

FRONTLINE PROFESSIONALS 19 FEB 2020



Office of Student Wellness

Presenting for Campus Recreation:

Andy Darling

Sera Zegre



Presenting for Adventure WV:

Marcedes Minana

Patricia Chan



Presenting for WellWVU:

Courtney Weaver

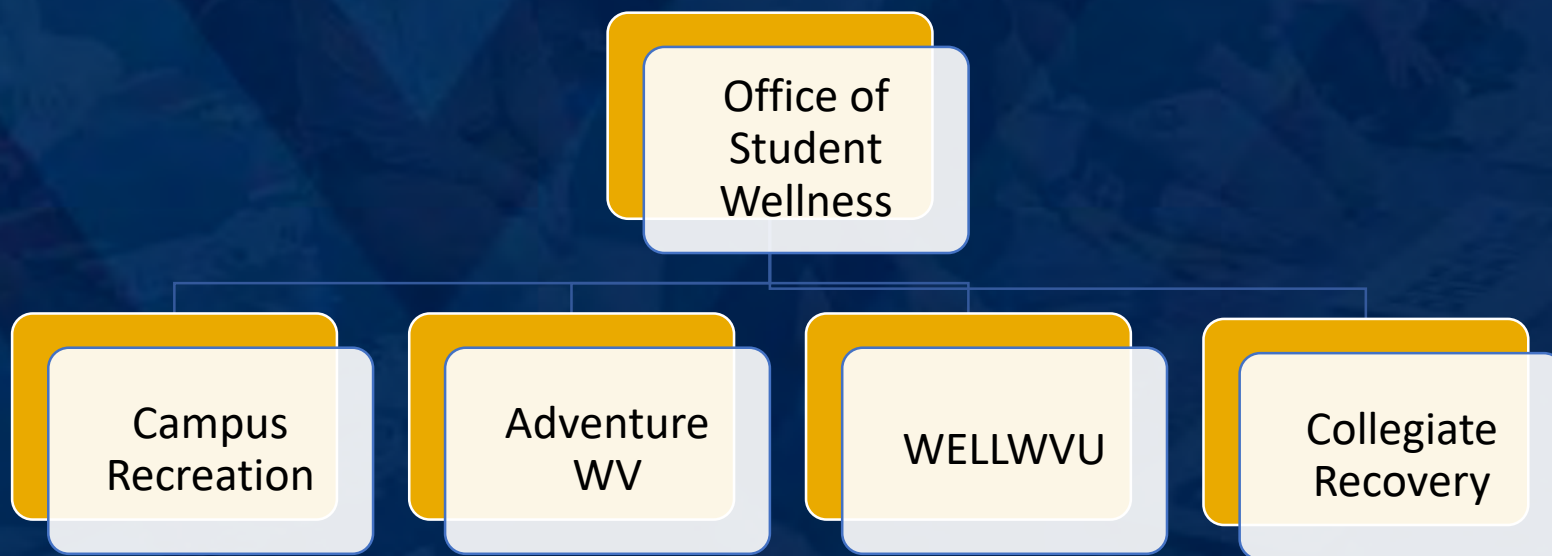
What's with the yoga balls?

Movement sparks your mind – other benefits?

- Increase blood flow
- Sleep better
- Boost mood
- Better grades
- Fitness & wellbeing
- Energize
- Focus
- De-stress
- Sharpen memory
- Boost creativity
- Increase confidence
- Ease pain
- Increase productivity
- Decrease illness

Who we are

Student Life





WVU Campus Recreation

Andy Darling, *Director*

Sera Zegre, *Research Coordinator*

Outline

1. Who we are
2. Value of engagement
3. What's next



Who we are

Did you know?

- Website gets 90,000 unique visitors annually
- Treadmills get 1,000 miles per month
- Busiest month is Feb – 4,000+ visits
- Employs
~300 students



Who we are

Provide exceptional recreation, wellness, and education opportunities that meet the needs of West Virginia University and the surrounding community.



AQUATICS



CLUB & IM SPORTS



CRAFT CENTER



FITNESS



SPECIAL EVENTS



YOUTH PROGRAMS

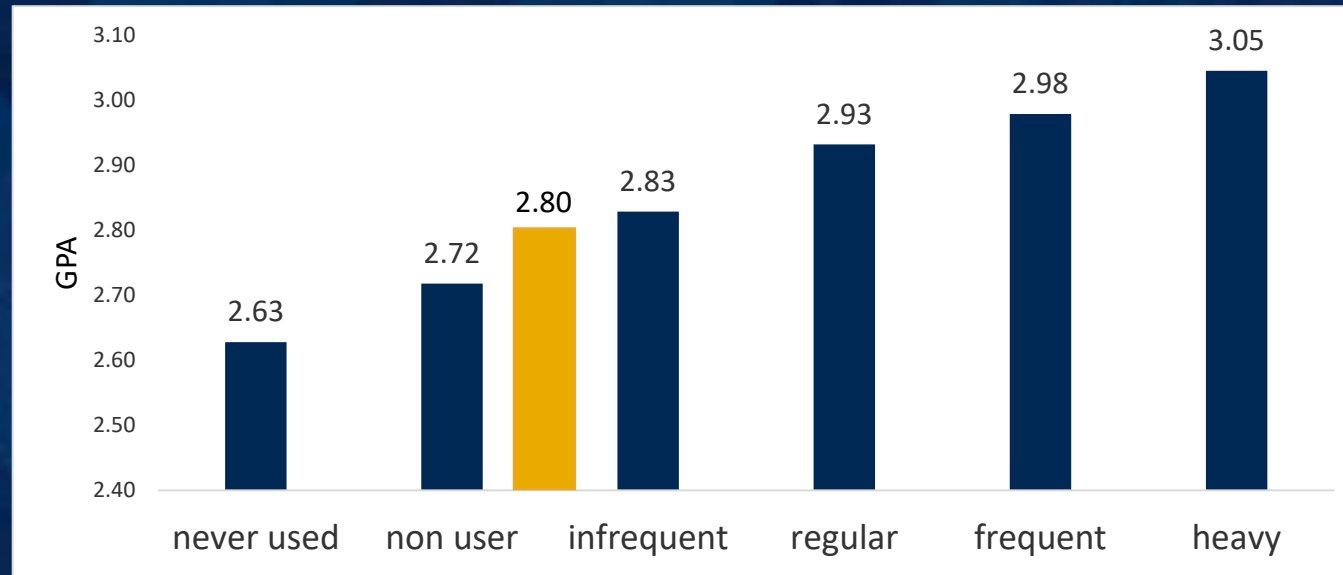


STUDENT RECREATION CENTER

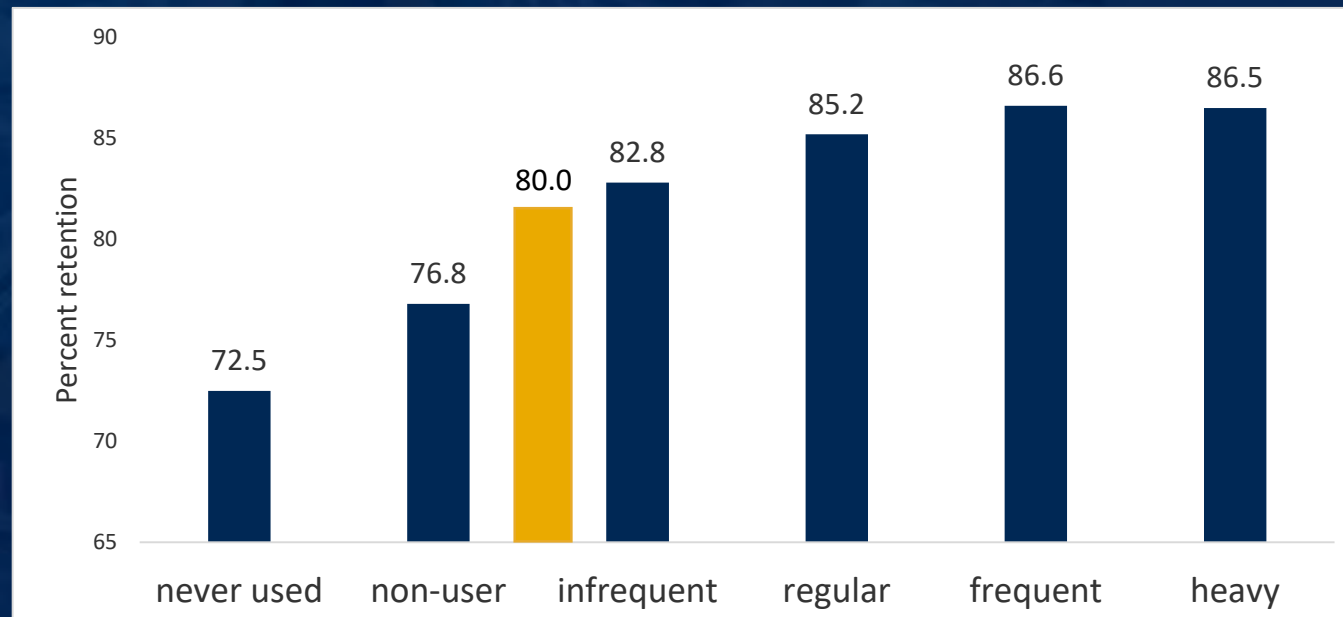
Value of engagement

FT, FTF
2014-17
n = 15,079

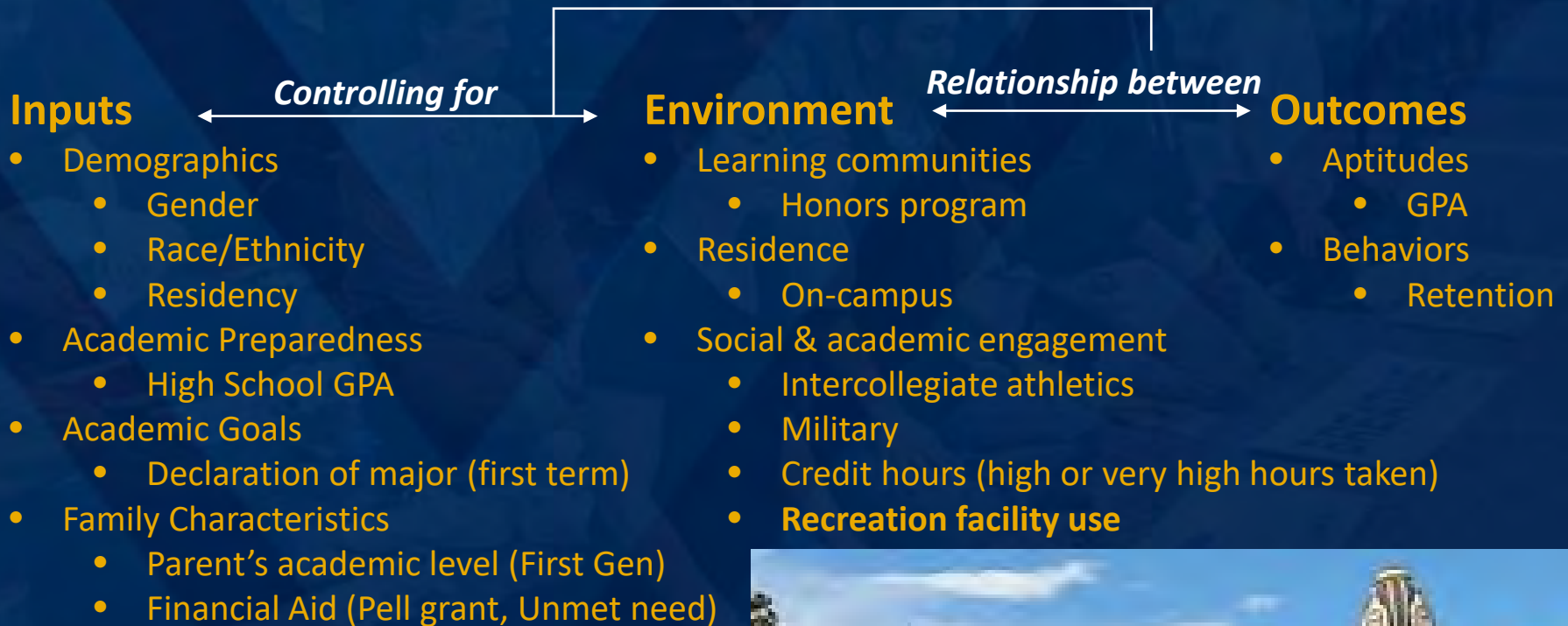
GPA by recreation facility use



First-year retention by recreation facility use



Value of engagement *Analysis model*



Sample $n=13,096$

- FT FTF (2014-17)
- Facility users & non-users



Value of engagement

Findings 2014-17

Weekly+ FTF users of rec facility:

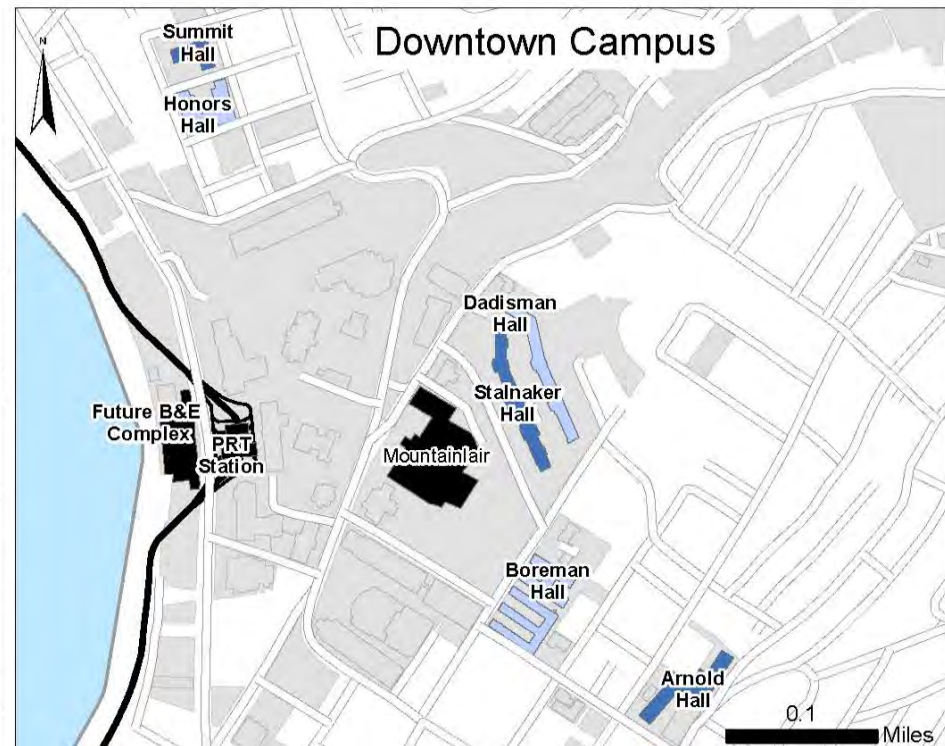
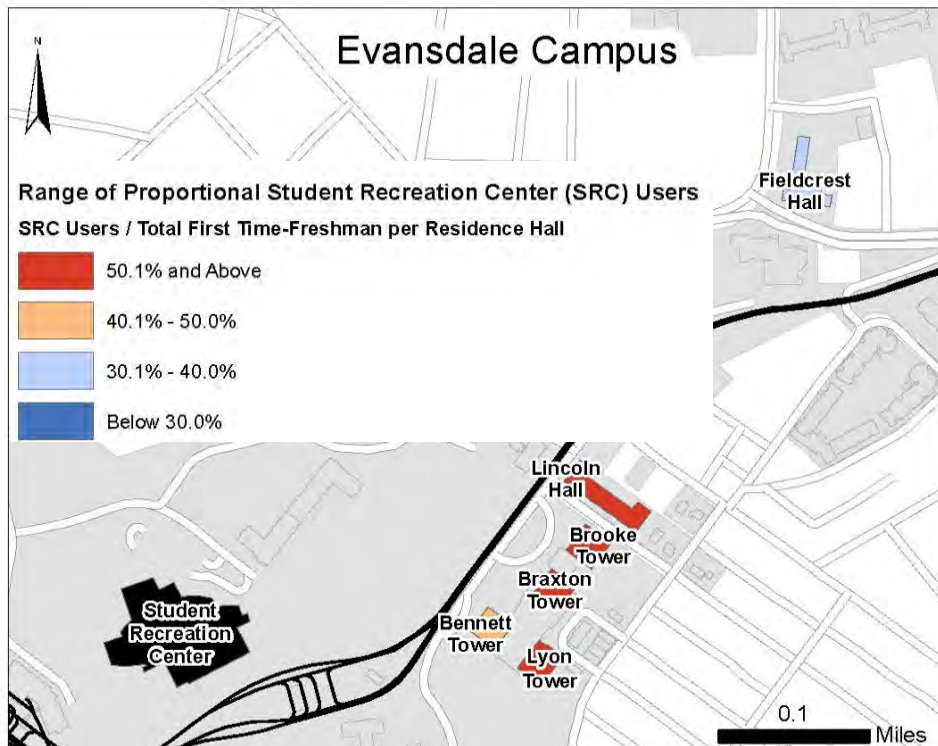
- 8.4% points higher retention
- 0.28 points higher GPA
- multivariate model & statistical matching
- *does not include other: CR, students, outcomes*



Facility use by res hall

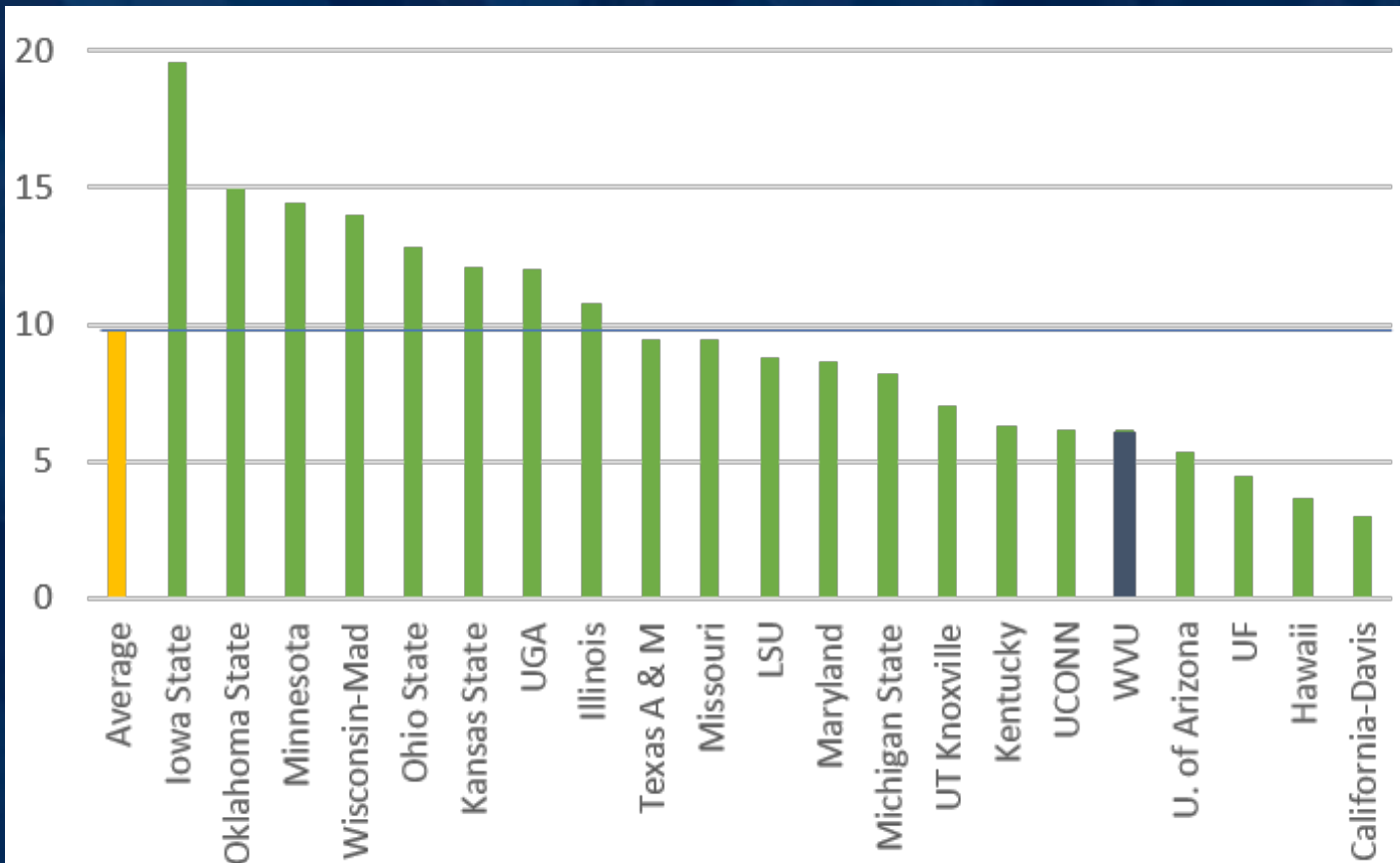
- Evansdale FTF > 2.5 x odds of regular SRC use than Downtown FTF

First-Time Freshmen Use of the Student Recreation Center by Residence Hall
Fall 2014 - Spring 2017 at West Virginia University - Main Campus



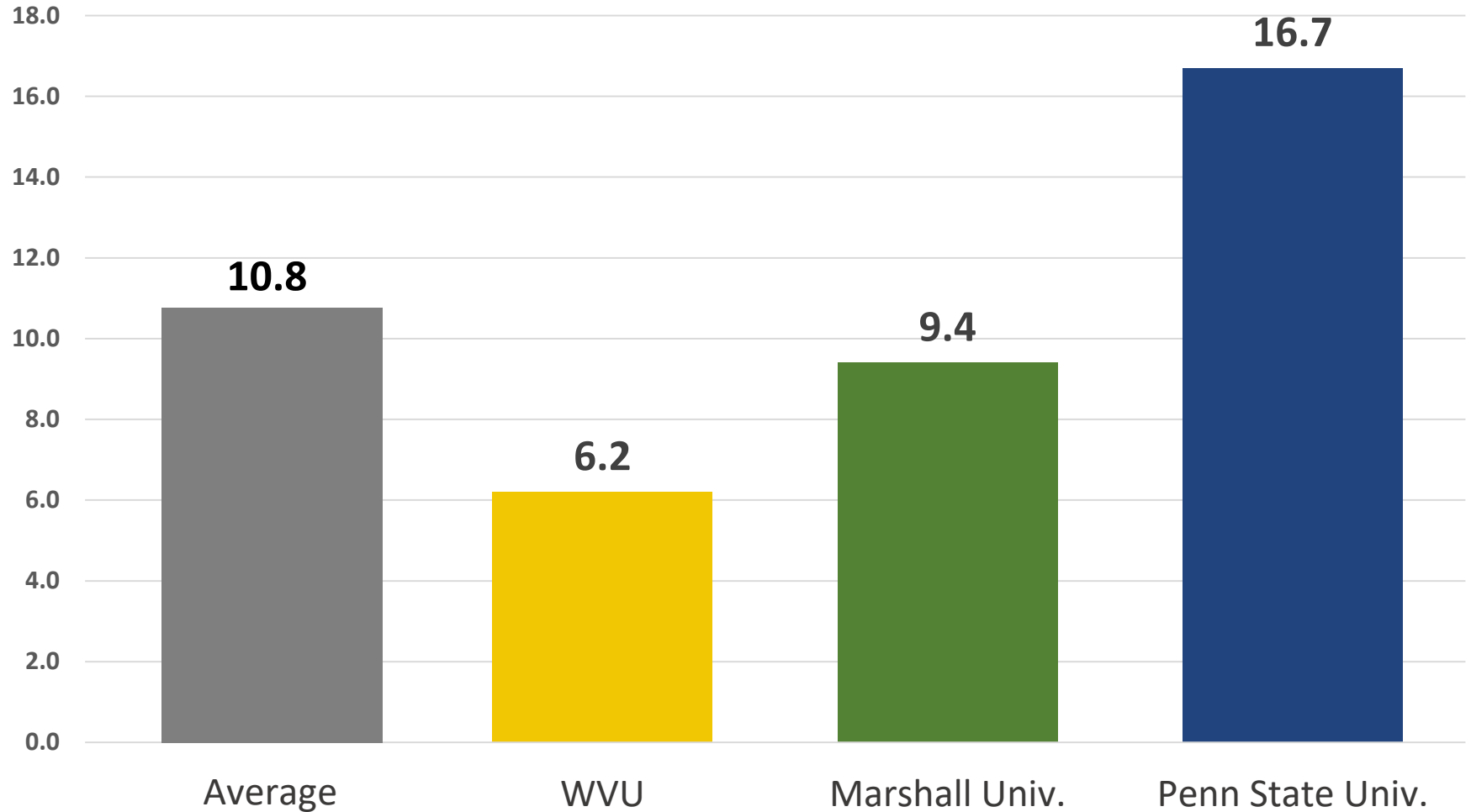
What's next

- Rec space small, students feel crowded
 - 19th percentile HPEC institutions
 - Add 100 thou ft² = 50th percentile



What's next

Area of Indoor Recreation Space Per Student
Admitted but not enrolled



What's next

- Reynolds Hall/ B&E future facility
- Programming in existing facilities
- Housing & Res Life partnerships
- SGA & Downtown Library partnership
- More & earlier student connections



What's next

Provide exceptional recreation, wellness, and education opportunities that meet the needs of West Virginia University and the surrounding community.

Ensure facilities & programs:

- Intentional
- Strategically placed

 **CAMPUS RECREATION** = *willing partners!*



Questions?

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First-Year Trips

*Who we are, how we're changing,
what we provide for incoming students, and
how you can help us spread the word!*



Marcedes Minana
Patricia Chan



Adventure WV First-Year Trips (FYT)
*peer-led, adventure-based experiences that
prepare students for life at WVU*

Trips offer diverse opportunities to:

- meet other first-year students
- learn about themselves
- connect with WVU

FYTs run weekly in summer
with an 'Early Move-in' option
3 different trip models

How FYTs fit into Adventure WV



FYTs By The Numbers

Since its inaugural program in 2003 with 14 students, FYTs are continuing to grow significantly!

9 Weeks of FYTs over the summer

3-11 FYTs running per week

56 total FYTs: 16 Quest, 21 Explore, 19 Odyssey trips total

14 NSO Basecamp Sessions total in June

420 NSO Basecamp student spots total

1000+ FYT student spots

53+ Student staff members

What Our Programs Focus On

Through outdoor adventure challenge, FYTs focus on working with students to...

1. Meet other incoming first-years and develop a foundation of **supportive relationships**
2. Set **goals** and reflect on **values** for college
3. Experience **independence** and **personal responsibility** in a facilitated environment
4. Develop **self-awareness** through challenge and reflection
5. Foster positive **relationships with WVU**
6. Get involved with **leadership, teamwork, service**
7. Experience fun **outdoor** recreational opportunities

More details about FYTs

Despite the variety of choices available to students, all programs are similar at their core. On any FYT, students can expect:

Peer-Led by current WVU students with 300+ hrs of training

Small groups: Groups of 8-22 students with 2-4 trip leaders

Team-building through activities and initiatives

Adventure Activities: backpacking, climbing, rafting, service, etc.

Daily Discussions: Making the Transition, Goal Setting, Strategies for Success, Diversity and Inclusion, Healthy Decisions

Positive Community: Students live, travel, cook, play, learn together under the guidance & mentorship of student staff

Cell-Phone Free Environment (Check out our Cell-Phone Letter)

Affordable: \$95 or less (Free for Pell Grant eligible Students)

All First-Year Trips are similar at their core.



All trips are \$95 or less.

All equipment is provided

Earn 1 Fall Credit

No experience necessary

Build strong relationships

Many students say it was their best decision in their first year at WVU.

FYTs are designed for beginners.

No previous experience expected nor required.

A lot of students are “on the fence” about whether trips are “for them.” Check out what some participants say about their trip:

“

All of these new relationships helped me move from high school to college extremely well, because I knew that we would all still hang out with each other when we got to school. I had never clicked so fast with a group of people, and I knew that they would be in my life for the long run, and I am excited to experience this new chapter with my new best friends.

“

Everyone was kind of nervous and uncomfortable when the trip started. But as time went on, we all became friends and got to start our college experience together. This really gave us an advantage for the other students that may have done just regular move-in. It gave us a head start on our new friendships and our college experience.

“

I was at peace, the only person awake in the entire campsite, drinking in the beauty of the world around me. The last few days had been my favorite days of my entire summer, as the people I was surrounded with were constantly smiling, happy and accepting of the person I am. I came into the program terrified of college and exited with my arms around 16 of my new closest friends, ready to tackle whatever came our way.

Program Models

Choice of program matters to students,
but too much choice can be overwhelming.

FYT options are streamlined into 3 different program
models varying in activity, lodging, and trip length.

Each model offers a slightly different
type of experience.

DIFFERENT OPTIONS FOR ADVENTURE



Quest

Participants on **QUEST** trips have the opportunity to sample an exciting array of adventure activities from a central, basecamp location.



Explore

Participants on **EXPLORE** trips will enjoy a smaller group experience, more time in the great outdoors, and a sense of challenge and accomplishment, while visiting some of the most popular places in West Virginia.



Odyssey

Participants on **ODYSSEY** trips will travel all around the great state of West Virginia, while trying their hand at some of the most outstanding adventure activities the state and surrounding area have to offer.

Find out which option is right for you



Quest

Participants on QUEST trips have the opportunity to sample an exciting array of adventure activities from a central, basecamp location.

Activity Highlights

All Quest participants will engage in rock climbing, challenge course elements, whitewater rafting, and will give back to the local community. Other activities will vary.

Where do you stay?

Basecamp with rustic cabins

Trip Length

5 days



Explore

Participants on EXPLORE trips will enjoy a smaller group experience, more time in the great outdoors, and a sense of challenge and accomplishment, while visiting some of the most popular places in West Virginia.

Activity Highlights

All Explore participants will learn the basics of backpacking while traveling through a pristine area of WV and will trips conclude with whitewater rafting at the New River Gorge.

Where do you stay?

Combination of tent camping & backpacking

Trip Length

6 days



Odyssey

Participants on ODYSSEY trips will travel all around the great state of West Virginia, while trying their hand at some of the most outstanding adventure activities the state and surrounding area have to offer.

Activity Highlights

All Odyssey participants will travel around West Virginia, engage in a variety of aerial adventures, and experience whitewater rafting. Other activities will vary.

Where do you stay?

Combination of tent camping and rustic cabins

Trip Length

6 days



Partnership Trips

Adventure WV partners with several colleges and organizations on campus to provide trips for students in the same college, major, or organization:

- Chambers College (4 trips)
- Statler College (3 trips)
- Honors College (5 trips)
- Forensics (2 trips)
- ROTC (2 trips)
- FYP (2 trips)
- CCA
- Transfers
- Reed College of Media
- Exercise Physiology
- Davis College
- CPASS
- HSTA & HCOP

Assisting With Transition

Since 1986, research shows increased FY student retention, GPA, and graduation rates from participants in Outdoor Orientation Programs, as compared to non-participating students and even other pre-orientation experiences. Research on the AWWFYTs align with this:

11.4% change in retention rate from those who participated to those who didn't (in-state students) (2013-2016)

8.2% change in retention rate from those who participated to those who didn't (out-of-state students) (2013-2016)

9.9% change in retention rate from those who participated to those who didn't (Low EFC students) (2013-2016)

What They're Saying About Us

FYTs are all about making connections with other students and learning from expert upperclassmen leaders.

Trips come highly recommend by participants.

99%

of participants recommend the program to other incoming WVU students

99%

of participants give their trip a grade of A or B

99%

of students said their trip met or exceeded their expectations

AND... **99.6%** of participant parents would recommend this trip to other parents of incoming students

Summary

We are here to be a part of improving the First Year Experience, assist in students' transition to college, and partner with other areas of WVU for student success.

Keep an eye on (and refer students to)
[Adventurefirstyear.wvu.edu](https://adventurefirstyear.wvu.edu)

Help us to spread the word as you work with potential and future incoming students to WVU

Registration is now open!

(NSO Basecamp opens in March with general NSO registration)


Questions?

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Patricia Chan, *Adventure WV*
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ADVENTURE



 STUDENT WELLNESS

What's up at WELLWVU?

Courtney Weaver, Ph.D., M.Ed., CPH
Director, WELLWVU

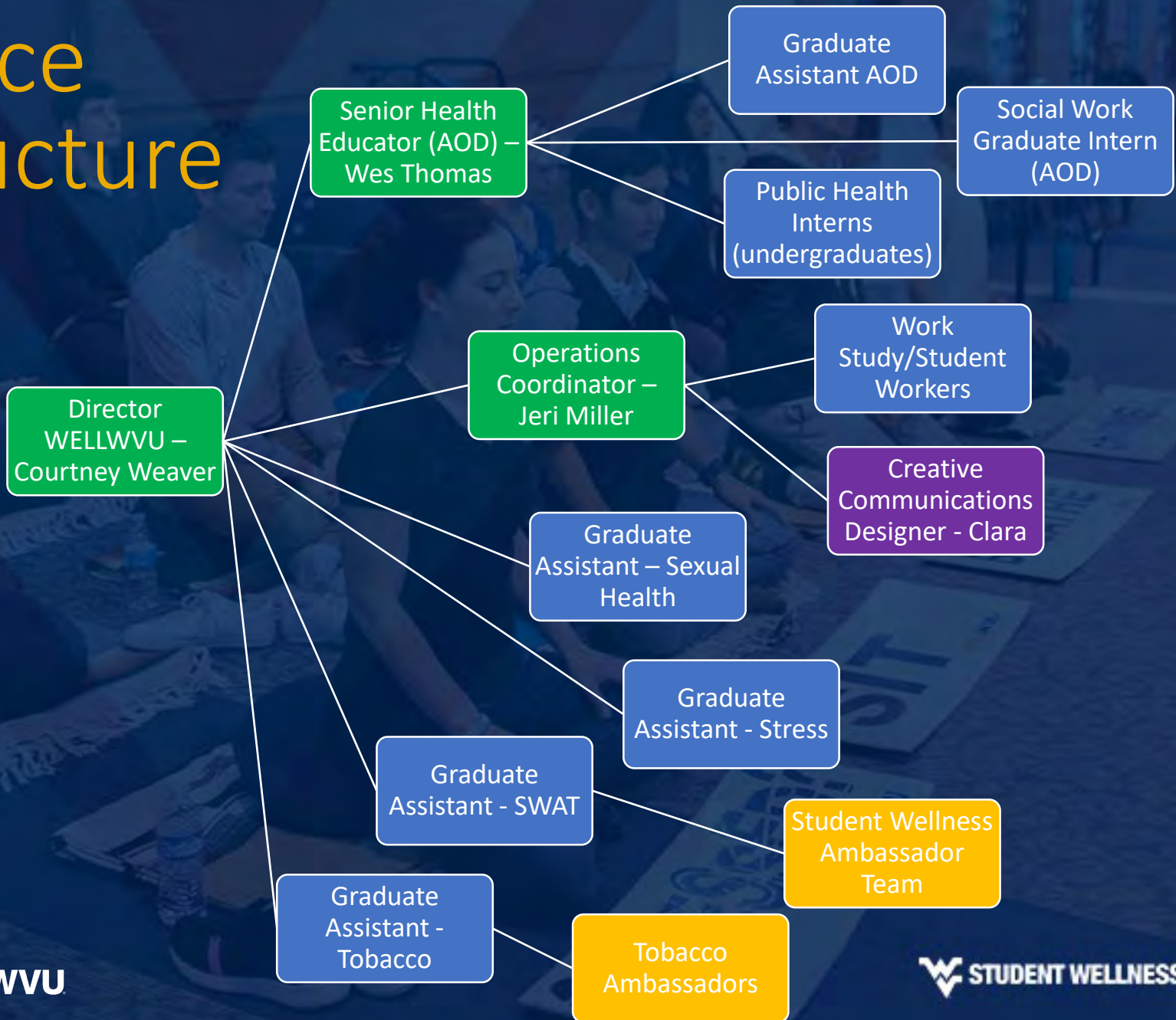
WellWVU Vision

Leading the way to create and sustain a student-centered culture that embraces health and wellbeing

WellWVU Mission

To foster the wellbeing of our students so that they may succeed academically, personally, and as citizens in their communities. We align with the mission of the University by supporting student success through programs and services that help reduce personal, institutional, and community health risks. We aim to educate and empower students to live healthy, happy, and productive lives. We advocate for policies on campus and in our community that support balanced living and work to shift the culture of West Virginia University to one of health and wellbeing.

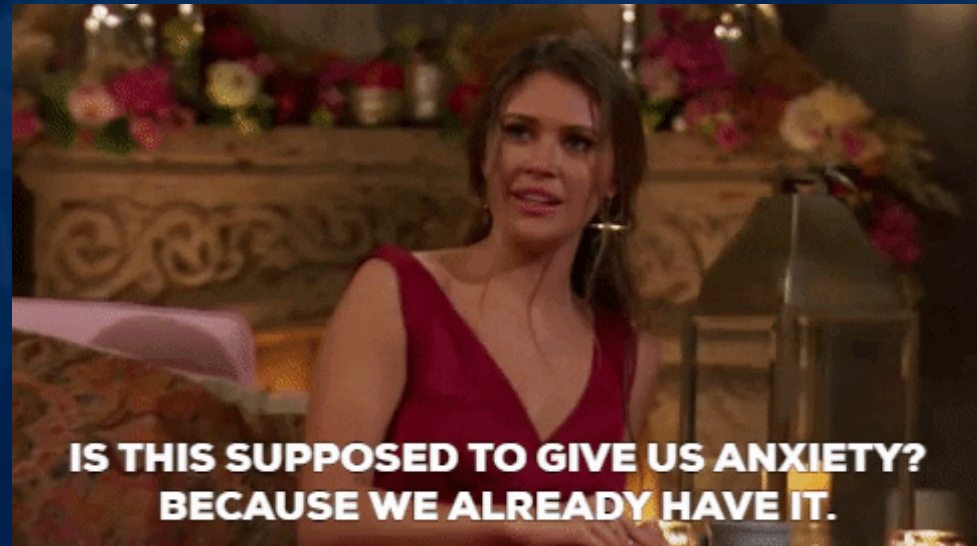
Office Structure



Content Areas

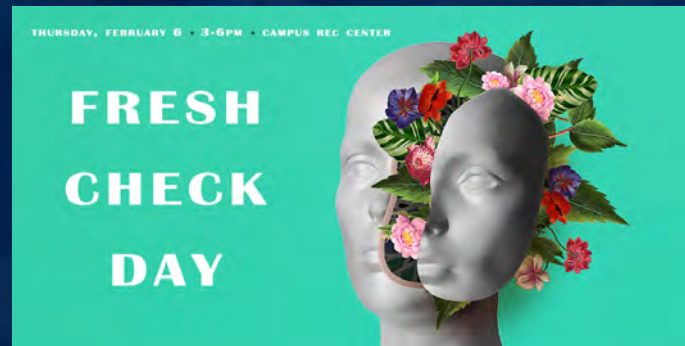
Three main ones:

- Stress Management
- Substance Safety
- Sexual Health



STRESS MANAGEMENT

- Health Communication Campaigns
- Tabling Events
- Workshops
- Large-scale events
 - ChillFEST
 - Fresh Check Day
- Free stress management items
 - ChillPACKs
 - Sleep Masks
- Online education



SUBSTANCE SAFETY

- Health Communication Campaigns
 - Tabling Events
 - Bartender School
- Workshops
 - HAZE
 - TIPS training
- Large-scale events
 - 4/20 panel
- Online education
 - Website
 - EVERFI
 - ScreenU
- AOD Coalition
- Hydration Stations

TO REGISTER, LOG ON CORE OR CONTACT WELLS THOMAS AT WTHOMAS@WELLWVU.EDU OR 304.293.0070



**FEB
26
6PM**

**GET
TIPS
CERTIFIED**

The TIPS program teaches students how to prevent alcohol-related problems.

In this free training, students will learn specific strategies and skills for intervening in alcohol-related situations that may develop on campus.



WELLWVU | @WELLWVU
f @ t

Buddy

Drinking?



Switching between alcoholic drinks and non-alcoholic drinks like water can help keep your night social, not slurred.

#KnowYourLimit

Questions?

Cortney Weaver, *WellWVU*
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Thank you – Enjoy a tour!

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ADVENTURE

