

Governors State University
Student Affairs and Enrollment Management: Reaching Vision 2020

Focus Area: Student Wellbeing

Leader(s): Erica Wade

Implementation Year: 2018-2019

Goal 2: Promote a residential community focused on personal health and emotional strength strategies in order to develop sustainable practices that enhance personal wellbeing.

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| Objective 1: | Develop and implement outreach programming that focuses on mental and physical health needs of the GSU community, including Prairie Place residents and student-athletes. |
| Action Items | Place online form on Counseling Center website requesting outreach programs; outreach programs will distribute an evaluation form after each session/program; offer workshops and programs that address stress, self-care and health relationships (i.e., organize annual depression screening/health and wellness workshop events, create and facilitate mental health outreach programs (i.e., support groups) for residential community; Partner with Career Services to create a De-Stress Fest for finals week |
| Indicators and Data Needed (Measures that will appraise progress towards the strategic objective) | At least two outreach programs are conducted per semester, number of student attendees, number and variety of programs offered throughout the academic year; number and results of evaluations from each outreach session/program |
| Responsible Person and/or Unit (Data collection, analysis reporting) | Katherine Helm-Lewis, Clinical Psychologist/Training Supervisor, counseling interns and staff |
| Milestones (Identify Timelines) | |
| Desired Outcomes and Achievements (Identify results expected) | To enhance the student experience and increase well-being, mental health awareness, and emotional intelligence |

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| <p>Objective 2:</p> | <p>Coordinate sexual violence prevention awareness and educational programs in the residence hall.</p> |
| <p>Action Items</p> | <p>Develop programs/workshops on sexual violence prevention and distribute an evaluation form after each session/program</p> |
| <p>Indicators and Data Needed (Measures that will appraise progress towards the strategic objective)</p> | <p>At least two outreach programs are conducted per semester, number and variety of programs offered throughout the academic year; number and results of evaluations from each outreach session/program</p> |
| <p>Responsible Person and/or Unit (Data collection, analysis reporting)</p> | <p>Erica Wade, Director Counseling & Wellness, Advocating for Sexual Assault Prevention (ASAP) team, and counseling interns and staff</p> |
| <p>Milestones (Identify Timelines)</p> | |
| <p>Desired Outcomes and Achievements (Identify results expected)</p> | <p>To increase residential students' knowledge and awareness regarding sexual violence prevention services and resources on campus and in the community</p> |