

Value of the Student Wellbeing and Success Initiative

Part of student success at the UO means students have a positive experience. Measuring wellbeing factors, especially belonging, throughout students' trajectories at the UO is critical to understanding whether they have a positive experience.

Examples of how UO student wellbeing matters:

- The [LGBTQIA+ undergraduate](#) population is growing and is consistently showing up lower on wellbeing.
- Clark Honors College, Business, and Journalism & Communication undergraduates tend to have [better wellbeing outcomes](#) than do other students.
- First-time undergraduates who start at the UO more worried about confirming performance-based stereotypes are more stressed out at the end of their first year, which leads to an [increased likelihood of second-year dropout](#). Social support mitigates that trajectory.
- Students with lower socioeconomic backgrounds are more [food insecure](#) and food insecurity is associated with lower life satisfaction and higher stress and sadness.
- The Erb Memorial Union, a [hotspot for undergraduate belonging](#), is the [most inclusive](#) place on campus. Specific [programmatic experiences](#) contribute to lower loneliness and belonging uncertainty and more social support.

These and other findings, as well as additional data uses (e.g., using [wellbeing classification](#) to inform targeted outreach and contributing to education of instructors through a [Student Wellbeing Toolkit](#)), are made possible by the [Student Wellbeing and Success Initiative](#): an education, assessment, and research program that originated in Student Life. Because of where the program originated, the focus has been on cocurricular experiences. However, it has started to focus on curricular experiences—positive experience matters inside and outside the classroom. Looking forward, more data will afford more disaggregated analyses than do current data.

For five years, the Initiative's pre-matriculation baseline data collection has been incorporated into the process of becoming a student via IntroDUCKtion. Last year, in collaboration with colleagues across campus, we began incorporating *end-of-year* data collection into the process of *being* a student. Realizing that goal would allow us to better track the student experience over time, understand how different UO experiences inside and outside the classroom contribute to wellbeing, and find more opportunities to support wellbeing.

Specific Ask

We could incorporate end-of-year efforts by instructors encouraging students to complete the check-ins annually.

Would you ask your students to complete an End-of-Year Wellbeing Check-in each Spring? There are many ways to do this. Here are some suggestions:

- Email, Canvas, or Other Message: Here's some [text](#). Feel free to use it, edit it, or write your own entirely. And here's this year's URL if you want to insert it somewhere else:
https://oregon.qualtrics.com/jfe/form/SV_8wvaMUjheUPygES?Source=iaca2c.
- In-Class or Other Announcement: Here are some [slides](#). Feel free to use them, edit them, or make your own entirely. And here's this year's [QR code](#) if you want to insert it somewhere else.
- Get Creative: If there's some other way you want to communicate or if you want to offer [extra credit](#), go for it.

URLs and QRs are different every year. We distribute new ones along with new text and slides each Spring. Data collection remains open weeks 6 through 10.



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