



THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE

**An Analysis of First-Year Student Wellness:
Using the Nine Dimensions of Wellness
to Support Student Success**

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Introduction to the Wellness Assessment

First-Year Student Wellness Trends
from 2015 to 2017

Application to First-Year Student Success



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What is the Wellness Assessment?



**Why is student
wellness important
to your role?**



Nine key dimensions of wellness



Career



Creative



Emotional



Environmental



Financial



Intellectual



Physical



Social



Spiritual



Social

- I feel a sense of belonging in a community.
- I feel supported by my family.
- I have at least one close friend whom I trust and can confide in.

Environmental

- I engage in environmentally friendly behaviors (turn off lights/faucets, walk or bike).
- I feel that I live in a stressful environment.
- If given the opportunity, I recycle.

Spiritual

- I consider myself to be a spiritual person.
- I engage in self-reflection.
- I seek out meaning in my life.



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How is the Wellness Assessment used?



First-Year Student Sample

DEMOGRAPHICS FOR FIRST YEAR SAMPLES

		2015 (n = 433)	2017 (n = 300)
First Generation	First generation student	18.1%	16.8%
	Non-first generation student	81.9%	83.2%
Employment Status	Do not work	34.8%	35.8%
	Only work during academic year	3.4%	7.0%
	Only work during academic breaks	42.0%	35.5%
	Work during both academic year and academic break	19.8%	21.7%



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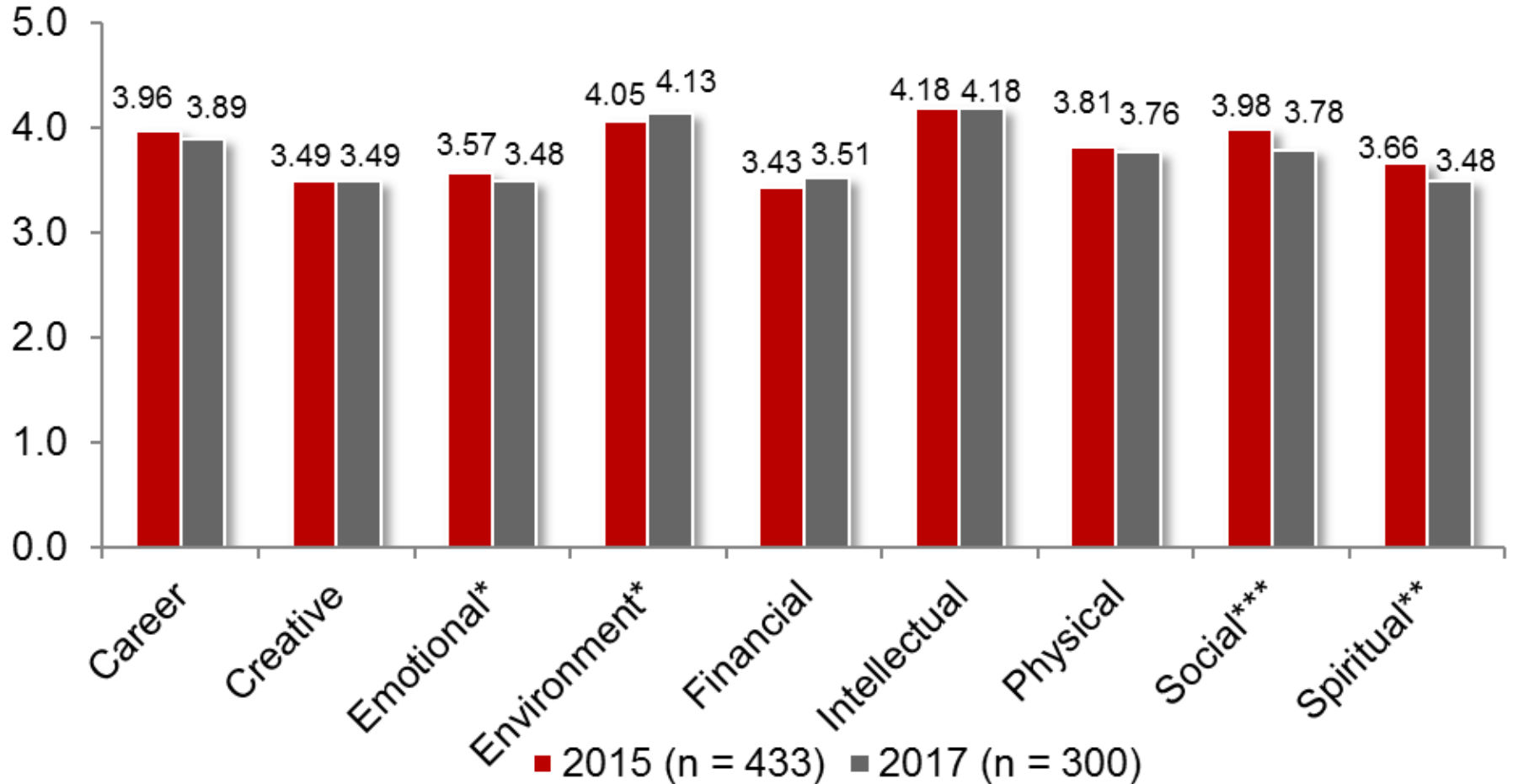
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First-Year Student Wellness Trends




9 Dimensions of Wellness - All First Year Students



* $p < .05$, ** $p < .01$, *** $p < .001$



Key Findings & Takeaways

Overall scores...	2015		2017	
• Emotional*	3.57		3.48	Decreased
• Environmental*	4.05		4.13	Increased
• Social***	3.98		3.78	Decreased
• Spiritual**	3.66		3.48	Decreased

1. How do these statistically significant results contribute to your understanding of wellness trends among first-year students?
2. Why do you think environmental wellness increased from 2015 to 2017?
3. How might these results influence your future work to better support first-year students?

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First Generation Students



Focus on First Generation Students

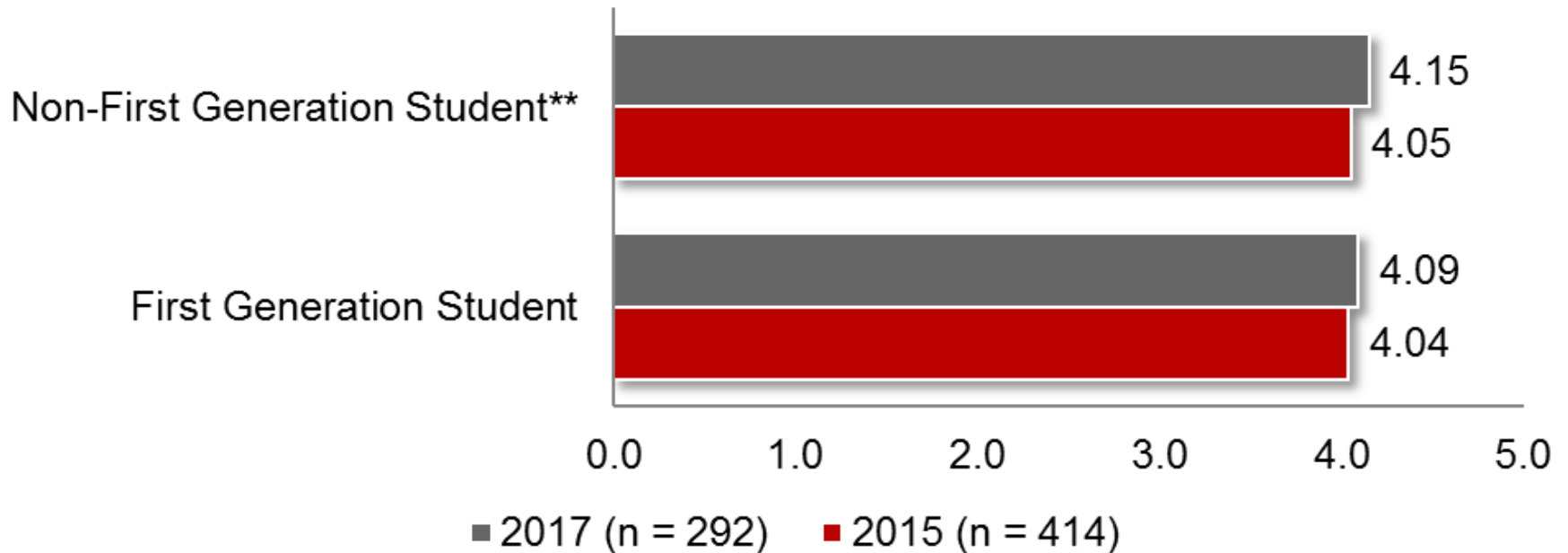
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Focus on First Generation Students

Average Environmental Wellness Scores - All First Year Students

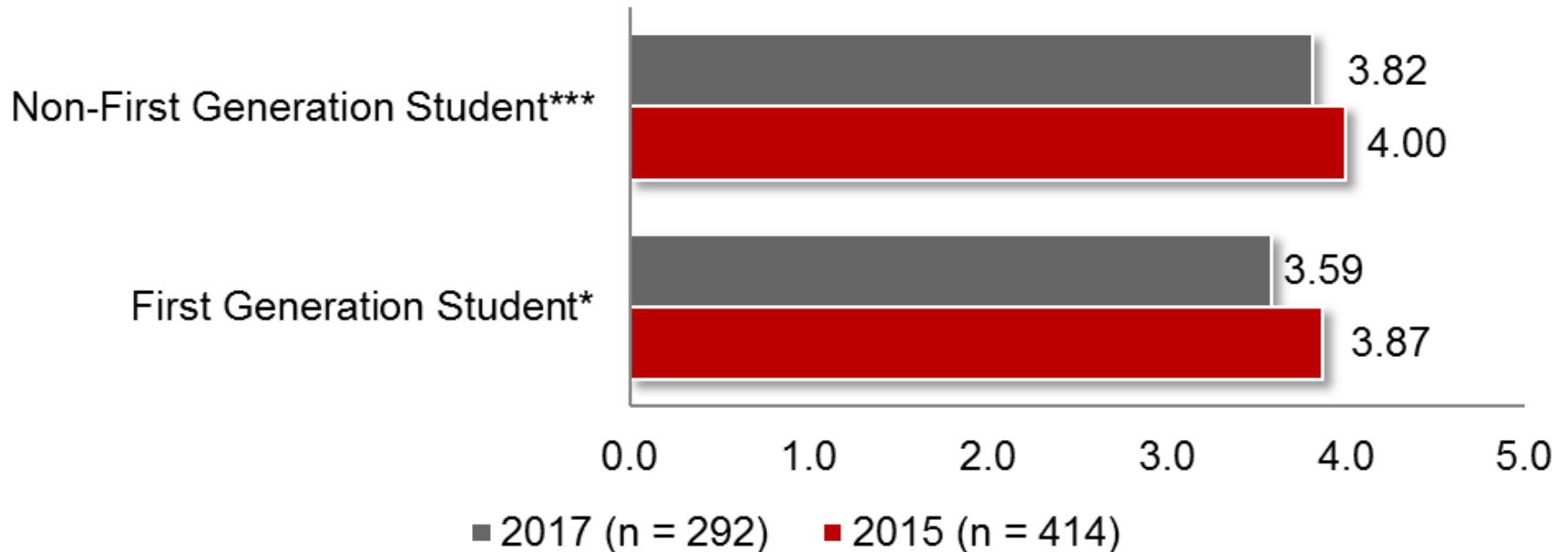


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Focus on First Generation Students

Average Social Wellness Scores - All First Year Students

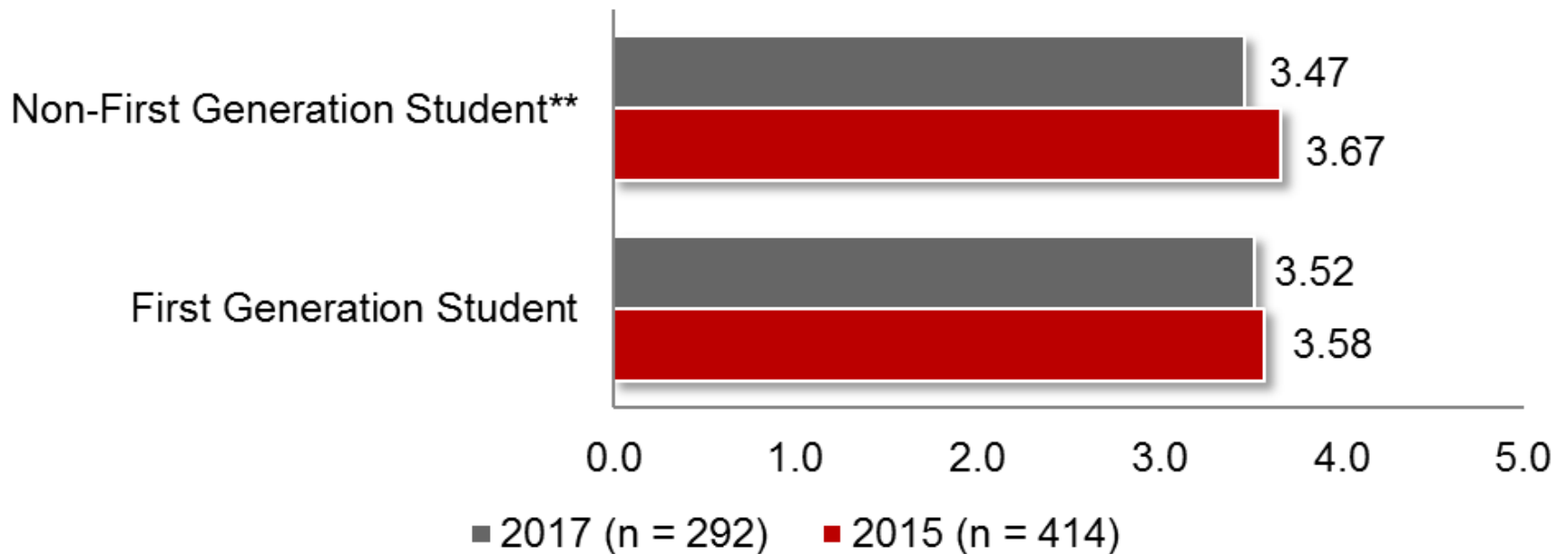


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Focus on First Generation Students


Average Spiritual Wellness Scores - All First Year Students



* $p < .05$, ** $p < .01$, *** $p < .001$



Key Findings & Takeaways

Non-first generation...	2015		2017	
• Environmental**	4.05		4.15	Increased
• Social***	4.00		3.82	Decreased
• Spiritual**	3.67		3.47	Decreased

1. Both non-first generation & first generation students had lower social wellness scores from 2015 to 2017. What social factors might effect both types of first-year students?
2. Do any of these results surprise you? Why or why not?

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Employment Status



Focus on Employment Status

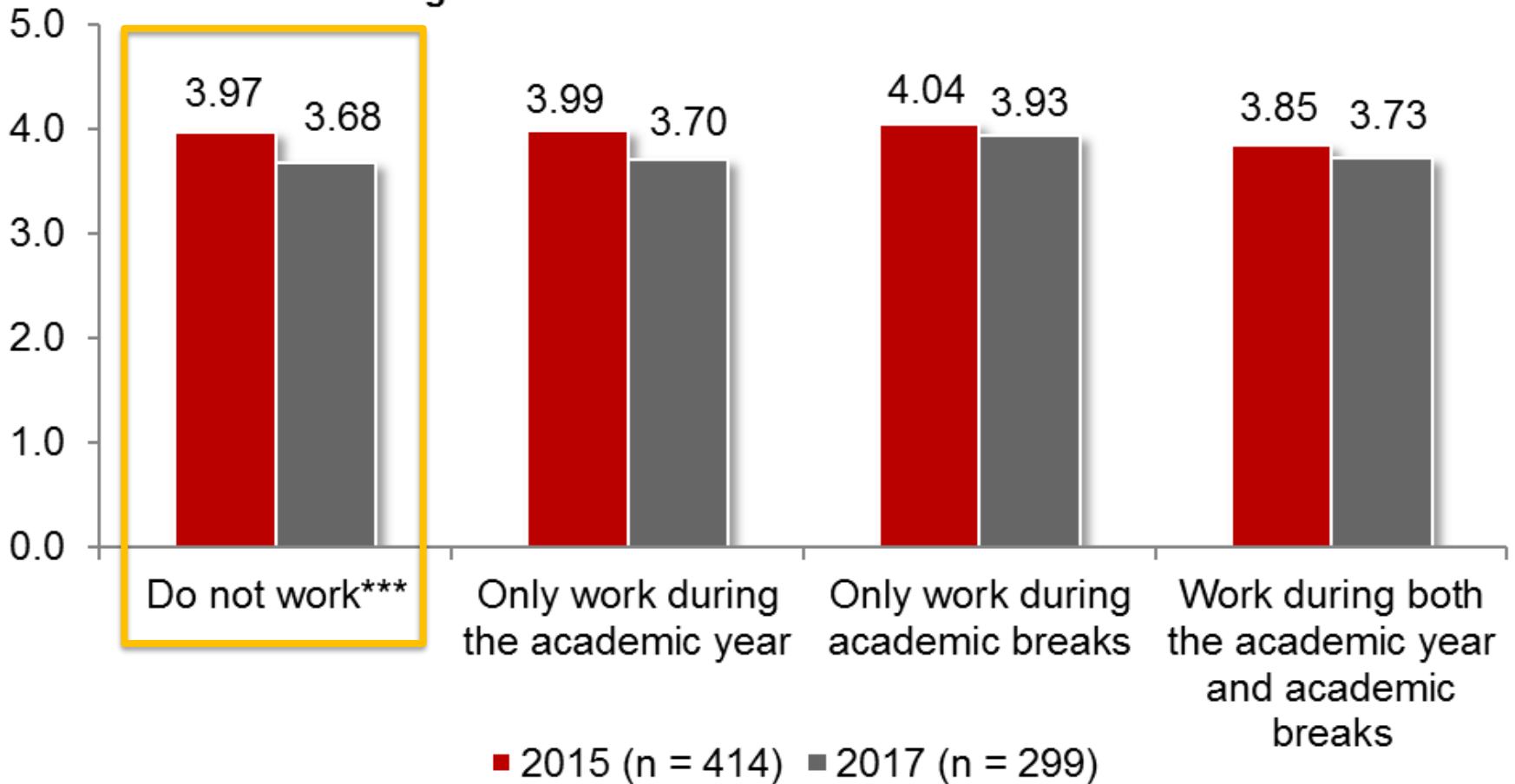
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Focus on Employment Status

Average Social Wellness Scores - All First Year Students



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Key Findings & Takeaways

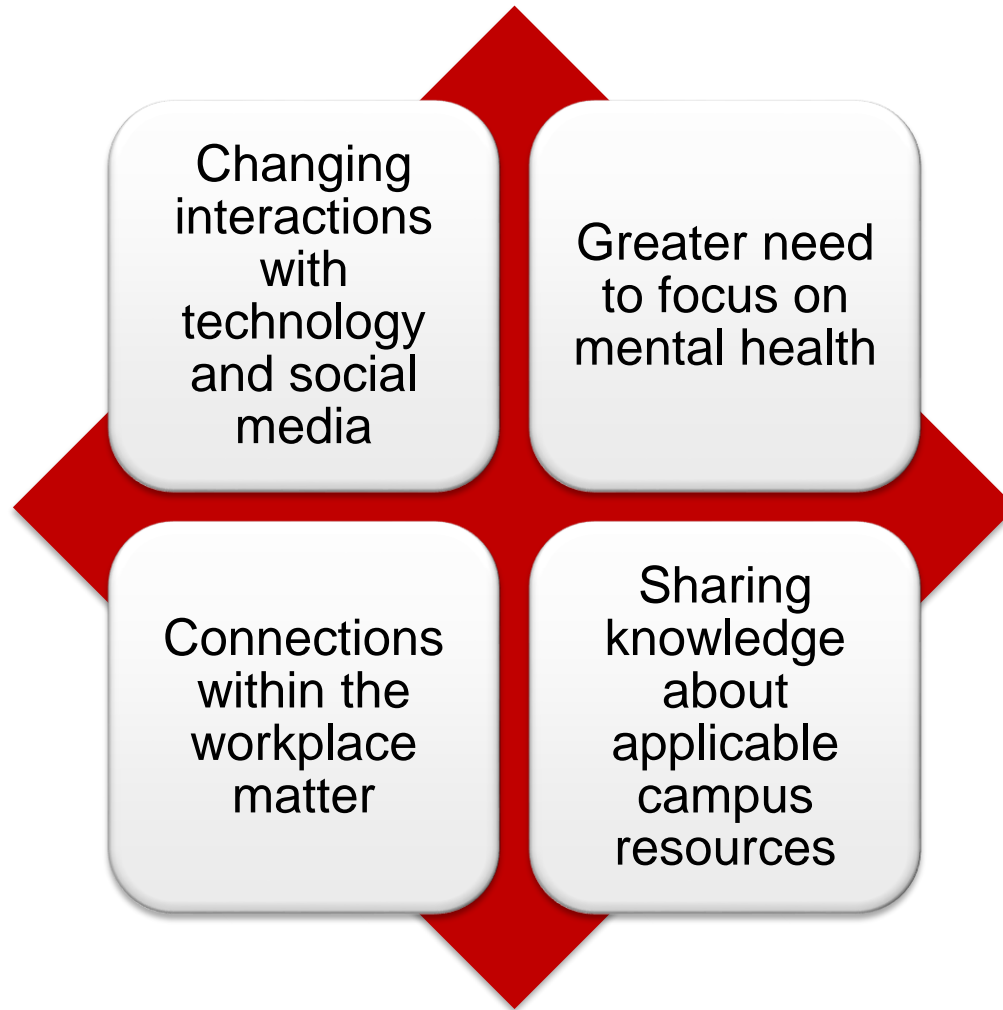
Students who “do not work”***



1. Why do you think social wellness scores decreased from 2015 to 2017 for students who reported that they “do not work”?
2. What on-campus resources might first-year students take advantage of in an effort to improve these scores?



Application to First-Year Student Success





“Health is a state of complete physical,
mental and social well-being,
and not merely the absence of disease
or infirmity.”

- World Health Organization
1946

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