



# ← 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)

## SPARTANS THRIVE



Spartans Thrive, a University-wide quality enhancement program (QEP), can help.

## Why Spartans Thrive?

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 campus and beyond to serve our students through those challenging times. We must continue to do so. A 2021 UNCG Student Affairs survey found our students, like their national peers, 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.

## How to get involved?

Supporters of UNCG and Spartans Thrive can support the effort a variety of ways. As opportunities to engage with students develop, remind them the University is here to help. University resources are available to them. Our goal is to develop successful students into future alums with strong knowledge of their personal and community wellness.

## What does Spartans Thrive success look like?

UNCG will establish a Spartans Thrive Wellness Dashboard to measure student participation and the University's matriculation to its goal. UNCG seeks to positively impact student mental health, sense of belonging, academic performance, and degree completion persistence. These measurements will be analyzed, and programming will be adjusted as the fall 2023 cohort completes their first year, and with each successive cohort thereafter. Spartans Thrive compliments the University's strategic plan and its student retention goals.

