Welcome to the 2009 Visiting Committee
Division of Student Life Strategic Plan
Implementation Team 4
Wellness
I-Team Charge

The DSL Wellness Implementation Team is charged by the Dean for Student Life with initiating a cohesive and seamless approach to student wellness. In partnership with key campus stakeholders, the Wellness Team will foster an environment that will increase awareness among faculty, parents, staff, and students of wellness issues affecting the undergraduate and graduate student populations. Emphasis will be on creating a healthy campus environment that enhances the quality of student life and promotes academic success and social and emotional growth.

Adopted February 2013
Team Membership

- Stephanie Kloos, DAPER (Co-leader)
- Judy Robinson, Student Outreach and Support (Co-leader)
- Carrie Sampson Moore, DAPER
- Matt Breen, DAPER
- Linden McEntire, Public Service Center
- Don Camelio, Community Development and Substance Abuse
- Michael Myers, Dining Services
- Becky Kjaerbye, Residential Life Programs
- Elizabeth Cogliano Young, DUE
- Maryanne Kirkbride, Community Wellness at MIT Medical
Accomplishments

• Created a working definition of wellness to guide the team’s work.

*Wellness is an interactive process of becoming aware of and practicing healthy choices to create a more successful and balanced lifestyle. It involves creating an environment, through policy and practice that encourages members of the MIT community to attain the highest quality of life possible. Wellness is multi-dimensional, holistic, and incorporates all aspects of our lives.*
Accomplishments continued

- Identified the American College Health Association’s Healthy Campus 2020 model as an action planning framework.

Accomplishments continued

- Conducted an environmental scan of DSL departments and programs regarding wellness related initiatives.
Team Recommendations

Recommendation #1
Form a permanent DSL-wide Health Promotion Committee (HPC).
- Coordinate a campus-wide wellness fair.
- Establish and implement a wellness campaign and outcome-based action plan with key stakeholders.
- Develop an annual calendar of wellness and health promotion programs and activities.
- Design a multi-level assessment plan to measure the effectiveness and impact of wellness and health promotion activities using new and existing assessment instruments (e.g. Quality of Student Life survey, National College Health Survey).
HPC: Proposed Membership

Core Committee
- Student representatives
- DAPER
- Student Outreach and Support
  - CDSA
  - Student Citizenship
  - Conflict Resolution
- Residential Life and Dining
  - Dining
  - FSILG
  - Residential Life Programs
  - First-Year Experience
- Religious Life
- Student Activities Office
- Housemasters
  - Undergraduate
  - Graduate

Proposed Campus Liaisons
- Community Wellness
- MIT Medical
- MIT Mental Health
- UAAP
- MIT Police
- Graduate Education
- Student Support Services
- International Students Office
Recommendations continued

**Recommendation #2**
DSL recommendation for a MIT Wellness Committee.

**Recommendation #3**
Market wellness classes in physical education via the First Year Experience curriculum.
Next Steps

- Develop a plan for a DSL Health Promotion Committee
  - Start up plan
  - Coordination of leadership and organizational reporting structure
  - Committee charge
  - Outcome-based plan and timeline and resource coordination
- Identify a communication plan
- Promote buy-in from campus stakeholders (students, faculty, and staff).