



# SPARTANS THRIVE

UNCG's Quality Enhancement Plan  
Health and Wellness

For Spartans who are enrolling for the first time in college (FTIC) this fall, **Spartans Thrive** will set them up for a successful college career. Spartans Thrive is the University's Quality Enhancement Plan (QEP) and will begin in fall 2023 with FTIC students and continue through fall 2028. Focused on the student's holistic health and wellness, Spartans Thrive supports the University's Strategic Plan goal of "Student Transformation for Health & Wellness."

[Learn More](#)



## THREE KEY AREAS OF SPARTANS THRIVE



*UNCG students will gain understanding of and appreciation for health and wellness as it applies to their personal and professional lives.*

### Minerva's Academic Curriculum (MAC) Foundations Courses

Integrating health and wellness into the MAC Foundation Courses will help students begin their college journey with academic achievement skills, advising, and navigational support to help them persist and be academically successful.

### Spartan Experience

Led by Student Affairs, the Spartan Experience will offer events and activities that focus on the well-being learning competency to promote the holistic and integrated development of the student using the following eight dimensions of wellness: physical, emotional, social, environmental, cultural, financial, occupational, and intellectual. The program encourages students to learn and develop life-long knowledge, skills, and awareness to strive for optimal well-being individually and of the global community.

### Mentor Collective Mentoring Program

FTIC mentored students persist to their second year at a higher rate than their non-mentored peers, with similar academic prep, ethnicity, income, and age. UNCG has not met the first-to-second-year retention rate goal of 85%. Mentorship of FTIC students aims to improve student success outcomes for student persistence.

## STUDENT LEARNING OUTCOMES AND REPORTING

Launching with the FTIC fall 2023 student cohort, Spartans Thrive will concentrate on every fall incoming class through fall 2028. All Spartans will be encouraged to participate in holistic health and wellness opportunities through the Spartan Experience. The student learning outcomes for first-year students are:

1. Students will develop goals and plans related to personal purpose, interests, and/or values between self and community.
2. Students completing the well-being competency of the Spartan Experience will be able to identify and engage with campus resources to support their personal well-being.
3. First year mentored students will persist to their second year at a higher rate than their non-mentored peers, with similar academic prep, ethnicity, income and age.

Launching in fall 2024, the UNCG Spartans Thrive Wellness Dashboard will inform how our efforts are measuring up to our goals.



For More Information Visit [qep.uncg.edu](http://qep.uncg.edu)

## YOUR HOLISTIC HEALTH AND WELLBEING



## What is Spartans Thrive?

Spartans Thrive is a University-wide, holistic health and wellness initiative for students, especially our first time in college (FTIC) students. From incorporating health and wellness in Minerva's Academic Curriculum (MAC) to student life activities, FTIC students will gain knowledge and support needed to be successful during their college experience and for years after.

## How can Spartans Thrive help you?

As a Spartan, you know college learning is more than class assignments, research, and studying in the library. Learning occurs with each person-to-person interaction on campus. We have a vast array of students who bring different experiences and perspectives enabling you to broaden and transform your knowledge through everyday interactions with your fellow students. Spartans Thrive can help formalize these lessons while strengthening your wellness.

Spartans Thrive incorporates the well-being learning domain from the Spartan Experience. This includes its focus on the eight dimensions of wellness designed to expand your knowledge in the following areas of wellness: physical, emotional, financial, intellectual, career, environmental, cultural, and social. Wellness is not a destination; it is a personal journey that evolves over a lifetime. Through Spartans Thrive, we want to help you begin to build life-long, healthy choices for a fulfilling life during college and long after.

## Spartans Thrive and your career

Commencement is closer than you think. Differentiate yourself from the job competition with a co-curricular transcript. Employers are looking for mindful employees and that's where Spartans Thrive can help you stand out among other applicants.

## Why should you participate in Spartans Thrive?

Spartans are also committed to helping others. The University's motto is service. Through Spartans Thrive, you will explore new and expand your existing interests and values for yourself and the greater community. By participating in Spartans Thrive, you will gain strong skills to support your personal health and well-being.

As part of Spartans Thrive, sophomores, juniors, seniors, and graduate students may also have the opportunity to help a first-year student through peer-to-peer mentoring. You remember the initial challenges of college life. Who better to help the next class than those who came before? Peer-to-peer mentoring is assigned through Your First Year in the Division of Student Success.



## Start Spartans Thrive Today

Start on your path to better health and wellness by participating in qualifying student life events and activities.