



← 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

YOUR FIRST YEAR



Welcome to the G!

Your first year as a Spartan is a memorable one. You will meet new people and be challenged with thought-provoking classes and experiences. Spartans Thrive is designed to help you navigate your first year and set you up for long-term success.

What is Spartans Thrive?

Spartans Thrive is a University-wide, holistic health and wellness initiative for students, especially you – our first time in college students. From your general education courses (called Minerva's Academic Curriculum or MAC) to student life activities, UNCG is dedicated to your health and wellness.

How can Spartans Thrive help you?

Starting college can be intimidating and overwhelming. Through Spartans Thrive, you will be provided a peer mentor in Your First Year class. This fellow Spartan has been exactly where you are today and can help answer questions you have and direct you to faculty and staff who can help ensure your success at the G.

College learning is more than class assignments and studying in the library. Through your MAC classes, health and wellness will be incorporated into your education. MAC will enable you to gain the skills, advising, and support needed to successfully navigate your path from first year to senior year.

Learning occurs with each person-to-person interaction on campus. We have a vast array of students who bring different experiences and perspectives – you will learn from those who are not like you. 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.



A Class Act

As members of the Class of 2027, Spartans Thrive will track how the entire class is progressing. When you complete an element, the Class of 2027's Spartans Thrive dashboard will reflect the growth. A healthier you starts with Spartans Thrive. Start Today!

Showcase your Spartans Thrive experience

by sharing your accomplishments for all to see on social media using

  #SpartansThrive  

Follow us on social!

