



← 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:

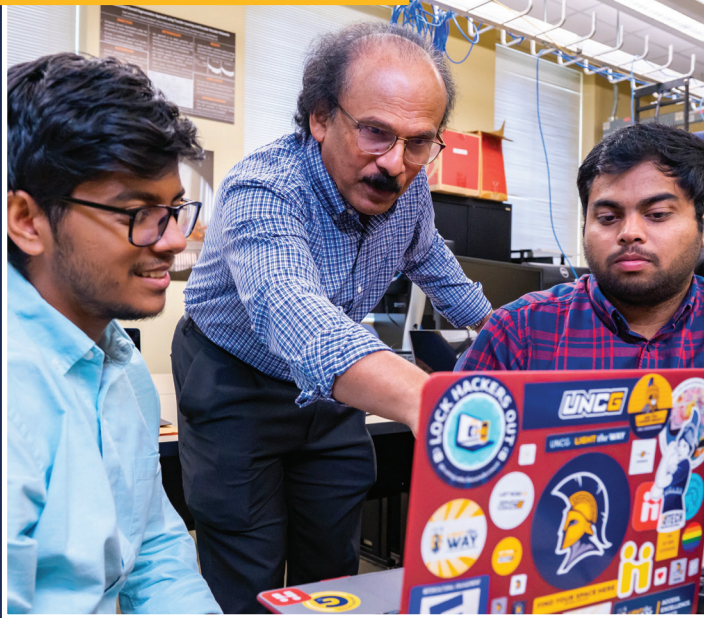
1. Students will develop goals and plans related to personal purpose, interests, and/or values between self and community.
2. Students completing the well-being competency of the Spartan Experience will be able to identify and engage with campus resources to support their personal well-being.
3. First 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

FACULTY & STAFF



Why Spartans Thrive?

As faculty and staff, you know the challenges of student health have been at the forefront of higher education over the past several years as we navigated through the COVID-19 pandemic and more. At UNCG we collaborated across units to serve our students through those challenging times, and we must continue to do so. A 2021 UNCG Student Affairs survey found our students are experiencing elevated levels of stress, anxiety, depression, and loneliness:

- 71.3% of respondents reported their stress/anxiety was higher now than before the pandemic.
- 56.1% of respondents report they were lonelier now compared to before the pandemic.

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 you get involved?

Faculty and staff can actively engage through a variety of ways. You can promote student involvement in the 3 QEP Programs that will connect them to the 8 dimensions of wellness:

- **MAC Foundations Course** - students learn how to adopt a healthy lifestyle that can improve their academic performance and individual and community health.
- **Mentoring Program** - sign up for a mentor who is ready to help them navigate college life. Research has shown mentorship is key to keeping FTIC students engaged and persisting through their first year.
- **Spartan Experience** - take advantage of the campus health and wellness programs, workshops and events while building their co-curricular transcript.

Faculty can incorporate health and wellness into the curriculum by integrating health and wellness topics into their course content, assignments, readings, and discussions.



What is next?

While all students can participate in Spartans Thrive, the Class of 2027 (fall cohort 2023) will be closely monitored. The University will continue to track these students and all fall cohorts through 2028 to measure, reflect, and report how Spartans Thrive impacts student health and wellness as well as their graduation progress. The dashboard will launch in 2024.