

March 11, 2025

BECAUSE *you* **MATTER**

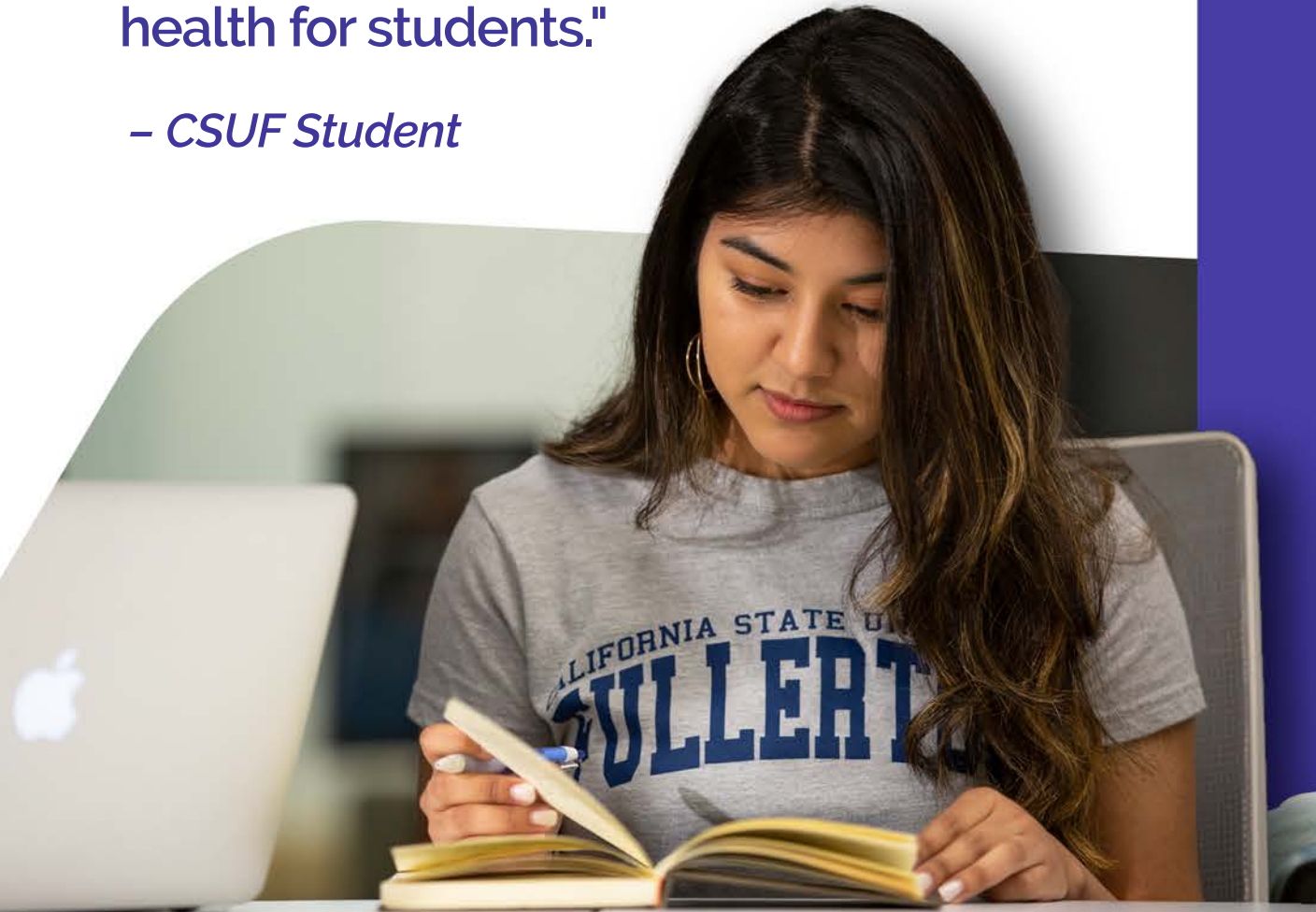
ASSOCIATED STUDENTS INC

**STUDENT
WELLNESS
INITIATIVE**



"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*



"Creating a wellness center is a great idea because it'll help students. A lot of students spend many hours on campus. It would be helpful to let them use that time for self-care."

– *CSUF Student*



FOOD INSECURITY

21%
OF CSU STUDENTS

21% of CSU students experience food insecurity and are about 3.5 times more likely to consider dropping out of school than food-secure peers

International Journal of Environmental Research and Public Health (2023)

STRESS

33%
OF STUDENTS

33% of students who have experienced chronic stress say it greatly impacts their academics

Inside Higher Education (2023)

ANXIETY

49%
OF UNDERGRADUATE STUDENTS

49.7% of undergraduate students (40% of graduate students) report anxiety negatively affecting academic performance

American College Health Association (2024)

ISOLATION

40%
OF STUDENTS

40% of students reported feeling isolated some of the time, 27% reported often

Healthy Minds Study (2023-2024)

WELLNESS CHALLENGES

- Providing support and space for new student programming initiatives
- Meeting the campus's emergent needs for additional fitness, nutrition, and wellness services
- Providing adequate space for current recreation center users

WHAT IS THE ASWI?



1

NEW WELLNESS CENTER



Create a holistic wellness facility

Examples

- Massage therapy and massage chairs
- Nap pods and safe sleeping area
- Yoga, Pilates, and meditation/prayer space
- Outdoor relaxation areas
- Comprehensive wellness programming
- Quiet and comfortable places to relax
- Funding for Student Wellness Ambassadors
- Funding for 4 additional CAPS counselors



2 CENTRALIZED BASIC NEEDS CENTER



Relocate campus basic needs services to a shared location

- ASI Food Pantry
- CSUF Basic Needs Services
- Tuffy's Career Closet
- CalFresh
- Teaching/demo kitchen
- Cold storage lockers
- Laundry facility



3 EXPANDING STUDENT RECREATION CENTER



Expand and create

- Weight room
- Cardio room
- Functional training areas
- Dance space
- Improved intramural fields

	NATIONAL REC STANDARDS	CSUF SRC
Recreation Center	192,000 sf	89,500 sf
Weight Room	30,000 sf	15,000 sf
Pool Lap Lanes	8-10	2
Intramural Fields	4	2



4 EXPANDING TITAN STUDENT UNION



- Modernize the food court
- Provide affordable food vendors and healthier options
- Quiet/study lounge space
- Group study areas
- Offices for campus partners



5 ENHANCING ASI's CURRENT PROGRAMS & SERVICES



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



COLLABORATIVE EFFORTS



**CAPS
Counselors**

**CAPS
Satellite**

Internships

**Undocumented
Student Support**

**Faculty
Wellness Grants**

**Peer Financial
Planners**

**Minor in
Wellness**

**Student Parent
Support**

**Family Financial
Planning**

**Financial Literacy
Workshops**

**General Ed
Student-led Classes**

**Computer Science
Wellness App**

**Environmental
Engineering Studies**

**Robotic
Companionship**

**Stress
Sensors**

OUR APPROPRIATE & MEANINGFUL ENGAGEMENT WITH CSUF STUDENTS



ALTERNATIVE CONSULTATION

Fall 2022 - Spring 2023

- **Students Engaged (8,788)**
- **Presentations (190)**
- **Kick-off & Pop-ups (9)**
- **Tabling & Showroom (32)**
- **Social media (77,520)**
IMPRESSIONS
- **Surveys (5,217)**
RESPONDENTS



ALTERNATIVE CONSULTATION

Fall 2023 - Spring 2024

- **Students Engaged (5,276)**
- **Presentations (198)**
- **Tabling & Asynchronous (34)**
- **Social media (33,690)**
IMPRESSIONS



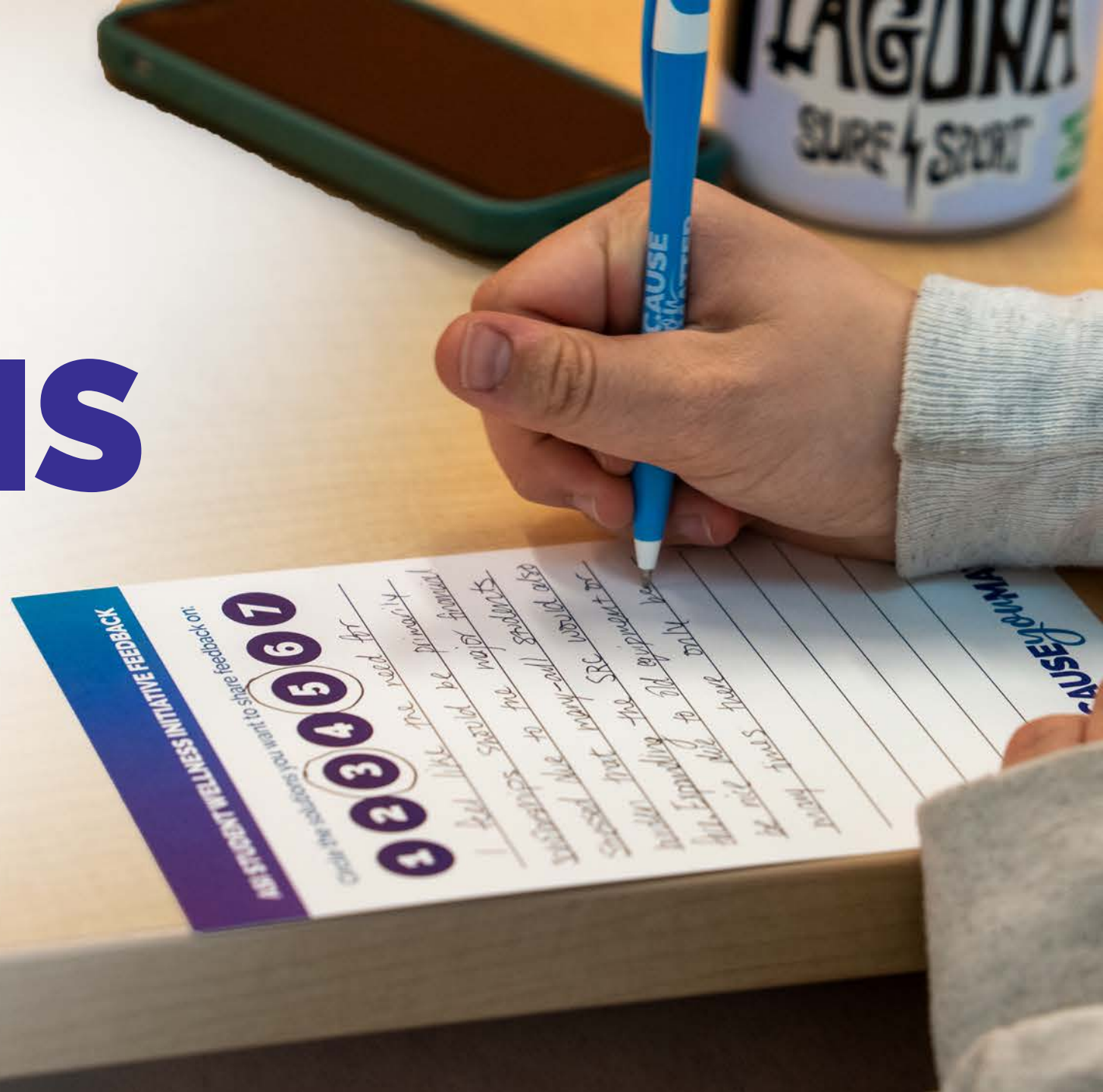
ALTERNATIVE CONSULTATION PERSPECTIVE

Student Wellness Initiative (2022-2024) and the Student Success Initiative (2014)

METHODS OF ENGAGEMENT	STUDENT WELLNESS INITIATIVE (2022-24)	STUDENT SUCCESS INITIATIVE (2014)
Surveys Completed by Students	> 8,523	> 3,809
Presentations	> 388	> 153
Students Engaged w/Presentations	> 11,064	> 4,370
Emails Sent to Students	> 75,296	> 152,998
Students Engaged at Kick-Off/Pop-Ups	> 1,052	-
Students Engaged at Tabling/Showrooms	> 2,547	-
Social Media Touchpoints	> 111,210	-
Students Engaged at Focus Groups/Info Sessions	> 119	-
Focus Groups/Info Sessions	> 51	-

DATA ANALYSIS

- Quantitative Data
- Qualitative Data



STRONG STUDENT SUPPORT OF INITIATIVE 2022-2023

PROPOSED SOLUTIONS	STUDENTS IN SUPPORT OF PROPOSED SOLUTIONS
1 Expand wellness programs and create a new wellness center	80.6%
2 Centralize all CSUF basic needs services in a one-stop-shop facility	81.2%
3 Increase funding for student scholarships offered by ASI	85.0%
4 Enhance current ASI programs and services	64.5%
5 Expand Student Recreation Center (SRC) spaces	72.0%
6 Expand Titan Student Union (TSU) spaces	82.0%
7 Provide more ASI financial and operational support to Diversity Initiatives and Resource Centers (DIRC)	71.0%

• Data from Spring 2023 survey

STRONG STUDENT SUPPORT OF INITIATIVE 2023-2024

Student feedback continued to be in favor of the increase. By a margin of more than **2 to 1** students were supportive, even as they acknowledged the increased fee.

*858 students provided feedback



QUALITATIVE DATA

WHERE DID OUR DATA COME FROM?

Oral and written feedback was gathered via focus groups, tabling, presentations, open forum discussions, surveys, the ASI website, Student Wellness Initiative email address, etc.

PREVALENT THEMES

QUALITATIVE DATA

**WELLNESS
CENTER**

**CENTRALIZED
BASIC NEEDS**

SCHOLARSHIPS

TSU EXPANSION

SRC EXPANSION

CSUF STUDENTS SAID:



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

"We definitely need more space to relax, study, meditate and sleep."

"I think it's a great idea, the increases makes sense and would benefit the students."

"Central basic needs would be helpful because we wouldn't have to walk around all over campus."

"I would like to see these expansions happen ASAP"

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



As students engaged more with the Initiative, their support of raising fees increased



- Tuition vs. Fees
- Tuition Increase
- Use of financial aid for fees

FINANCIAL INFORMATION



PHASED YEARLY FEE INCREASE

CAMPUS UNION FEE



CSU TOTAL CATEGORY II FEES

Fee projection for 2028-2029 includes projected and approved fee increases at Sacramento, San Marcos, Long Beach, Dominguez Hills, and Northridge

**Last increase to the CSUF Campus Union Fee was \$30 in 2008 for the Student Recreation Center*

*** Does not include adjustments due to inflation*

San Luis Obispo		\$6,077
Sacramento		\$2,950
San Diego		\$2,644
Sonoma		\$2,540
San Marcos		\$2,418
Chico		\$2,388
San Jose		\$2,326
Humboldt		\$2,313
Stanislaus		\$2,158
Fullerton		\$2,117
San Bernardino		\$2,004
Bakersfield		\$2,003
Long Beach		\$1,800
Dominguez Hills		\$1,800
Maritime		\$1,770
San Francisco		\$1,762
Pomona		\$1,697
Monterey Bay		\$1,695
Northridge		\$1,624
East Bay		\$1,499
Fresno		\$1,257
Los Angeles		\$1,080
Channel Islands		\$1,075

Based on 2024-2025 fees (www.calstate.edu)



FINANCIAL AID

- Campus fees, including this increase, can be covered by certain types of financial aid (for example: Middle-Class Scholarship, scholarships, grants, and loans). But not all types of aid can be applied
-
- If a student currently receives financial aid, additional financial aid can be applied to this increase because it is an expansion of an existing mandatory fee
-

FINANCIAL IMPACT

- 10-year financial projection
- Projected revenues estimated each year based on a conservative 2.0% increase
- 4% or higher inflation factor in expenses
- Personnel expenses are increased annually at 3%

FINANCIAL IMPACT

- Annual transfers to the Repair and Replacement Fund (TCUMR) are increased from \$800,000 to \$1M (25%) beginning in the year that the new construction and spaces will become operational
- New and renovated spaces were priced at \$2,000/sq. ft. and \$1,500/sq. ft. , respectively, to include necessary equipment for spaces as well as for contingency and inflation based on direction from Brailsford & Dunlavey and CSUF CPFM

FINANCIAL IMPACT

NEW CONSTRUCTION

ESTIMATED

AND

RENOVATION

ESTIMATED

Project Cost: \$91,000,000

Cap-I & Financing: \$11,000,000

Total Cost to Finance: \$102,000,000

Project Cost: \$188,000,000

Cap-I & Financing: \$20,000,000

Total Cost to Finance: \$208,000,000

FEES	2023-24 ACTUAL	2024-25 ESTIMATE	2025-26 ESTIMATE	2026-27 ESTIMATE	2027-28 ESTIMATE	2028-29 ESTIMATE	2029-30 ESTIMATE	2030-31 ESTIMATE	2031-32 ESTIMATE	2032-33 ESTIMATE	2033-34 ESTIMATE
PRIOR YEAR FUND BALANCE	6,479,658	6,925,676	7,153,292	5,108,826	6,147,999	13,710,116	30,660,443	25,226,120	26,099,285	27,073,040	28,140,115
FEE REVENUE	13,735,378	14,294,319	17,551,932	22,249,323	31,048,778	44,512,672	45,102,592	45,701,378	46,309,179	46,926,145	47,552,429
INTEREST INCOME	182,654	170,000	195,500	283,475	467,734	799,825	815,821.21	832,137.63	848,780.38	865,756	883,071
RESULT											
OPERATIONAL EXPENSES	10,029,616	11,687,658	14,199,623	\$14,647,225	15,109,119	15,585,770	16,077,655	16,585,269	17,109,123	17,649,745	18,207,679
BOND PAYMENT	1,572,397	1,577,205	1,572,275	1,576,400	1,575,275	1,576,400	24,075,081	24,075,081	24,075,081	24,075,081	24,075,081
CAMPUS RESERVES	1,870,000	971,841	4,020,000	5,270,000	7,270,000	11,200,000	11,200,000	5,000,000	5,000,000	5,000,000	5,000,000
Debt ratio	5.59	5.15	5.81	7.24	13.32	26.55	1.51	1.29	1.33	1.38	1.42



ASI BOARD OF DIRECTORS

SPRING 2023
12-1 IN FAVOR

APPROVED

FALL 2024
16-0 IN FAVOR

APPROVED



IMPROVE THE TITAN EXPERIENCE



WELLNESS & BASIC NEEDS

ASSOCIATED STUDENTS INC

STUDENT WELLNESS INITIATIVE



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