Applying a Collaborative, Settings-Based Approach to Campus Well-Being

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Overview

- Background on & Foundations of TigerWell
- TigerWell Goals & Projects
- Challenges and Opportunities
- Discussion (*tech-permitting!*)
Context: Elcan Family Fund & TigerWell

Elcan Family Fund for Wellness Innovation

Activities Supported by the Funding Source

TigerWell Health & Well-being Initiative

Funding Source – Gift to the University
The TigerWell Initiative engages Princeton staff, faculty and student partners in cultivating a campus community that supports the well-being of all of its members.
TigerWell uses a public health approach to well-being promotion.

We recognize that well-being is:

- Multidimensional
- Embedded in systems & organizational culture
- Collaborative
TigerWell Goals

- Cultivate an environment at Princeton that promotes well-being
- Strengthen cross-campus partnerships and collaborations
- Expand students' access to mental health support beyond traditional healthcare settings
- Advocate for health equity for all members of the campus community
- Encourage the use of evidence and research in well-being promotion
- Foster students' social connectedness and positive relationships
- Nurture student engagement and development of purpose and meaning
- Promote individual skills, behaviors and mindsets to enhance positive coping and resilience
Projects

- Outreach Counselors
- Campus Well-being Partnership
- Well-being in Learning Spaces
- TigerWell Data & Research
- Grant Program
Outreach Counselors

TigerWell Outreach Counselors are psychologists and social workers who work from satellite offices where students live, work and socialize.

They provide affirming individual "drop-in" and scheduled counseling appointments, support groups, referrals, and skills-building workshops and trainings for staff.
Mental Health & Wellbeing Virtual Drop-In Hours

Fall 2020
with Mike Gross, PsyD

Virtual drop-in hours provide an easy to access, confidential space for both undergraduate and graduate students. No prior registration or appointment required. Students are seen on a first-come, first-served basis and the meetings last approximately 30 minutes.

Fridays 9AM-11AM EST
Every Friday until November 20th, 2020
Zoom ID: 990 1725 8642

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Coping with Anxiety Uncertainty & Isolation

Are you feeling anxious about the ongoing uncertainty, isolation and the recent announcement about the Spring Semester? Please join us to share and connect as a community and to learn ways to take care of our mind, body and spirit during these challenging times.

CPS/Tigerwell outreach counselor, Sue Kim, Associate Dean, Julie Yun and Diversity and Inclusion Coordinator, Mia DeLeon, will be providing a supportive space for graduate students to come together to share and process experiences and reactions.

To receive the Zoom link for the event please complete this registration form: https://forms.gle/c6dx6ocfIUH3gE9

For accommodation please email Sue Kim at least three days prior to the event at sk38@princeton.edu
STUDENT-ATHLETE MEDITATION

Join Dr. Mike to find calm and connection during a 10-15 minute guided meditation via Zoom.

WEDNESDAYS 1PM EST
Zoom ID: 929 7465 4941

BUILDING AND REBUILDING OUR COMMUNITY

Managing Our Return to Campus Anxiety
When: Thursday, 9/2/2021 at 5:30PM
A space for graduate students to come together in community to share and process the experience of returning to campus during these uncertain times.

Processing What We’ve Lost
When: Monday, 9/13/2021 at 5:30PM
A space for graduate students to come together in community to share and process all that we have lost to help us look forward to what is to come.

WHERE: BOTH EVENTS WILL BE AT LAKESIDE BBQ
To register: https://forms.gle/CGVEFslsAXC06STM9

Contact Sue Kim at sk5@princeton.edu three days prior to the event to request accommodations.

LISTENING CIRCLE FOR CHINESE GRADUATE STUDENTS
A supportive and safe(s) drop-in space for students to share their thoughts on issues impacting their lives.

- Pandemic isolation and relationship difficulties
- U.S. immigration policies & U.S. / China relations
- Race based discrimination
- Cultural and linguistic differences

LISTENING CIRCLES WILL MEET:
Tuesday, September 22nd at 8PM (EDT)
Tuesday, October 20th at 8PM (EDT)
Tuesday, November 17th at 8PM (EDT)

To register and receive a Zoom link, click here or go to https://forms.gle/CGVEFslsAXC06STM9
To request accommodations email Sue Kim at sk5@princeton.edu three days prior to the event.
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Campus Well-Being Partnership
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Well-Being in Learning Spaces

TigerWell leads this cross-campus collaboration to promote conditions for student well-being in classrooms, labs, online spaces, and other learning environments.

We aim to support faculty and other instructors in implementing small changes to educational practices (pedagogy, advising, mentoring, etc.) that can have a profound impact on students’ well-being and mental health.
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Grant Program

TigerWell
Partnership Grant Recipient

TigerWell
Seed Grant Recipient
Grant Program: By the Numbers

Grant project consultation meetings (FY21):
- 29 pre-application
- 4 resubmission
- 20 post-award

Review Process:
- Grant Selection Committee (AY21–22): 10 members – 5 staff, 5 students
- Seed Grant applications (rolling): At least 3 members review and provide feedback through a program-goal-based rubric
- Partnership Grant applications (quarterly): All members review and provide feedback, both through a program-goal-based rubric and in a full committee meeting

Grants awarded in AY20–21: 15
Challenges & Opportunities
Discussion
Questions?

Thank you!

Email us at: tigerwell@princeton.edu
Find us online at: tigerwell.princeton.edu