

Student Wellness Center & SMART Lab: A Student Life & Educational Studies Partnership

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Wellness Coaching

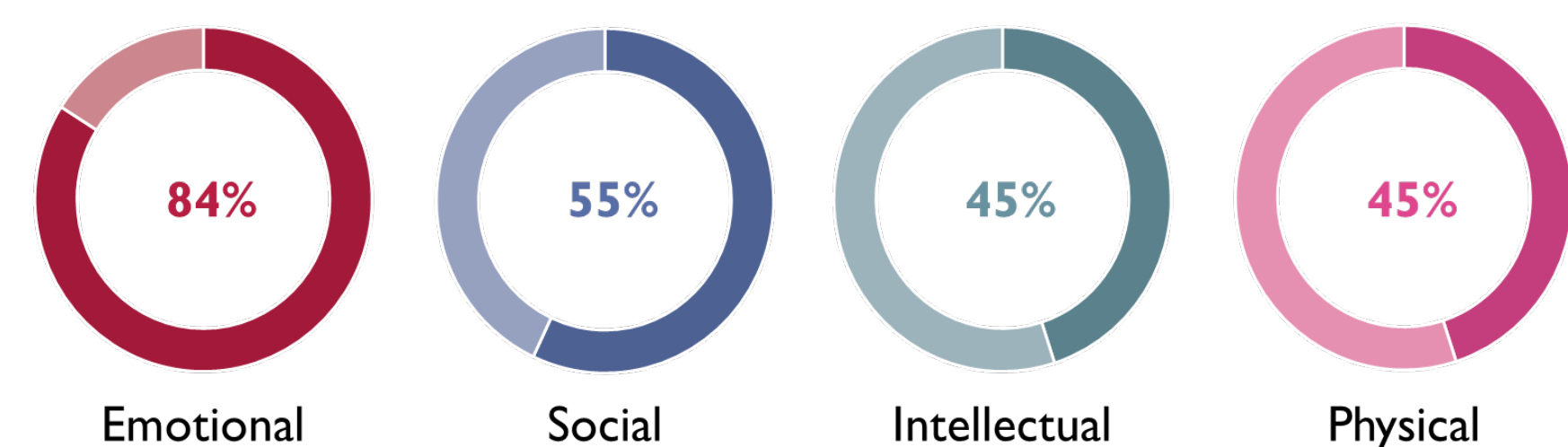
Wellness coaching provides individual and group services for undergraduate, graduate, and professional students at Ohio State University. Peer coaches work with students to increase their capacity to create the life they want to live, both now and in the future. Wellness coaches take a positive approach to personal development, focusing on strengths and using a holistic wellness model as a framework for generating individualized, meaningful goals. Coaching services are empowering and preventive in nature, supporting students' ability to flourish through enhancing capacities for resilience and self-acceptance.

A CAPACITY BUILDING APPROACH



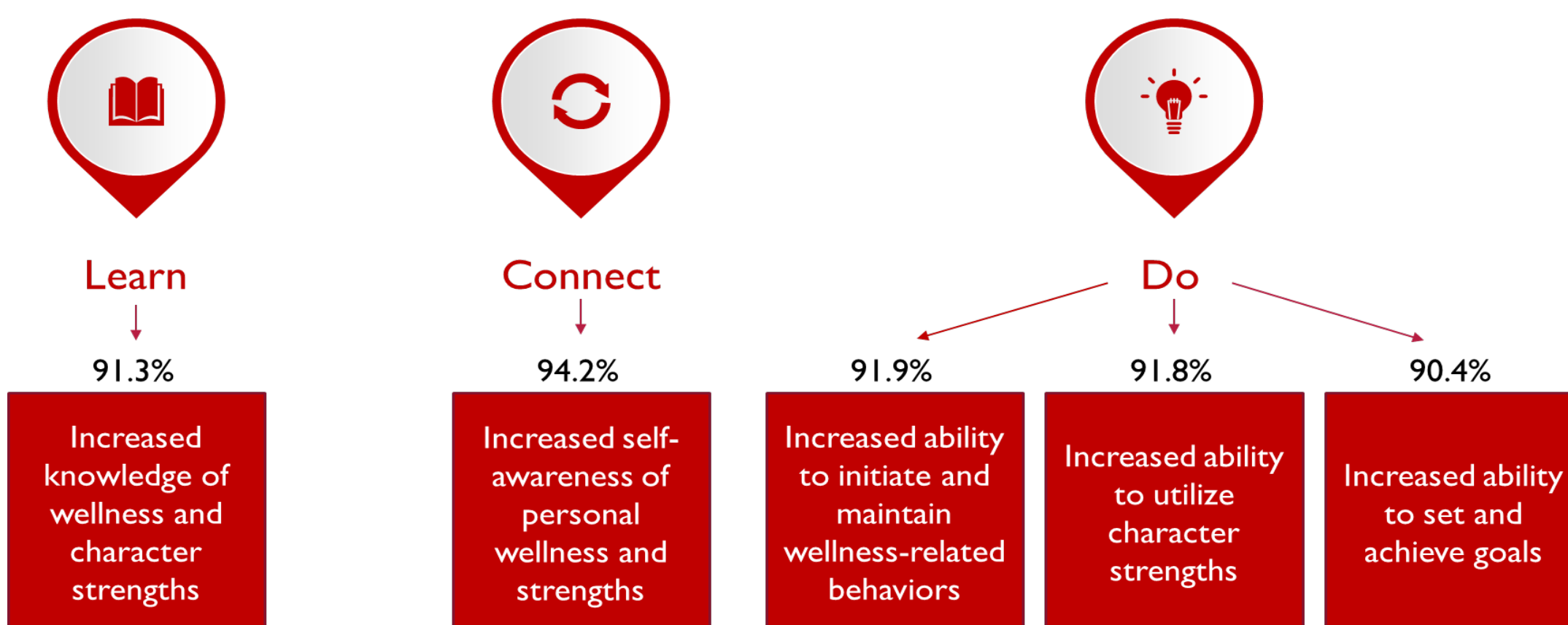
- | | |
|--------------------|------------------------|
| Most Common | Least Common |
| • 64% Honesty | • 16% Love of Learning |
| • 62% Kindness | • 13% Humility |
| • 58% Fairness | • 12% Spirituality |
| • 49% Judgment | • 10% Zest |
| • 44% Love | • 6% Self-Regulation |

PRIMARY WELLNESS DIMENSIONS ADDRESSED



OUTCOMES

"I really loved how wellness coaching aimed at helping you discover what type of person you are and how you can improve any area of your life. Instead of information being fed to you about 'what you should do,' the sessions lead to self-discovery and unleashed confidence through your strengths that you didn't know you had!"

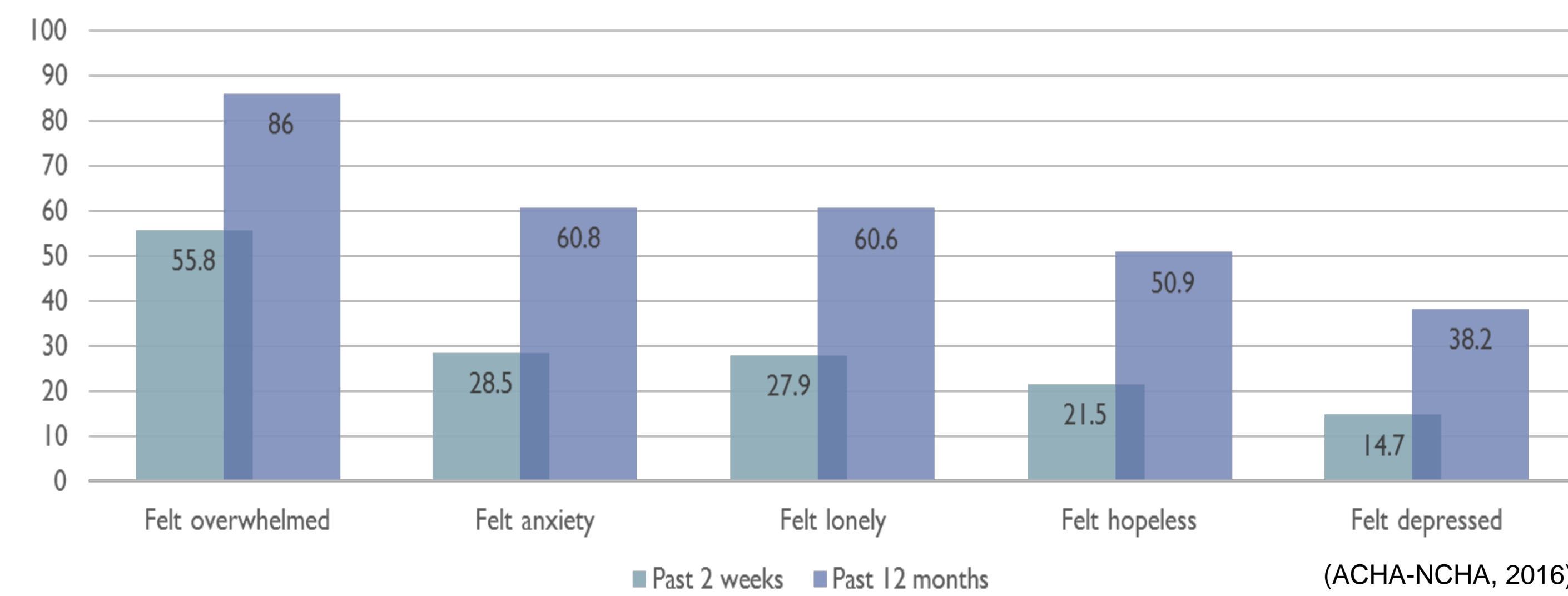


Collaboration & Engaged Research

The Office of Student Life Student Wellness Center and Department of Educational Studies have partnered to provide wellness services to Ohio State University students. The Stress Management and Resiliency Training Lab and Wellness Coaching program share a space on the 4th floor of the Physical Activities and Educational Services building which provides opportunities for collaboration and partnership. It is our hope that academic departments and student life offices can use this information to partner and provide more services to students.

NEED

NCHA 2016 Data



COLLABORATION & INTEGRATION

Referrals

34.1% of SMART Lab attendees came to the lab as a result of referrals and joint marketing efforts with the Student Wellness Center staff.

Pilot Program

Wellness Coaching + Biofeedback v Coaching v Biofeedback v Control (Fall 2018)
Outcome Variables: Stress, Coping, and Wellness

Open House

Each semester, Wellness Coaching and SMART Lab collaborate to host an end of the semester open house for Ohio State University faculty and students to use our services as they prepare for finals.

Meditation Workshop

On Reading Day, the SMART Lab worked with the Student Wellness Center to host a free meditation workshop for students in the Recreation and Physical Activity Center (RPAC).

Screening Events

In Spring 2018, the Wellness Coaching and SMART Lab staffs are collaborating to administer stress and wellness screening surveys to Ohio State University students. Additionally, staff will provide information regarding mental health services available on campus and in the greater Columbus community.

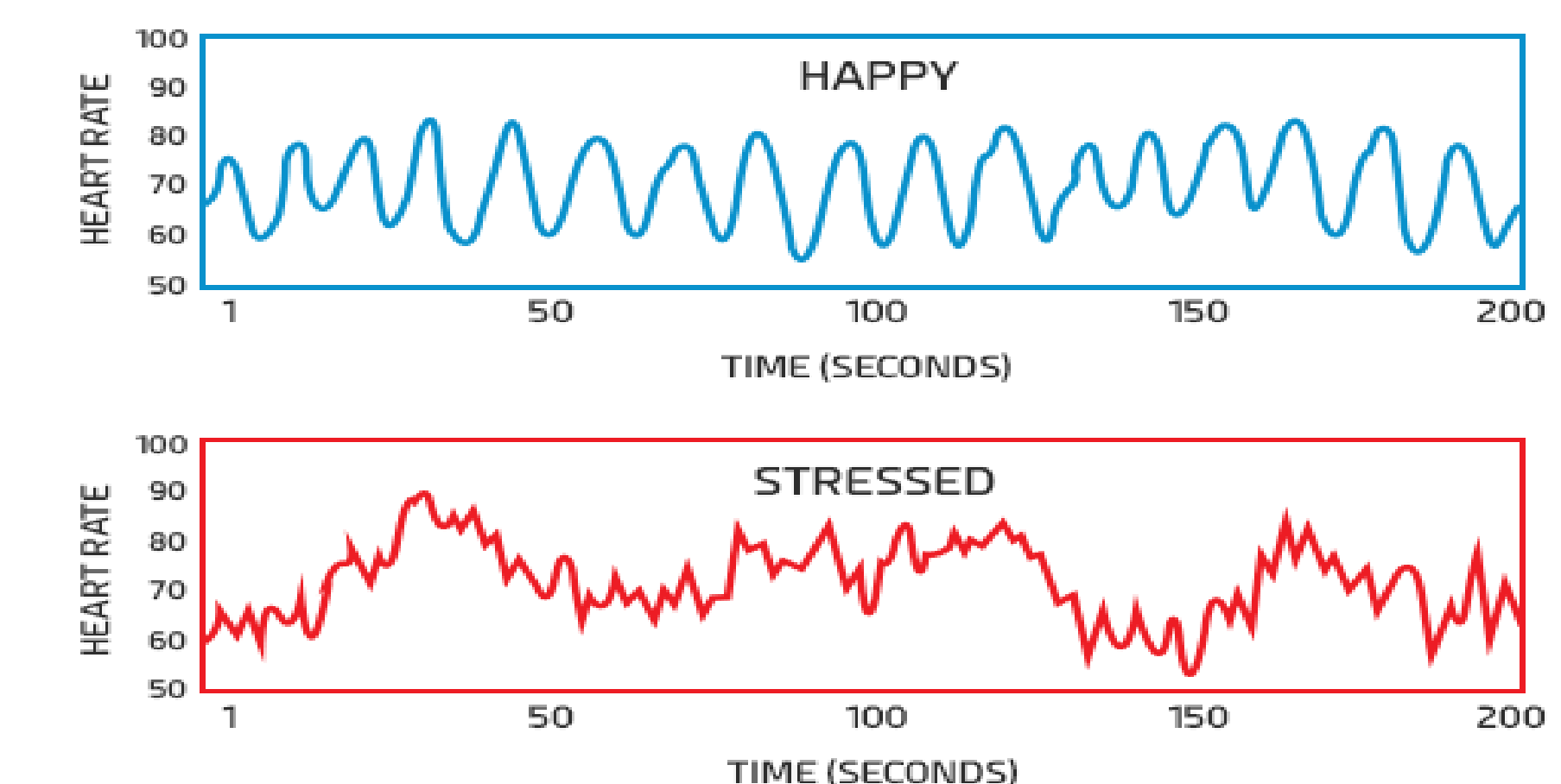
SMART Lab

The mission of the Stress Management and Resiliency Training lab is to teach and research the efficacy of stress management and resiliency skills to students. We provide a number of coaching, computer mediated learning, and group activity services for this purpose

SERVICES

Biofeedback

The SMART Lab offers computer mediated biofeedback stress management training for Ohio State University students. Students learn empirically supported stress reduction techniques to lower stress levels and build resilience. Students can gauge the immediate effectiveness of the techniques based on the visual cues given by the emWave Pro, an application that uses changes in heart rate as a marker for stress.



Meditation

Students can participate in a weekly hour long meditation group where they learn various techniques to decrease stress. This group is for beginner and experienced meditators.

Relaxation Training

The SMART Lab offers a weekly relaxation skills class where students can learn simple techniques to reduce anxiety levels and increase overall wellness.

RESEARCH PROJECTS

Faculty & Staff Pilot Program

In Fall 2017, the SMART Lab partnered with the Ohio State University Health Plan to provide a 6-week relaxation training for 30 Ohio State University faculty and staff members. Participants attended either a weekly relaxation training online or scheduled weekly biofeedback stress management training sessions in the SMART Lab.

Instrument Validation

In Spring 2018, the SMART Lab is partnering with ESQREM faculty to validate surveys measuring stress and coping for use with college students.

REFERENCES

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