



Rounding out FYE with a Dose of Holistic Health

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Background

- Who: First year students
- What: 3 credit course required for TJP
- When: Spring Semester
 - M/W 2pm – 3:15pm
 - T/Th 11am – 12:15pm
- Where: Library Auditorium and Classrooms
- How: Face-to-Face (Lectures and Seminars)
 - Day 1 = Large Lecture
 - Day 2 = Seminar Discussion
 - Days 3 & 4 = Classroom Instructions and Activities

8 Domains of Well-Being

- Intellectual
- Financial
- Occupational
- Physical
- Emotional
- Social
- Spiritual
- Environmental



Research Question

- Does HWB-110 improve self-perceived wellness ratings for students?

Methods

- Students completed personal assessment for each domain of well-being at the start and end of semester
 - 10 questions for each domain with scores ranging from 10-40
- Paired t-tests were used for all students who completed all questions in each pre and post surveys and could be paired (n=70)
- Qualitative data was collected about each domain, delivery method, assignments, and overall course

Personal Assessment: 8 Dimensions of Wellness

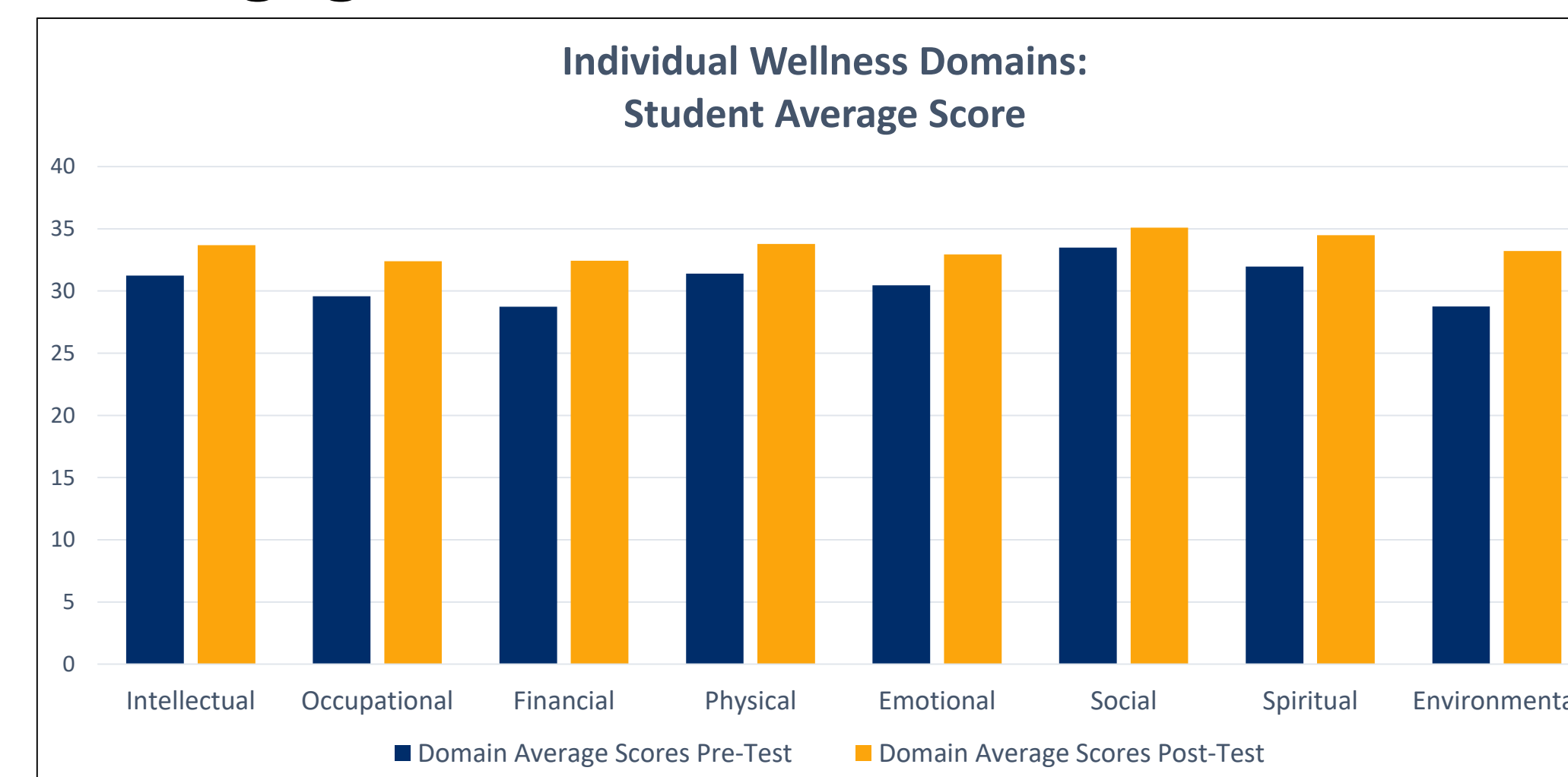
Directions: Circle the number that applies to you for each statement. Then, total up the number for each of the 4 columns. Write the sum of all your totals in the light gray box to the right of the chart. This number is your score for that dimension (out of 40).

EMOTIONAL

	Rarely, if ever	Sometimes	Most of the time	Always
I find healthy ways to cope with stress (e.g. exercise, meditation, social support, self-care activities, etc.)	1	2	3	4
I am able to ask for assistance when I need it, either from friends and family, or professionals.	1	2	3	4
I accept responsibility for my own actions.	1	2	3	4
I am able to set priorities.	1	2	3	4
I feel good about myself and believe others like me for who I am.	1	2	3	4
I am flexible and able to adapt/adjust to life's changes in a positive way.	1	2	3	4
I can express all ranges of feelings (i.e. hurt, sadness, fear, anger, joy, etc.) and manage emotion-related behaviors in a healthy way.	1	2	3	4
I maintain a balance of work, friends, family, school and other obligations.	1	2	3	4
I do not let my emotions get the better of me. I think before I act.	1	2	3	4
I have a healthy relationship with social media.	1	2	3	4
TOTAL				

Results

- Total well-being and every domain saw significant improvement after students engaged in the class



Domain	Pre-Test Mean	Post-Test Mean	Mean Difference	Significance	Confidence Interval	Cohen's d
Total	243.67	272.06	28.38	.001	18.099-38.669	.663
Intellectual	31.42	34.04	2.63	.001	1.886-3.364	.834
Occupational	29.23	32.42	3.190	.001	1.934-4.446	.601
Financial	29.09	33.06	3.971	.001	2.776-5.166	.798
Physical	31.08	33.86	2.779	.001	1.867-3.690	.727
Emotional	29.63	33.27	3.643	.001	2.545-4.740	.791
Social	33.03	35.37	2.343	.001	1.470-3.215	.640
Spiritual	31.86	34.76	2.907	.001	1.876-3.938	.672
Environmental	27.97	31.80	3.826	.001	2.635-5.017	.772

“I would say this course was an amazing course to be in! The lectures and discussions really pushed me to take time for myself so that way I can better myself and better understand what I need.”