Applying a public health and settings-based approach to campus well-being

AAC&U Annual Meeting 2022 Roundtable Discussion

Participants in today’s discussion will gain strategies and information to:

• Understand the foundations of a public health and settings-based approach to campus well-being;
• Discuss strategies for increasing cross-campus collaborations and leveraging internal expertise; and
• Explain the potential value of partnering with health promotion and public health campus professionals in employing evidence-based practices that promote undergraduate and graduate student well-being.

Background on TigerWell

Princeton University’s TigerWell is a whole-campus initiative that engages partners—staff, faculty, and students—in implementing a proactive approach to promoting undergraduate and graduate student well-being.

Tenets for our discussion today:

• Health and well-being are important precursors to students’ academic success.
• Modifying environments, not just individuals, is more effective long-term to promote student well-being. This idea is based in the discipline of public health.
• Oppression is antithetical to well-being.

To learn more:

• Overview of TigerWell
• TigerWell Foundations and Program Goals

• Projects:
  o Campus Well-being Partnership
  o Outreach Counselors
  o Well-being in Learning Spaces
  o Grant Program
  o Data & Research

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Questions for You and Your Campus

To what extent do you think a public health approach to student well-being promotion would have traction on your campus?

Think about the settings in which you have influence at your institution. What might look different if well-being were taken into account in those settings?

Who are the internal health and well-being experts on your campus? Think outside of the faculty. How could you strengthen your relationships with them?

Who do you think would be the other champions of these approaches? Who might be skeptical about these approaches?

What are institutional barriers you have experienced in promoting whole-person development and campus well-being?