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
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.
How is the Wellness Assessment used?
First-Year Student Sample

**DEMOGRAPHICS FOR FIRST YEAR SAMPLES**

<table>
<thead>
<tr>
<th>First Generation</th>
<th>2015</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>First generation student</td>
<td>18.1%</td>
<td>16.8%</td>
</tr>
<tr>
<td>Non-first generation student</td>
<td>81.9%</td>
<td>83.2%</td>
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<table>
<thead>
<tr>
<th>Employment Status</th>
<th>2015</th>
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<tbody>
<tr>
<td>Do not work</td>
<td>34.8%</td>
<td>35.8%</td>
</tr>
<tr>
<td>Only work during academic year</td>
<td>3.4%</td>
<td>7.0%</td>
</tr>
<tr>
<td>Only work during academic breaks</td>
<td>42.0%</td>
<td>35.5%</td>
</tr>
<tr>
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<td>19.8%</td>
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First-Year Student Wellness Trends
9 Dimensions of Wellness - All First Year Students


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

2015 (n = 433) 2017 (n = 300)
## Key Findings & Takeaways

<table>
<thead>
<tr>
<th>Overall scores…</th>
<th>2015</th>
<th>2017</th>
<th>Change</th>
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<tr>
<td>Emotional*</td>
<td>3.57</td>
<td>3.48</td>
<td>Decreased</td>
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<tr>
<td>Environmental*</td>
<td>4.05</td>
<td>4.13</td>
<td>Increased</td>
</tr>
<tr>
<td>Social***</td>
<td>3.98</td>
<td>3.78</td>
<td>Decreased</td>
</tr>
<tr>
<td>Spiritual**</td>
<td>3.66</td>
<td>3.48</td>
<td>Decreased</td>
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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?

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

Non-First Generation Student**

First Generation Student

* 2017 (n = 292)  ** 2015 (n = 414)

*p < .05, **p < .01, ***p < .001
Focus on First Generation Students

Average Social Wellness Scores - All First Year Students

Non-First Generation Student***

First Generation Student*

2017 (n = 292)  2015 (n = 414)

* p < .05, ** p < .01, *** p < .001
Focus on First Generation Students

Average Spiritual Wellness Scores - All First Year Students

- Non-First Generation Student**: 3.47 (2017, n = 292) vs. 3.67 (2015, n = 414)
- First Generation Student: 3.52 (2017, n = 292) vs. 3.58 (2015, n = 414)

*p < .05, **p < .01, ***p < .001
### Key Findings & Takeaways

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<tr>
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<td>4.00</td>
<td>3.82</td>
<td>Decreased</td>
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<td>Spiritual</td>
<td>3.67</td>
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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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Focus on Employment Status

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Average Social Wellness Scores - All First Year Students

- Do not work*** 3.97 3.68
- Only work during the academic year 3.99 3.70
- Only work during academic breaks 4.04 3.93
- Work during both the academic year and academic breaks 3.85 3.73

2015 (n = 414) 2017 (n = 299)

*p < .05, **p < .01, ***p < .001
Key Findings & Takeaways

Students who “do not work”***

Social
2015 – 3.97

2017 – 3.68

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?

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Application to First-Year Student Success

- Changing interactions with technology and social media
- Greater need to focus on mental health
- Connections within the workplace matter
- Sharing knowledge about applicable campus resources
“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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