

IT TAKES A VILLAGE: PARTNERING FOR STUDENT WELL-BEING IN THE CLASSROOM

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**This presentation was partially created with assistance from AI and inspired by materials from University of Texas at Austin.*



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DIMENSIONS OF WELLNESS

- Emotional
- Environmental
- Financial
- Intellectual
- Physical
- Social
- Spiritual
- Vocational



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REDBIRDWELL.ILSTU.EDU

- Hub for well-being services & resources
- Easy access to:
 - schedule appointments (counseling, PT, personal training)
 - mental health screenings
 - crisis support
 - well-being topics, programs, trainings
- Connection to:
 - fitness classes
 - mindfulness programs
 - student lead initiatives



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TIMELYCARE

- 24/7/365 virtual health platform
- Complements & enhances Student Counseling Services
- Access via ISU mobile app, Redbird Well website, Canvas
- Services include:
 - scheduled counseling sessions
 - on-demand support through TalkNow
 - health coaching
 - self care resources (stress mgt, nutrition, time mgt)
- Private rooms for appointments



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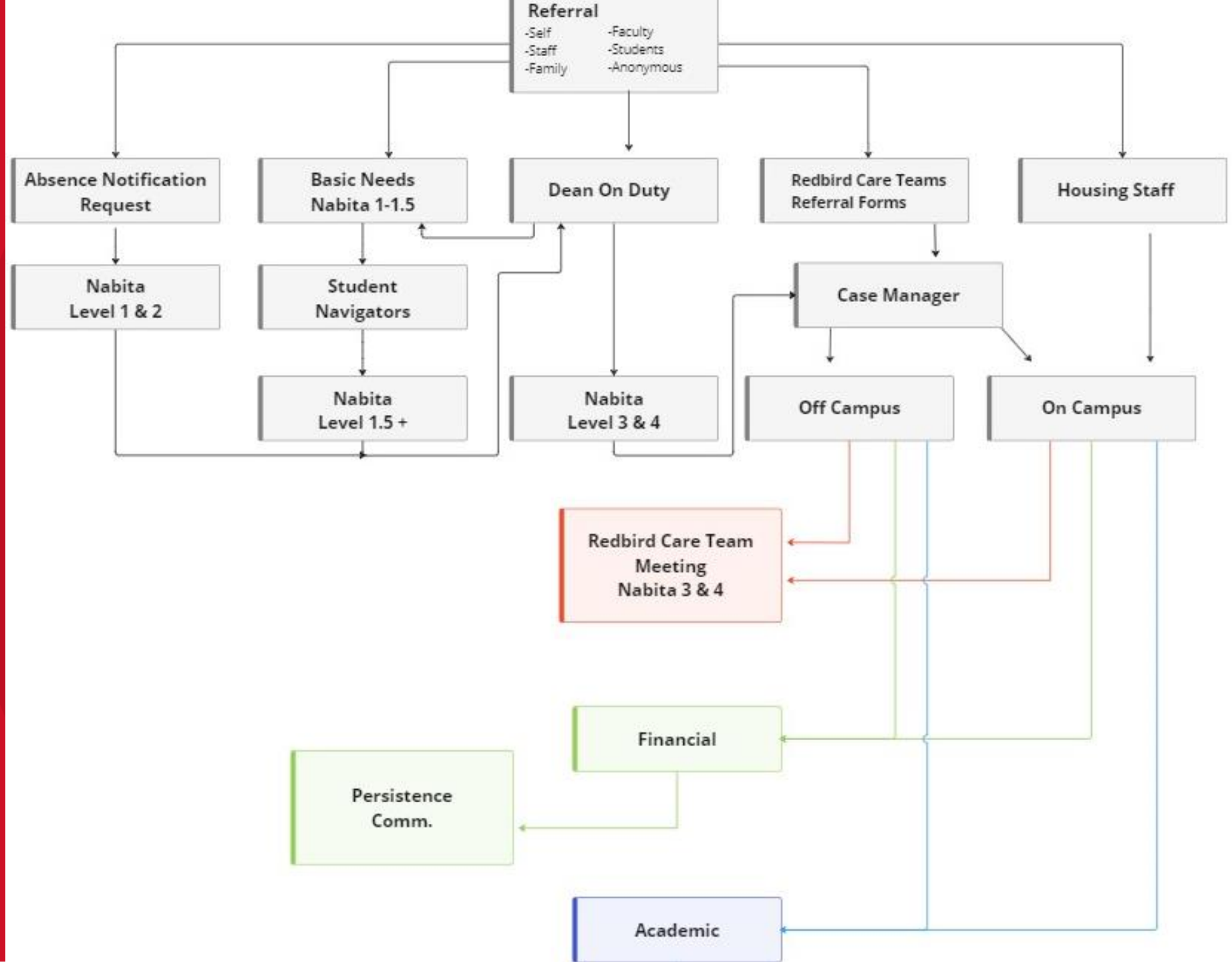
MAKING A REFERRAL

- Who?
- Why?
- How?
- What?
- Where?



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WELL-BEING IN THE CLASSROOM



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Adjust
Assessments

Enhance
Motivation &
Engagement

Build Community &
Social Connection

Meet Basic Needs;
Normalize Struggle;
Provide Resources

TIPPED TO THRIVE @ BSC 101

WEEK 1: TARGET SETTING

SMART goal in BSC 101:

Earn a B in BSC 101 during the fall 2025 semester

- Watch lecture video before class
- Attend 2 lectures each week
- Take notes during lectures
- Complete homework by Mondays at 11:59pm
- Read lab procedures before attending lab each week
- Attend lab weekly



WEEK 5: TALK!

Hi.
Yo.
Hey.
Hiya.
Sup?
Howdy.
What's up?
Hey there.
Hello there.
What's going on?



WE ARE NATURALLY SOCIAL BEINGS

- Connect with me during office hours
- Check ISU email daily
- Say "hi" to your classmates
- Ask questions

WEEK 8: TAKE CARE



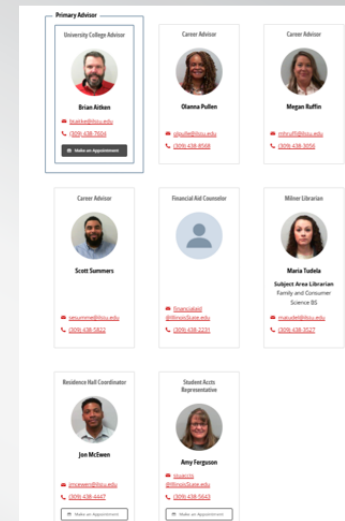
ISU Resources

- Redbird Well
- TimelyCare
- Student Navigators
- Dean on Duty
- Student Health Services



WEEK 11: TRY YOUR TEAM

- Academic Advisor
- Career Advisor
- Financial Aid Counselor
- Subject Area Librarian
- Student Accounts Rep
- Residence Hall Coordinator



DISCUSSION

What do you already do to incorporate student success and well-being into your exchanges with students?



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DISCUSSION



What do you need to incorporate student success and well-being into your work?



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DISCUSSION

How can you
bolster
students' ability
to find their
place on
campus?



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DISCUSSION



What is one strategy you will try this semester?



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THANK YOU!



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