

AGGIE WELLNESS COMMITTEE UPDATE



Dr. Yolanda Nicholson, Director of Clinical Ed & Wellness Programs, Student Affairs, Committee Chair

Dr. Valerie L. Giddings, Interim Senior Vice Provost for Academic Affairs

Dr. Melody C. Pierce, Vice Chancellor for Student Affairs

Board of Trustees February 17, 2023

“WELLNESS MINDSET” AGGIE WELLNESS COMMITTEE

The goal of the Aggie Wellness Committee is to assist in the planning, promotion, implementation, and evaluation of campus wellness programs.

- University Leadership 4
- Faculty 6
- Staff 6
- Students 12

AGGIE WELLNESS 365

2022-2023 Academic Year	10 Dimensions of Wellness
August/September	Cultural & Global Wellness
October	Intellectual Wellness
November	Social Wellness
December	Spiritual Wellness
January	Emotional Wellness
February	Career Wellness
March	Environmental Wellness
April	Financial Wellness
May	Physical Wellness
June/July	Creative Wellness

SPRING 2023 WELLNESS DATES

FEBRUARY 10 FALL IN LOVE WITH YOUR CAREER

FEBRUARY 23 MOBILE POP-UP INFORMATION SESSIONS

APRIL 10 MOBILE POP-UP INFORMATION SESSIONS

APRIL 11 AGGIE FAMILY REUNION

Website: Lay out changes

- > User friendly
- > Separate Student and Employee/Staff tabs
- > Easily visible on the University Landing page
- > Wellness Events Calendar

NCAT Connect

- Wellness Icon on Landing Page
- Will go directly to Wellness Website
- Roll out February 1st

Future Plans

- Campus Wellness Policy
- Social Media Campaigns
- Donors

References

10 Dimensions of Wellness

*Meiselman, H. L. (2016). Quality of life, well-being and wellness: Measuring subjective health for foods and other products. *Food Quality and Preference*, 54, 101-109.

*Brown, C., Applegate, E. B., & Yildiz, M. (2015). Structural validation of the holistic wellness assessment. *Journal of Psychoeducational Assessment*, 33(5), 483-494.

*Stoewen DL. Dimensions of wellness: Change your habits, change your life. *Can Vet J.* 2017 Aug;58(8):861-862. PMID: 28761196; PMCID: PMC5508938.

*Khorsandi, N., Embley, S., & Bishop-Baier, M. (2022). Five overlooked dimensions of campus wellness: Qualitative lessons from a Health Sciences Center's wellness program evaluation. *Journal of American college health*, 1-5.

QUESTIONS?