENTRALIZED  
BASIC NEEDS**

**4**

**STUDENT  
SERVICES  
CUTS**



## CURRENT CHALLENGES

# Student Wellness Challenges

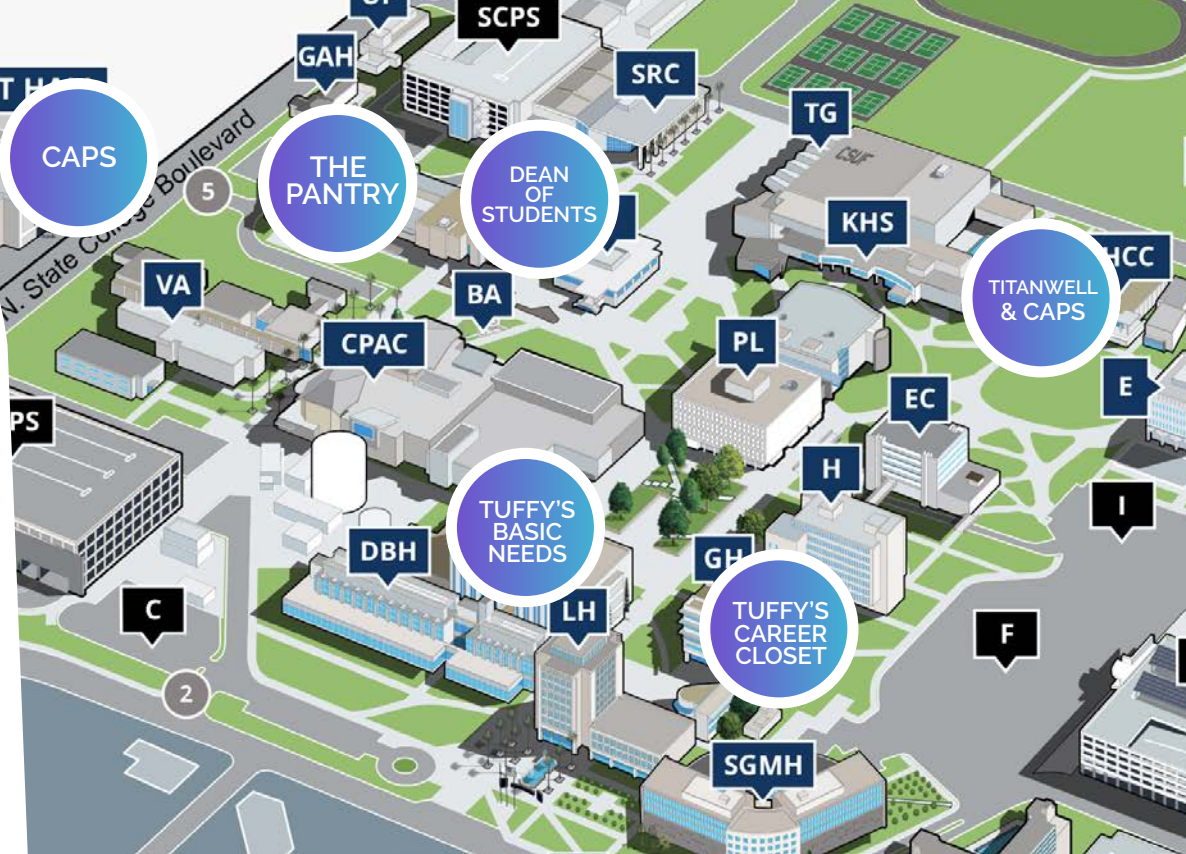
- According to a 2022 study reported by the American Psychological Association, of 350,000 college students who responded, 60% met the criteria for at least one mental health problem, a 50% increase from 2013.
- According to the ACHA/NCHA 2021 survey of Cal State Fullerton students, stress (49%), anxiety (38%), sleep difficulties (27%), and depression (26%) were the top factors impacting academic performance.
- 3 in 5 young women feel persistently hopeless and depressed – up nearly 60% over 10 years – according to a 2023 CDC study.



## CURRENT CHALLENGES

# Decentralized Basic Needs

- According to a 2021 study by CSUF and the Department of Public Health, 57% of CSUF students were insecure in at least one basic need: 50% were housing insecure, 31% were food insecure, and 8% were homeless.
- CSUF has responded to students' basic needs over the past several years with great services and programs but with locations spaced around campus.





## CURRENT CHALLENGES

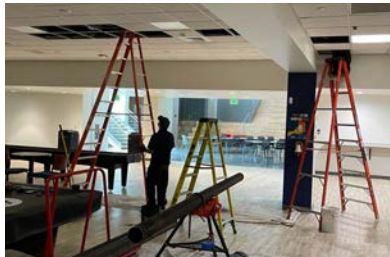
# Student Financial Hardship

- Inflation, especially in the last year, continues to make it harder for students to make ends meet.
- ASI annually provides 11 scholarships, with 59 recipients receiving \$1,000 each, to help pay for college.
- Scholarships have not kept up with rising costs. The number and award amounts of existing ASI scholarships have stayed the same for many years, dating back to the 1990s.
- Transportation and parking costs continue to impact students. For example, the price of a CSUF semester parking permit has increased \$105 over the last eight years.



## CURRENT CHALLENGES

# Student Services Cuts



- Clubs and organizations, events and concerts, and services and programs for students are facing funding challenges because of increased costs related to:
  - Employee costs
  - Minimum wage
  - Building maintenance and repair
- The Student Recreation Center was built half the size necessary for a student population the size of CSUF.
- The TSU Food Court is crowded, outdated, and lacks affordability and variety.
- Students have requested additional funding for clubs, organizations, ASI programs, and diversity/inclusion support.

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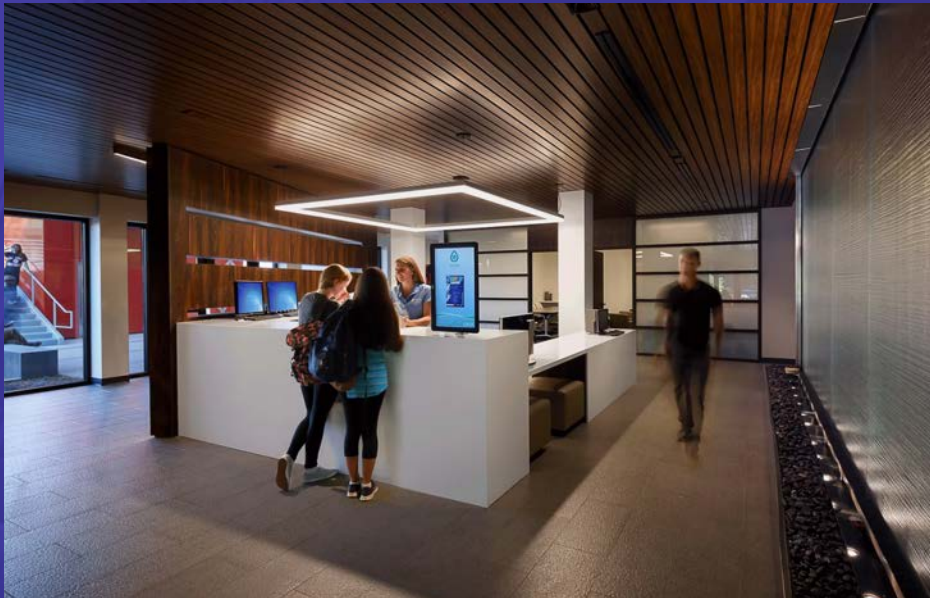
# POTENTIAL SOLUTIONS

- 1 NEW WELLNESS CENTER**
- 2 CENTRALIZED BASIC NEEDS CENTER**
- 3 SCHOLARSHIPS**
- 4 ENHANCING ASI CURRENT PROGRAMS & SERVICES**
- 5 EXPANDING STUDENT RECREATION CENTER**
- 6 EXPANDING TITAN STUDENT UNION**
- 7 SUPPORT FOR DIVERSITY INITIATIVES AND RESOURCE CENTERS (DIRC)**



1

# POTENTIAL SOLUTION NEW WELLNESS CENTER



## Create a holistic wellness facility

### EXAMPLES:

- Massage therapy and massage chairs
- Nap pods and sleeping areas
- Yoga, Pilates, and meditation/prayer space
- Outdoor relaxation areas
- Wellness workshops
- Quiet and comfortable places to relax

*Could range between \$50 and \$90 per semester*



# 2

## POTENTIAL SOLUTION

# CENTRALIZED BASIC NEEDS CENTER



- Relocate campus basic needs services to a shared location, e.g., ASI food pantry and CSUF Basic Needs Services, including Tuffy's Closet, and TitanWell
- Create new services such as a teaching/demo kitchen, cold storage lockers, and laundry facility

*Could range between \$40 and \$80 per semester*



# 3

## POTENTIAL SOLUTION SCHOLARSHIPS



- Provide and expand existing scholarships including working student, awards for student leaders, and DIRC scholarships
- Support efforts to remove financial barriers to student success and graduation
- Increase the number of ASI scholarships
- Increase the award amounts of existing ASI scholarships
- Create new scholarships (e.g., a parking scholarship)
- Approve ASI providing scholarships

*Could range between \$5 and \$10 per semester*



4

## POTENTIAL SOLUTION

# ENHANCING ASI'S CURRENT PROGRAMS & SERVICES



- Expand ASI programming, events, and concerts for students
- More resources for clubs and organizations
- Address rising long-term financial costs to ASI
- Repair and improve aging TSU and SRC

*Could range between \$35 and \$45 per semester*





5

# POTENTIAL SOLUTION

## EXPANDING STUDENT RECREATION CENTER



- Expand weight, cardio, and functional training areas
- Dance studio space
- Improve intramural fields
- Multipurpose Athletic Court (e.g., indoor soccer, additional courts, event space)
- Outdoor equipment rental center

*Could range between \$85 and \$180 per semester*

# 6

## POTENTIAL SOLUTION

# EXPANDING TITAN STUDENT UNION



- Modernize the food court
- Provide affordable food vendors and healthier options
- Esports arena
- Quiet/study lounge spaces
- Group study areas
- Zoom spaces

*Could range between \$100 and \$140 per semester*





# 7

## POTENTIAL SOLUTION

# SUPPORT FOR DIVERSITY INITIATIVES AND RESOURCE CENTERS (DIRC)



- Provide resources for centers that serve as hubs for inclusive and affirming spaces
- Seed funds for new centers
- Peer mentoring
- End-of-year cultural celebrations

*Could range between \$5 and \$10 per semester*

# PHASED FEE INCREASE

YEAR 1

Expanded ASI programs, services, scholarships, clubs/organizations, and DIRC

**2024**

YEAR 2

Student-led new facility planning and design work

**2025**

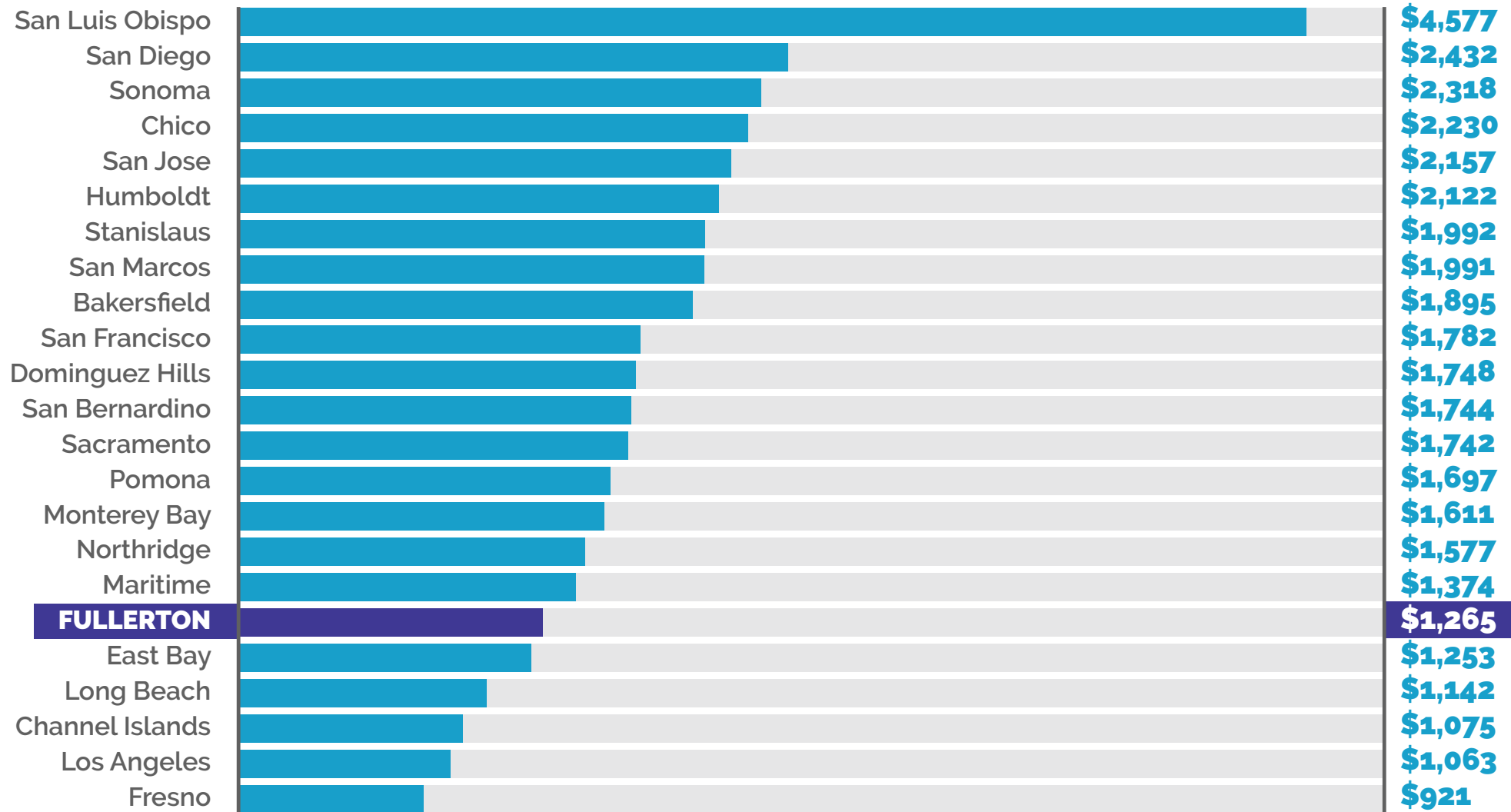
YEAR 3

Begin construction of new spaces

**2026**



# TOTAL CATEGORY II FEES



# TIMELINE OF ACTIVITIES 2023

## MARCH-APRIL

Sharing information  
and soliciting  
feedback  
from students

## LATE APRIL

Present findings  
to the Student  
Fee Advisory  
Committee

## MAY

SFAC presents  
recommendation  
to University  
President





**WE WANT TO  
HEAR FROM YOU!**





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