

WELL-BEING UNIVERSITY AT GEORGE MASON UNIVERSITY

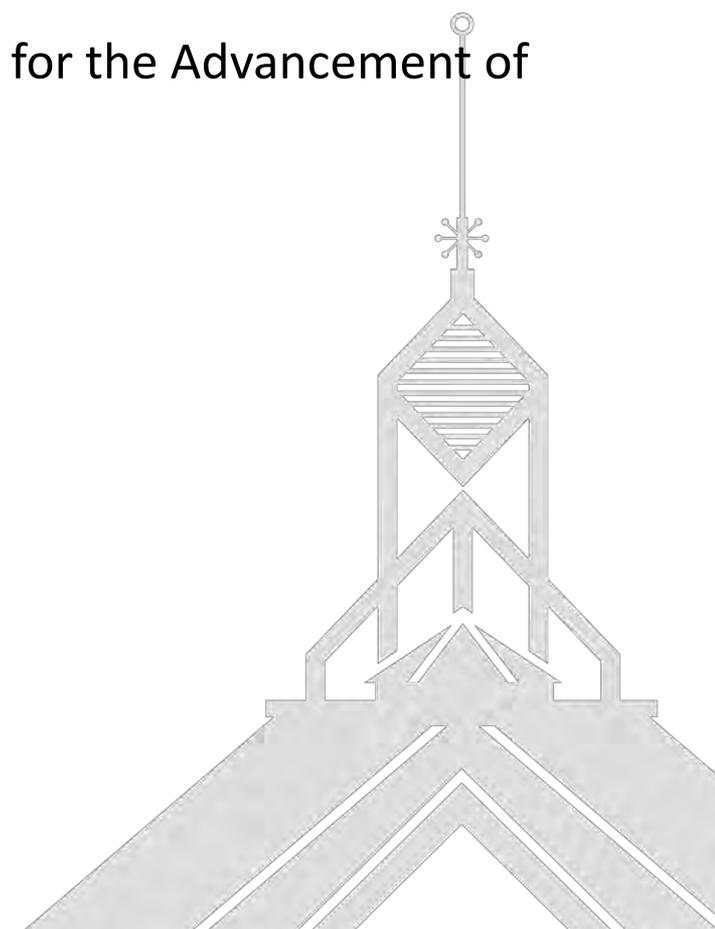
ROSE PASCARELL, VICE PRESIDENT UNIVERSITY LIFE

JUNE 9, 2015



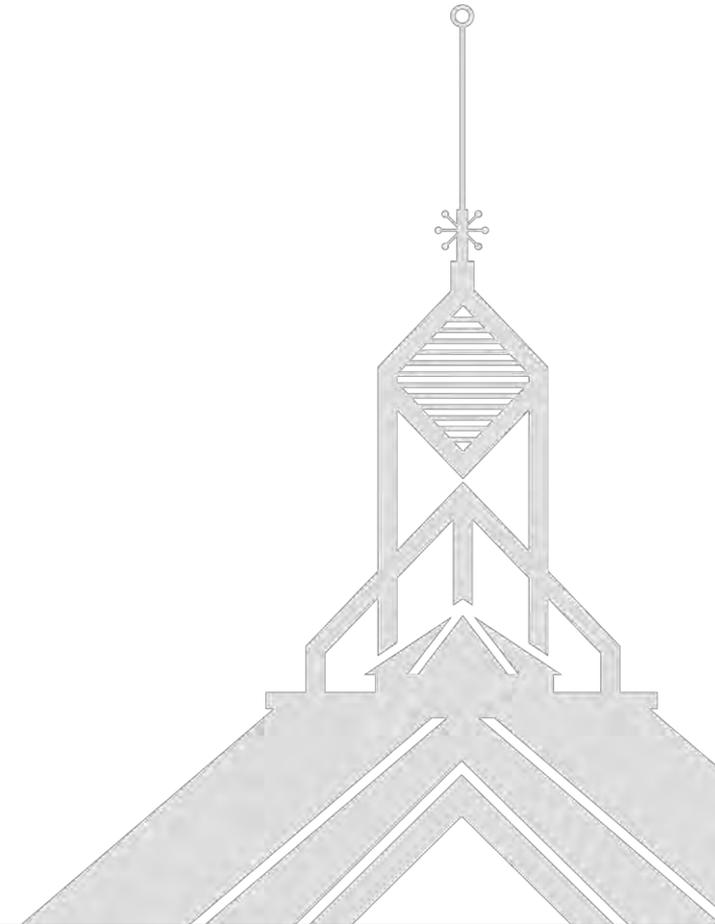
CONTEXT

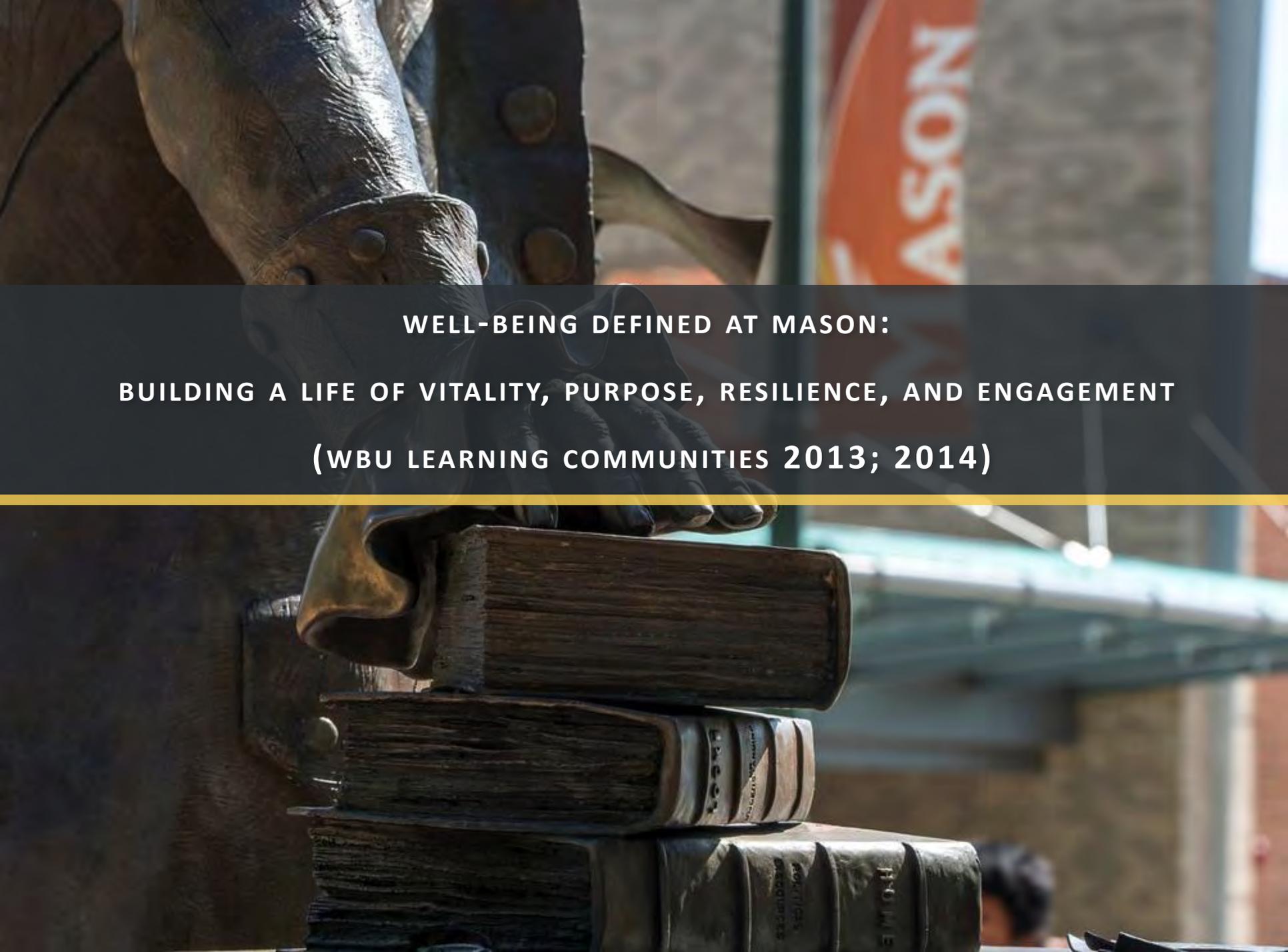
- University-Wide Commitment in Mason's 10-Year Strategic Plan
- Well-Being University Initiative led by the Center for the Advancement of Well-Being
- Inclusive Engagement of All Units
- Resources for the University Community
- Surveys and Measurement Activities



MAKING THE CASE FOR WELL-BEING

- Retention
- Graduation Rates
- Engagement in Learning and Community
- Alumni Sense of Affiliation
- Community Quality of Life





**WELL-BEING DEFINED AT MASON:
BUILDING A LIFE OF VITALITY, PURPOSE, RESILIENCE, AND ENGAGEMENT
(WBU LEARNING COMMUNITIES 2013; 2014)**

MAKING THE CASE FOR WELL-BEING

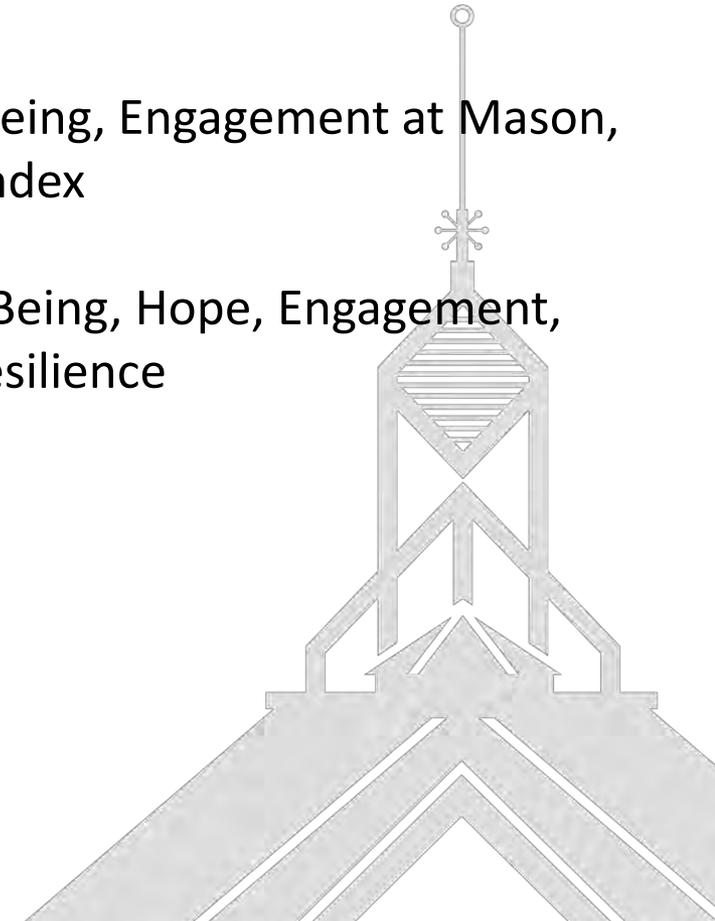


<https://www.youtube.com/watch?v=8RLB3cymssl>

MEASUREMENT

Partnership with Gallup to Measure Student and Alumni Well-Being to Shape Interventions:

- a. Alumni Survey: Measures 5 Domains of Well-Being, Engagement at Mason, Engagement at Work, and the Gallup-Purdue Index
- a. Student Survey: Measures 5 Domains of Well-Being, Hope, Engagement, Strengths Efficacy, Gallup-Purdue Index, and Resilience





CURRENT STUDENT WELL-BEING INITIATIVES

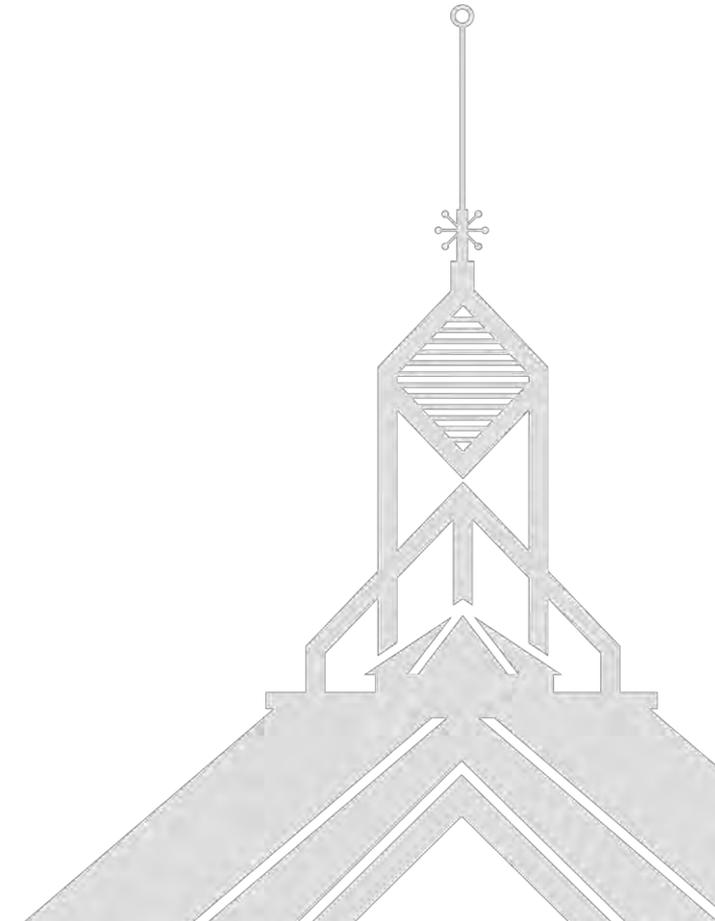
- Gallup Strengths Operating System Soft Launch in September
- Mason Strengths Academy Formed to Support On-Going Learning and Use of Strengths Finder Assessment

GALLUP STUDENT SURVEY

Administered to all undergraduate students in Spring 2015 with a 22% response rate (first year of survey)

Survey Covered 5 Well-Being Domains:

1. Purpose
2. Social
3. Financial
4. Community
5. Physical





STUDENT SURVEY RESULTS

- Social well-being - **44%** reported thriving; Community well-being - **40%** reported thriving
- Physical well-being – **20%** reported thriving (consistent finding compared with national data)
- **3%** of our students reported that they were thriving in all 5 domains

STUDENT SURVEY RESULTS

- **30%** are hopeful about their future with over **94%** of them agreeing that they will graduate from college
- **78%** students expressed that they have at least one professor at Mason who makes them excited about learning
- Students reported that the quality of education they're receiving at Mason is the most responsible factor for contributing to their well-being
- While more than **80%** of students reported that they were aware of their strengths, the majority of students scored lower on resilience scales



GALLUP ALUMNI SURVEY RESULTS

- Mason graduates are significantly more likely to be engaged in their jobs than are college graduates nationally. More than four in 10 Mason alumni (**43%**) who are employed full time for an employer are engaged at work, compared with **39%** of graduates nationally.
- **10%** of Mason graduates are thriving — strong, consistent and progressing — in all five domains of well-being, similar to the national average (**9%**) and comparison groups. In all elements, Mason alumni are doing at least as well as the national average, and they are leading other graduates in thriving in one element — social well-being.

IMPLICATIONS FROM SURVEY RESULTS

- Provide more opportunities for students to connect with faculty and staff outside of the classroom
- Design learning experiences for students to increase their ability to be more resilient
- Design experiences inside and outside of the classroom to increase students' awareness and personal development among all 5 domains of well-being
- Provide more opportunities for students to engage in experiential learning with a focus on longer-term projects and activities that span a year or multiple years



CURRENT STUDENT WELL-BEING INITIATIVES

- Emphasis on Resilience Competency
- Orientation Emphasis on Well-Being University
- Strengths-Based Education, University 100 Sections
- Well-Being Co-Curricular Development

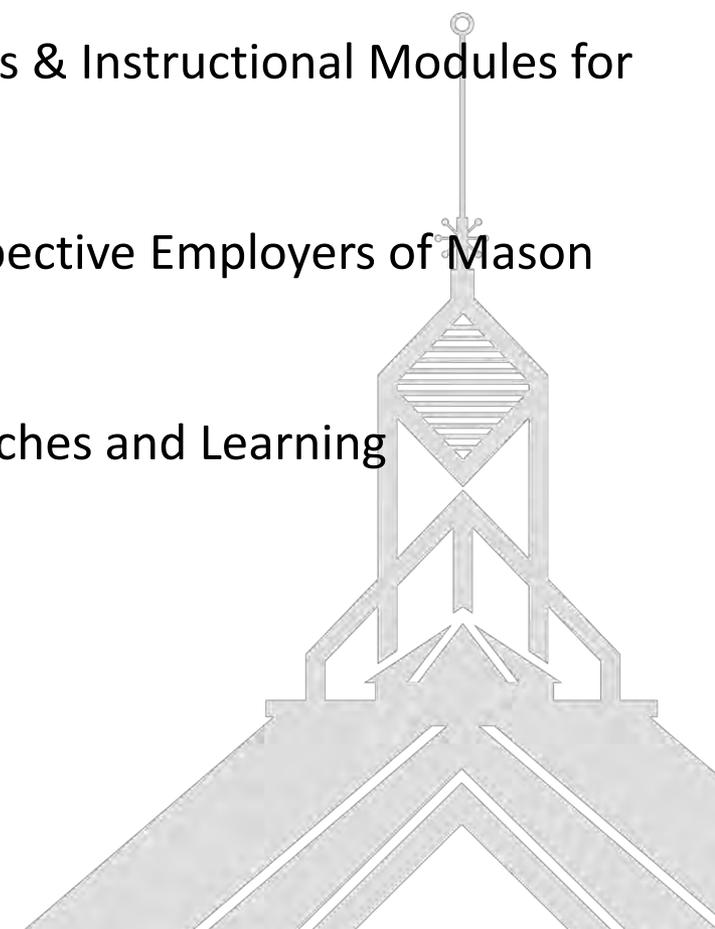


CURRENT STUDENT WELL-BEING INITIATIVES

- Student Leadership & Well-Being Conference
- Mindful Living (Living-Learning Community)
- Spring Into Well-Being Program (more than 13,000 students and employees directly involved in Spring 2015)

FUTURE STUDENT INITIATIVES

- General Education Well-Being Core and Pathway (Curricular & Co-Curricular)
- Self-Directed Resilience Competency for Students & Instructional Modules for Faculty
- Exploration of Credentialing Well-Being for Prospective Employers of Mason Graduates
- Continued Emphasis on Strengths-Based Approaches and Learning



MASON'S WELL BEING UNIVERSITY ECOSYSTEM

Curricular Offerings	Co-curricular Programming	Measurement & Assessment	Student-Led Initiatives
Faculty/Staff Employee Offerings	<i>Top-level Leadership and Support</i> <i>Grassroots Participation</i> <i>Academic & Student Affairs Partnerships</i>		International/Multi-cultural Dialogues
Alumni & Community Programming	<i>Commitment to the Commons</i> <i>(Shared vision, language, strategic goals, champions, etc.)</i>		Strengths-Based Institutional Culture
Interdisciplinary – Cross-unit Leadership (Learning Communities)	Financial Resources & Commitment	Ongoing/Strategic Communication	Infrastructure People Spaces Trails