Mission Statement

Student Life seeks to enrich the Baylor experience through life-changing programs and services resulting in an integrated education known for leadership, service, Christian faith, and the total development of students.
Vision

Student Life will be a transformative presence in all our students’ lives, equipping them to make a positive impact on society.
Goals

- We help students discover calling.
- We develop the whole student.
- We build community.
- We cultivate global citizenship.
Acts of Determination
Process Timeline

AoD Committee Work
Acts of Determination
Process Timeline

AoD Committee Work

Draft Recommendations
Acts of Determination
Process Timeline

AoD
Committee Work
Draft Recommendations

Conversation and
Optional Online Input
Acts of Determination Process Timeline

Act of Determination (AoD)
Committee Work
Draft Recommendations
Conversation and Optional Online Input
Review Feedback
Acts of Determination Process Timeline

- AoD Committee Work
- Draft Recommendations
- Conversation and Optional Online Input
- Review Feedback

Final Recommendation
Acts of Determination
Process Timeline

Reviewed by SLET
Acts of Determination
Process Timeline

AoD Committee Work
Draft Recommendations
Conversation and Optional Online Input
Review Feedback
Final Recommendation
Reviewed by SLET
Reviewed by DDH
Acts of Determination
Process Timeline

- AoD Committee Work
- Draft Recommendations
- Conversation and Optional Online Input
- Review Feedback
- Final Recommendation
-Reviewed by SLET
-Reviewed by DDH

Present to Division
Acts of Determination Process Timeline

- AoD Committee Work
- Draft Recommendations
- Conversation and Optional Online Input
- Review Feedback
- Final Recommendation
- Reviewed by SLET
- Reviewed by DDH
- Present to Division
Acts of Determination: Health Equanimity & Wellness
Health Equanimity & Wellness Committee Members

- Richard Amos
- Linda Bostwick
- Sarah Dorrell
- Elisa Dunman
- Lisa Garrett
- Drew Gehman
- Megan Patterson
- Elise Yuhas
- Kim Scott, co-facilitator
- Martha Lou Scott, co-facilitator
Student Life

Student Life is committed to the promotion of student learning and personal development. Maintaining good health is an essential component of student success both academically and personally. As staff members foster educational initiatives that help students develop a stronger sense of health, equanimity, and wellness and as staff educate students to make wise choices about their health and wellness, we wholeheartedly and collectively encourage them to explore all aspects of their well-being.
Charge

To equip students to thrive we will foster educational initiatives that help students develop a stronger sense of health, equanimity, and wellness. Guiding students as they mature in stewardship of themselves and care for community will require an intentional approach to teaching, supporting, and modeling healthy lifestyle choices, resiliency skills, and meaningful spiritual practices. Our programs and services will help students:

- *Intellectual Wellness*: Critically examine their choices, behaviors and option
- *Social Wellness*: Evaluate factors that support healthy social relationships
- *Emotional Wellness*: Devise strategies to optimize emotional health and wellness
- *Physical Wellness*: Apply good practices for physical health and wellness
- *Spiritual Wellness*: Discover connections between wellness and spiritual development
Health
Equanimity & Wellness

- Stewardship of Themselves
- Care for Community
- Healthy Lifestyle Choices
- Resiliency Skills
- Meaningful Spiritual Practices
Jesus grew in **wisdom**, **stature**, **favor with God** and **favor with man**.

Luke 2:52

- **Wisdom** – critical examination
- **Stature** – physical development
- **Favor with God** – spiritual formation & emotional wholeness
- **Favor with Man** – social engagement
As a division we commit to the following initiatives that will help us achieve this act of determination:

- Stewardship of self
- Care of community
- Teaching, supporting, and modeling healthy lifestyle choices
- Resiliency skills
- Meaningful spiritual practices
For many *departments* within the Division of Student Life, the focus of their work is to help students *practice behaviors that promote a healthy integrated life*. In each case, department operational plans are framed around a model of holistic student development. They help us achieve our divisional outcomes by helping students to:
For many *departments* within the Division of Student Life, the focus of their work is to help students *practice behaviors that promote a healthy integrated life*. In each case, department operational plans are framed around a model of holistic student development. They help us achieve our divisional outcomes by helping students to:

<table>
<thead>
<tr>
<th>Campus Recreation</th>
<th>Critically examine their choices, behaviors, and options</th>
<th>Create healthy social relationships</th>
<th>Devise strategies to optimize emotional health and wellness</th>
<th>Apply good practices for physical health and wellness</th>
<th>Discover connections between wellness and spiritual development</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Develop social relationships built on trust and accountability</td>
<td>Discover emotional balance through physical activity and experiences</td>
<td>Create patterns of physical activity that are congruent with healthy lifestyles</td>
<td>Relate physical activity and experiences to spiritual development</td>
</tr>
<tr>
<td>Counseling</td>
<td>Assess how their interpersonal relationships impact their mental health</td>
<td>Employ strategies that promote good emotional health</td>
<td>Assess the reciprocal relationship between physical health and mental health</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health Center</td>
<td>Engage intellectually with health care provision</td>
<td>Identify lifestyle practices that contribute to emotional health</td>
<td>Evaluate how their choices impact their physical health</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Student Conduct</td>
<td>Engage intellectually with the consequences of their behaviors</td>
<td>Reflect on the social implications of their actions</td>
<td>Devise strategies to manage their lifestyle choices for positive health and wellness</td>
<td>Discuss what it means to live lives of integrity guided by principles of Christian faith</td>
<td></td>
</tr>
<tr>
<td>Wellness</td>
<td>Evaluate how social relationships contribute to their health and wellness</td>
<td>Create environments that create emotional balance</td>
<td>Discover the complexities of physical health and wellness</td>
<td>Relate their lifestyle choices to their spiritual development</td>
<td></td>
</tr>
</tbody>
</table>
While some departments within the Division of Student Life are experts in promoting health and wellness, all departments are intentional about fostering educational initiatives that help students develop a stronger sense of health, equanimity, and wellness. To that end, each department has developed strategic initiatives that it will deliver over the next three to five years.

<table>
<thead>
<tr>
<th>Department</th>
<th>Strategic Initiatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academy for Leader Development</td>
<td>Revise mentor curriculum to focus on succeeding in college Work with the Student Success Center to bring tutoring sessions to LEAD</td>
</tr>
<tr>
<td>Campus Life</td>
<td>Broaden the scope of outreach programs to include education about mental health, alcohol and other drug prevention, and sexual assault Expand services to students seeking help navigating institutional processes Increase assistance to students in crisis and unable to make decision independently</td>
</tr>
<tr>
<td>Campus Living &amp; Learning</td>
<td>Enhance SSEO training in areas of general safety, crisis management and emergency response Develop talking points regarding safety for SSEO’s to share with students Use assessment data (EBI and MAP-Works) to inform community development and student engagement initiatives Utilize MAP-Works student assessment information to support students and their transition needs Maintain emphasis on mission centered conversations, which establish strong staff-to-resident relationships and dialogue related to learning outcomes</td>
</tr>
</tbody>
</table>
| Campus Recreation | Create “Passport to Fitness” - Provide pedometers, fitness/nutrition journals, and water bottles to incoming students  
Increase square footage of group exercise/multipurpose facilities to provide larger scope of classes and training sessions.  
Create a new Coordinator for Intramural Sports position  
Develop and implement a comprehensive marketing and communication plan for IM sports |
| Community Engagement and Service | Continue nutrition initiatives in Waco ISD, churches, and community agencies to encourage Healthy Futures through campus partnerships  
Develop framework for the Community Health Fellow Program aligning the program to at least one academic department to increase capacity for long-term sustained community service with an emphasis on community health with strategic and intentional faculty and community partnerships |
| Counseling Services | Broaden the scope of outreach programs to include psychological interventions  
Expand the visibility of current support groups on campus  
Increase the student ratio’s for counselors (1/1k) and psychiatrist (1/10k)  
Raise awareness among campus stakeholders about the expertise of Counseling Services staff in the area of college student mental health  
Position Counseling Services at Baylor University in the national conversation about college student mental health |
| Health Center | Expand flu campaign, increase use of social media, to raise awareness about the availability of flu shots  
Work with the International Office to ensure all international students receive a TB screening  
Introduce new educational content to help student differentiate between cold and flu symptoms  
Maintain high quality health care as defined by accreditation board |
<p>| Multicultural Affairs | Revamp the Freshman Action Team to make contact within the first 6 weeks with freshmen |</p>
<table>
<thead>
<tr>
<th>New Student Programs</th>
<th>Educate incoming freshman during orientation on how to be a holistically healthy student</th>
</tr>
</thead>
</table>
| Pastoral Care       | Intentionally educate the community regarding the Chaplain’s office role for those in crisis and need  
|                     | Take steps to organize, train, and stay in touch with organizational chaplains  
|                     | Offer one chapel alternative each semester that cultivates theological reflection and spiritual practice  
|                     | Partner with the Counseling Center to offer growth group ministry with target groups |
| Spiritual Formation | Offer more diversified workshops and trainings to Baylor staff and students |
| Student Activities  | Introduce students to Baylor Community Standards of Conduct through all New Student Orientation programs  
|                     | Individualize one-on-one conversations with students to be educational to their specific needs related to health, equanimity, and wellness |
| Wellness            | Develop a strategy to raise awareness among students about the resources available on campus to address alcohol abuse  
|                     | Deliver outreach presentations to various students on each of the four areas of wellness  
|                     | Implement an online alcohol education program for incoming students  
|                     | Collaborate with other departments and groups across campus in outreach efforts, programming, and events  
|                     | Educate incoming students during orientation on how to be a holistically healthy student  
|                     | Improve marketing and communication strategies to advertise events that influence behavior change  
|                     | Provide events on campus that larger groups of students may participate in during Alcohol Awareness Week and NEDA Week  
|                     | Expand the visibility of current support groups on campus  
|                     | Expand the number and breadth of workshops/training sessions that enhance the Baylor community’s capacity to respond to health crises |
| Worship             | Teach and demonstrate spiritual practices that connect self to the Spirit of God  
|                     | Provide education in Chapel relating to spiritual practices to encourage self-awareness  
|                     | Continue to offer prayer experiences within and beyond the residence halls |
Steps Recommended by the Health, Equanimity, and Wellness Committee
Transformational learning for students will be accomplished when students become the best version of themselves that the Lord created them to be. As staff members in the Division of Student Life, we are deliberate and intentional in the ways we interact with students and strive to be part of the transformational process. We value the relationship between students, faculty, and staff. During interactions, faculty and staff members should teach and model healthy, holistic lifestyles. We should walk alongside students to demonstrate inclusiveness, encourage experiential learning, and help them cultivate healthy relationships. Together, the Baylor community should seek to be salt and light to those around us as we lead with integrity and a sense of purpose and calling.
As a division we commit to implement the following divisional initiatives that will help us achieve this act of determination:

**#1 Stewardship of Self - Students**

Through student life programming and services, students should become conscious of and active in the process of developing one’s whole self by engaging the mind, body, and spirit. Utilizing strengths, students should learn to love themselves first.

- **Resiliency Skills: Teaching students to Thrive**
  - Teach students to find hope by reframing circumstances (growth vs. fixed mindset)
  - Help students understand how to cope with adversity and external pressure
  - Help students understand and take responsibility for their financial situation and future through programming such as workshops on financial security/debt

- **Meaningful Spiritual Practices**
  - Cultivate reflection, silence/listening hearts, solitude, and life-enhancing disciplines
  - Help students define their purpose, life mission, and calling
#1 Stewardship of Self - Staff

Through University programming and services, staff members in Student Life should become conscious of and active in the process of developing of their whole self by engaging the mind, body, and spirit.

- **Life Work Balance** through the development of a flexible work policy that will support our staff as they balance their personal and professional commitments. This policy will enable our staff to model best practices in health and wellness as we mentor and guide our students towards health life style choices.

- Emphasis will be provided to help staff reflect on additional stress caused by commitments during the seasons of life [singleness, young married, new professional, married, with children (young, teens, empty nest), care giver for aging parents, student working and completing graduate or professional school]
#2 Care of Community

- **Teaching students how to establish Boundaries**
  - Foster a sense of civility: greet others; encourage friendly, social interaction
  - Encourage students to engage directly in relationships (putting the phone away)
  - Establish a healthy relationship with technology

- **Mentoring staff on multiple levels** (young professionals mentored by more seasoned professionals, students mentored by professionals). Start with a summer reading about the impact of mentoring then move to time investment and end with a mentoring model for the division.
Teaching, supporting, and modeling healthy lifestyle choices

- Encourage and promote healthy departmental practices
  - Walking meetings, standing work stations, mental health days (reading/prayer)
  - Highlight signature programs

  - Help students take responsibility for their own personal well-being
    - Continuation of Health Center, Fitness Center, Wellness, and Counseling Center programs
CONNECTING/STRENGTHENING EXISTING PROGRAMS

As an extension of existing programs, attention to health, equanimity, and wellness during each semester. **SWell** (a wellness week) is an example of such a program that might be developed to draw the Baylor community into discussions about their personal health, equanimity, and wellness while mapping out individual plans for improvement. These are some of the events/activities that might be used to blitz campus—

- providing students, faculty, and staff with information about wellness resources throughout campus
- partnering with Oso Fit and the Health Fair to enlist members of the Baylor community in ongoing programs
- utilizing University/BU 1000 and Freshman Experience classes to ensure all entering students are educated about stewardship of self
- sharing resources through the Employee Assistance Program offered through Human Resources
- holistic training for campus departments, organizations and clubs
- offering special seminars on topics such as financial management and credit card use
- teaching effective methods of reflection, meditation, and spiritual gifts
- assess progress through existing instruments such as the Gallup-Purdue Index that focuses on a set of factors that are supposed to correlate with a “great life” (work place and community engagement, personal relationships, physical fitness, sense of purpose and happiness, and economic management and stress) or the Wake Forest instrument exploring six main (self-reported well-being; the level of meaning and purpose students find in their lives; “belongingness”; commitment to others; grit and perseverance; and physical health).
Jesus grew in wisdom, stature, favor with God and favor with man.
Luke 2:52

Let’s Grow!