Whole Life Wellbeing for Students

Wellbeing is a state of balance or alignment in body, mind and spirit. In this state, we believe that we are where we belong. We are at ease with our choices and know that we are doing what we are meant to do. We are connected to others, and we feel healthy and safe in all parts of our lives.

Health: Health is affected by the food we eat, how often we exercise, how we manage our stress, and how much we sleep, as well as social, environmental and genetic influences. When students experience excessive stress or do not manage school and workloads effectively, their health is compromised. Strength in this dimension includes the ability to make healthy choices, maintain a healthy attitude cultivated by positive thoughts and self-compassion, resilience in recovering from setbacks or disappointments, and reaching out to proactively access support.

Relationships: Relationships are about authentic connections, respect for self and others, the ability to relate across multiple types of differences, the skills to connect effectively in-person and in online environments, and sustaining connections that are supportive and nurturing (including parents, pets, etc.). Students strong in this dimension are able to navigate many kinds of relationships smoothly. They are accepting of others, non-judgmental, and seek out relationships that allow them to learn and grow in new ways. They know when to collaborate and seek help from others rather than act on their own, and have a close group of friends on campus.

Environment: Environment is focused on a welcoming campus and neighborhood, access to adequate housing, places for reflection and contemplation, and access to nature. When this dimension is strong, students feel welcomed and accepted as part of the campus community. Students have the physical resources (transportation, housing, food, technology, academic resources) to be able to be successful academically; and students feel connected to both themselves and nature.

Purpose: Student wellbeing is enhanced through a sense of knowing who they are, and what they are here to do. This understanding grows through all the activities that students participate in (academic courses, volunteering, work, religious and cultural activities, student groups, internships, study abroad, events/activities). This area is strong when students know their personal guiding values, beliefs, strengths, and passions, are able to identify central aspects of a purposeful life, and have a sense of hope, purpose, and self-efficacy in their university career and beyond.

Security and Safety: This dimension reflects a sense of security on campus, in the classroom, and physical, mental, emotional safety in all relationships. It also includes a sense of financial stability. When this dimension is strong, students attend classes and other university activities with confidence and ease. Students use campus security services when needed; students feel respected and safe in their classes, in their residence halls, and in conversations with university professors and staff members.

Community: Community reflects a sense of belonging to a neighborhood, dorm, religious organization, service group, college, major, student group, or group of peers on campus. When this area is strong, students join organizations or initiatives, spend time in group activities, and feel supported by their various group connections on campus.