

BECAUSE *you* MATTER



ASSOCIATED STUDENTS INC.

# ASI Student Wellness Initiative: Wellness Center, Centralized Basic Needs Center, and TSU/SRC Expansion



# CSUF Students Experience:



STRESS

**49%**



ANXIETY

**38%**



SLEEP  
DIFFICULTIES

**27%**



DEPRESSION

**26%**

“We have encountered so many challenges, and this is a great initiative for mental health and we need to address mental health for students.”

- *CSUF Student*

Findings based on ACHA/NCHA 2021 survey of Cal State Fullerton students.

# OUTREACH SINCE FALL 2022

Student feedback on their wellness challenges, and their extensive feedback on potential solutions, led to a project focused around a Wellness Center and wellness-related construction projects in the TSU and SRC.

**200**

Presentations Conducted

**6,565**

Students Engaged w/Presentations

**2,485**

Students Reached Through Tabling, Pop-up Events, and Info Sessions

**5,217**

Surveys Completed by CSUF Students in Spring 2023

**77,520**

Social Media Touchpoints



“I really like how you all have been asking us our feedback and will take that into consideration.

- CSUF Student

# WHY ARE WE HERE?

After the plan was finalized and a Student Center Fee increase was proposed, the CSU Trustees voted to raise tuition.

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We refocused the Initiative around more specific wellness outcomes by removing enhancements to existing ASI scholarships and direct support for DIRC, and lowered the proposed total fee to match.

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Now we want to confirm that the CSUF student body still sees value in the ASI Student Wellness Initiative.

# POTENTIAL SOLUTIONS & BENEFITS

## CONSTRUCTION OF A WELLNESS CENTER

- Nap pods
- Pet therapy
- Acupuncture
- Nutrition classes
- Sound therapy and meditation
- Financial wellness workshops
- Yoga studio and relaxation room
- Massage therapy and massage chairs



# POTENTIAL SOLUTIONS & BENEFITS

## EXPANDED STUDENT RECREATION CENTER

- New workout equipment
- Improved intramural field
- New workout and fitness areas
- New dance studio and fitness rooms
- Expand current programs and services that are centered on physical wellness
- Ongoing, continued, and future maintenance and repairs



# POTENTIAL SOLUTIONS & BENEFITS

## CENTRALIZED BASIC NEEDS

- Bring CSUF Basic Needs and Tuffy's Career Closet to join the ASI Food Pantry
- Centralized services reduce barriers and improve student success
- Students in need typically need access to more than one basic need service



# POTENTIAL SOLUTIONS & BENEFITS

## EXPANDED TITAN STUDENT UNION

- Renovated food court with additional seating
- Addition of healthier and affordable food options
- New quiet study and lounge areas
- Strengthen wellness offerings in the TSU with expanded student and club services and programs
- Ongoing, continued, and future maintenance and repairs





# IMPACTS ON STUDENTS FROM EXPANDED SERVICES

Studies show that students who maintain their physical and mental health cope better with academic stress.

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Facilities for peer activity centers and engagement programs encourage socialization and fitness, promote belonging, and build community.

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Wellness facilities improve equity for underserved populations on campus and help improve graduation rates, supporting the goals of GI2025.



# PHASED YEARLY FEE INCREASE

## STUDENT CENTER FEE

New wellness programs & services

Begin design process

Construction begins

Buildings/ expansion begin to open for student use

INCREASE FROM PREVIOUS YEAR

**\$49** PER SEMESTER

**\$98** PER YEAR

2024-2025

INCREASE FROM PREVIOUS YEAR

**\$65** PER SEMESTER

**\$130** PER YEAR

2025-2026

INCREASE FROM PREVIOUS YEAR

**\$127** PER SEMESTER

**\$254** PER YEAR

2026-2027

INCREASE FROM PREVIOUS YEAR

**\$187** PER SEMESTER

**\$374** PER YEAR

2027-2028

CURRENT FEE  
**\$330**  
PER YEAR

TOTAL STUDENT CENTER FEE PER YEAR

**\$428**

**\$558**

**\$812**

**\$1,186**

# CAMPUS FEES & TUITION

2027-28

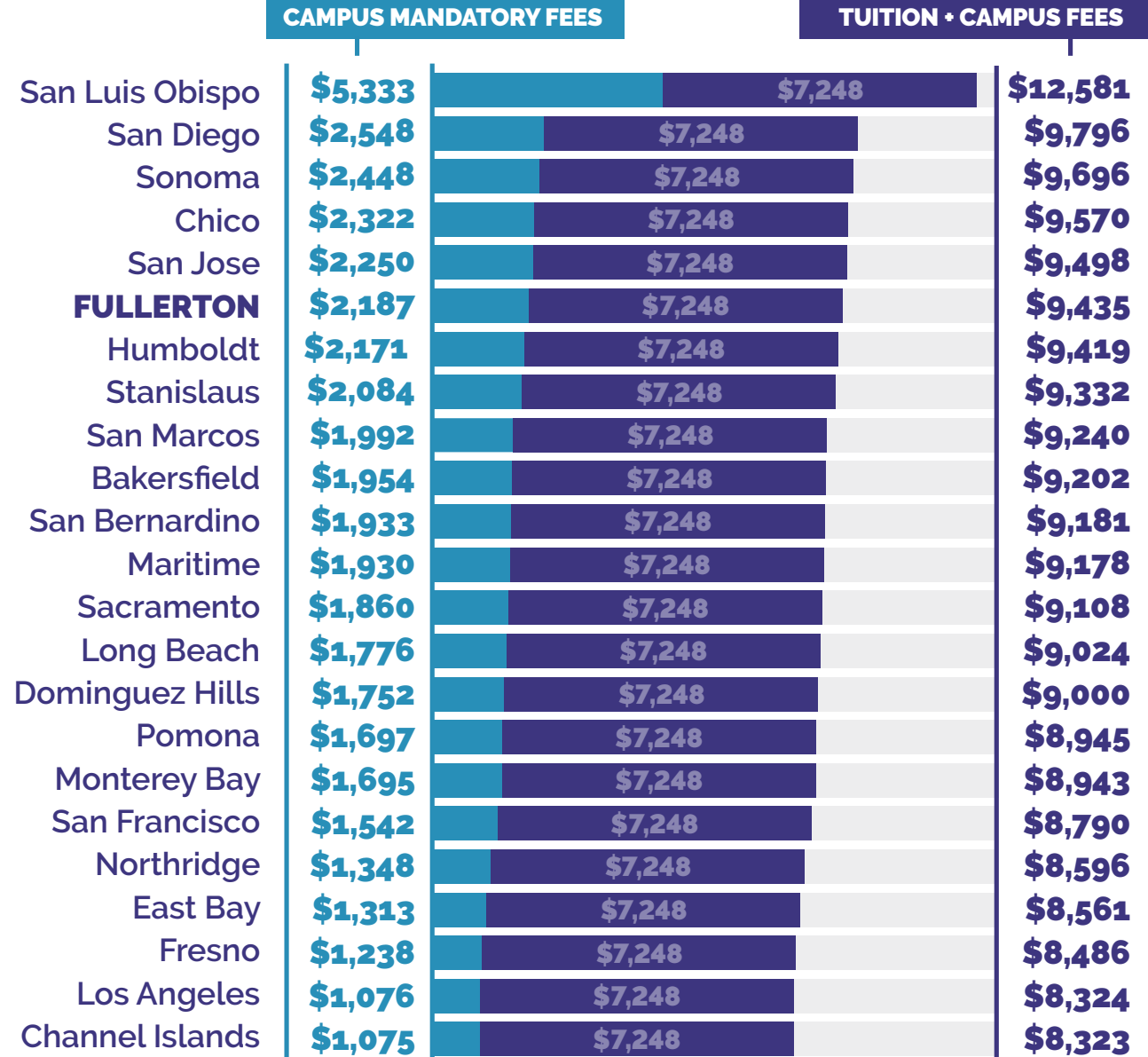
The graph illustrates the projected total campus fees plus tuition for CSU campuses in Fall 2027.

Based on:

- 2023-2024 approved fees
- Planned tuition increases
- Total phased fee increase for CSUF
- Also includes increases for approved construction at CSU Long Beach (2025) and CSU Dominguez Hills (2026)

ASI, Student Union, Rec Center fee increases under consideration:

- Cal Poly San Luis Obispo
- CSU Los Angeles
- CSU Monterey Bay
- CSU San Marcos



# FINANCIAL AID

- Based on information from the CSUF Office of Financial Aid, approximately 75% of CSUF students receive Financial Aid for their education experience.
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- Approximately 40% of CSUF students receive the Middle-Class Scholarship that may be used toward payment of fees.
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- Campus fees, including this increase, can be covered by certain types of financial aid (for example: Middle-Class Scholarship, scholarships, grants). But not all types of aid can be applied.





# WELLNESS CENTER & BASIC NEEDS



“I believe in enhancing ASI programs and facilities since it'll benefit student wellness by reducing stress/anxiety and offer a safe space to hang out with friends, meet new people and overall increase happiness in student life.”

- CSUF Student

# TSU & SRC EXPANSION

# YOUR INPUT MATTERS

## RESPONSE 1

I am in favor of raising the Student Body Center fee totaling \$856 by Fall 2027, phased in over 4 years beginning in Fall 2024, for the following wellness-centered facilities and services:

- New Wellness Center
- Centralized Basic Needs
- Enhanced and Expanded TSU
- Enhanced and Expanded SRC

**YES**

**NO**

# YOUR INPUT MATTERS

## RESPONSE 2

I am in favor of increasing the Student Body Center fee for wellness-centered facilities and services knowing that tuition will increase 6% each year for the next 5 years.

**YES**

**NO**



# YOUR INPUT MATTERS

## FEEDBACK

Please share your thoughts about how the ASI Student Wellness Initiative may impact student wellness and academic success.

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Scan above to  
provide your feedback

# THANK YOU.

For questions or more information  
regarding this expansion project  
or student wellness,

**VISIT US ONLINE** [asi.fullerton.edu](https://asi.fullerton.edu) or  
**EMAIL US AT** [asiwellness@fullerton.edu](mailto:asiwellness@fullerton.edu)