



# Framing, Measuring, and Implementing Well-Being on Campus

**A Holistic and Interconnected Approach  
to Student Success**



**James Larcus**

## OBJECTIVES

- Describe the shift to a holistic well-being approach to student health and its connection to primary prevention and harm reduction
- Outline the core constructs of a well-being measurement tool for faculty, staff, and students
- Discuss key findings and takeaways from a multi-series well-being and student success survey initiative

## ABSTRACT

With diversifying student populations, hybrid academic environments, and a turbulent socio-political environment, supporting student well-being can feel like a shifting target. This session will examine a series of national studies conducted by the American College Health Foundation and Aetna Student Health to understand the nuances and best practices to creating a vibrant, sustainable, and thriving campus community.

This session will examine three specific studies. The first study sought to understand the broader landscape of wellness and well-being efforts on college campuses. Based on the findings in the first study, the second paper shifted focus to how institutions of higher education can measure the well-being of faculty, staff, and students. Finally, the third study analyzed the findings of nearly 8,000 respondents to glean insights into supporting campus-wide well-being.

The evolution of the study and key findings will be shared. A particular emphasis on cross-department, interconnected efforts will be shared as a best practice. Additionally, conversations on these findings to primary prevention and hard reduction will be discussed. Participants will leave with an understanding of modern well-being programs and services that can support their strategic plans at their respective campuses.