



CALIFORNIA STATE UNIVERSITY, FULLERTON™

A RESOLUTION TO APPROVE A WELLNESS PROGRAM PROPOSAL

Sponsors: Morgan Diaz

WHEREAS, The Associated Students, Incorporated (ASI) is a 501 (c)(3) nonprofit organization that operates as an auxiliary organization of California State University, Fullerton; and

WHEREAS, ASI is governed by ASI Board of Directors, sets policy for the organization, approves all funding allocations to programs and services, and advocates on behalf of student interests on committees and boards; and

WHEREAS, ASI's mission is to provide students and campus community members with important social, cultural, and recreational opportunities as well as a wide range of programs and services; and

WHEREAS, Titan Recreation continues to find ways to provide students with opportunities to further develop and enhance their overall well-being through collaborative wellness programs; and

WHEREAS, This past year Titan Recreation has put on several wellness events, with a total attendance of 335 individuals; and

WHEREAS, a permanent wellness program encouraging education in health, well-being, community, and social inclusion will allow Titan Recreation further to enhance students' overall wellness and development; therefore let it be

RESOLVED, ASI approves the proposal for the ASI Wellness Program; and let it be finally

RESOLVED, that this Resolution be distributed to the ASI Executive Director and applicable ASI departments.

Adopted by the Board of Directors of the Associated Students Inc., California State University, Fullerton on the third day of May in the year two thousand and twenty-two.

Mary Chammas
Chair, Board of Directors

Morgan Diaz
Secretary, Board of Directors

PROPOSAL:

To start a Wellness Program offered by Titan Recreation. To add additional student staff to assist in executing a successful wellness program.

BACKGROUND:

Titan Recreation continues to find ways to provide students with opportunities to further develop and enhance their overall well-being through collaborative wellness programs. This past year Titan Recreation has put on several wellness events, with a total attendance of 335 individuals. A permanent wellness program encouraging education in health, well-being, community, and social inclusion will allow Titan Recreation further to enhance students' overall wellness and development.

Date	Active Programs Titles
10/20/21	Grow a better YOU!
11/21/21	Wellness Day Fall 2021
3/21	Get Your Money
4/5	Wellness in the Morning
4/6	Wellness Day Spring 2022
4/7	Wellness at Night
3/4/22	Doggy therapy

JUSTIFICATION:

Wellness serves a critical role in student success. Overall wellness contributes to individuals' health behaviors, academic productivity, and retention rates and impacts the campus culture on health and wellbeing.

The purpose of the wellness program within the Associated Students INC, CSUF. Titan Recreation Department is to improve student health behaviors, lower student health risks, improve academic productivity, increase student retention rates, and build and sustain a campus culture of health and wellbeing. As there is a “need for targeted interventions that facilitate enhanced college student development and well-being.” (Baldwin et al. 2017) The wellness program will provide a programming model comprising nine dimensions of wellness as a guide to improving all areas listed above as a Titan Recreation initiative. In a study about campus wellness programs addressing the needs of college students, “Students identified that college wellness programs need to better communicate the health-related services and facilities available to students, provide support systems for students, provide more health education, accommodate students' schedules when organizing health events, and offer attention-grabbing events focusing on health.” (Christianson, 2018). The wellness area within Titan Recreation will aim to provide clear communication to health-related services on campus, support through individual needs analysis and wellness coaching, and education that accommodates college students' hectic schedules.

“Heightened stress levels and compromised well-being are common among college students. Current trends on college campuses include an increase in the number of students experiencing mental health issues and an increase in students seeking help, illustrating a need for

evidence-based brief interventions that improve student wellness.” (Beauchemin, 2018) College students' wellness approaches include nutrition education, fitness, self-care opportunities, social and personal support programs, and institutional support.

To further one's education and understanding of the nine dimensions of wellness. Each dimension will be highlighted and serve as a foundation for the program. The following are the nine dimensions of wellness: *Physical Wellness; Emotional Wellness; Intellectual Wellness; Social Wellness; Occupational Wellness; Financial Wellness; Environmental Wellness; Spiritual Wellness; Inclusive Wellness.*

A wellness program will impact students by encouraging education in health, wellbeing, community, and social inclusion. These programs are designed to create a motivating environment that furthers the development of students from a holistic approach and get involved within Titan Recreation.

PROGRAM STRUCTURE and OPERATION:

The wellness program will be a service that operates out of the Student Recreation Center. The program will be supervised by the Fitness and Wellness Coordinator, who, along with student assistants, will lead the wellness program. The structure will include a variety of passive, interactive, and educational experiences. Passive programming consists of programming done without interaction with staff. Interactive programming is where there is direct interaction between students, staff, and guests. Educational programming are ones in which students are being educated about specific topics.

Programming Examples:

Passive Programming: Bulletin Boards for each dimension of wellness; "Where are you from?", Motivational quotes placed around the; Workout of the Week

Interactive Programming: Trivia Tabling, Finals Resource Table, "Take What You Need," 1 million Steps in 100 Days Challenge

Educational Programming: Workshop series on each dimension of wellness, Stress Resilience; Ladies Lift; Lifestyle Fitness

Staffing:

The program will be overseen by the current Fitness and Wellness Coordinator. In addition, this proposal would add a graduate assistant, student assistants, and student interns to carry out the program. As the program expands, the organization will assess and identify the need for an increase in staff for this program to operate at the proper rate.

In collaboration with Health Center, CAPS, Titan Well, and Basic Needs, this wellness program will be able to offer more ways for students to receive wellness. Wellness is specific to students, so many opportunities need to exist to benefit the students fully. Wellness packages would be created to help students individually, where connections to the other departments play a vital role. This program would rely on the campus partners to fill in the gaps in wellness areas that the Student Recreation Center cannot provide. The same can be true with the health center, as the Student

Recreation Center can provide physical wellness to patients of theirs. Working together with these and other campus partners will genuinely help the campus focus on the holistic student and not just specific areas.

CONNECTION to ASI STRATEGIC PLAN:

Aligning with [ASI 2020-2025 strategic plan](#):

Goal 1: A permanent wellness program would further student staff's professional and personal development through peer education and collaboration with campus partners. Furthermore, with strategy two, develop and implement a mental health resources campaign with campus partners.

Goal 3: A permanent wellness program would provide interactive opportunities to distribute knowledge towards wellness, increase student participation within Student Recreation Center, and further develop campus partnerships to enhance programming with ASI.

The ASI vision statement and the wellness impacts caused by COVID-19 on the student experience serve as a foundation for the rationale behind the wellness program.

BUDGET:

This projected annual budget includes supplies, hospitality, and event needs. Currently, the budget costs are being funded within the Fitness programs and only have unpaid interns for staff. As the program is initiated, future requirements will be presented in the annual budget process. Below is a list of the proposed budget for the 2023-24 fiscal year. This budget includes necessary supplies and student staffing to run a successful wellness program. Based on assessments, there could be slight increases to the program based on needs in future years. In the first year, the plan would be to offer programming that does not cost the students additional money. As the program grows and evolves, there could be an opportunity for revenue generation via wellness programs, activities, or events.

Hospitality	\$1,500
Supplies	\$5,000
Printing and Advertising	\$2,000
Professional Services	\$500
Student Assistants	\$44,000
Promotional Items/Prizes	\$2,000
Gift Card/Gift Expense	\$1,000
TOTAL	\$56,000

IMPLEMENTATION TIMELINE:

The plan would be to have the wellness area ready for Fall 2023. This would include hiring a graduate assistant and student staff in the summer of 2023 to establish a wellness programming schedule for Fall 2022 and Spring 2023. The plan would continue developing and enhancing the wellness area in future years based on assessments.