



THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE

**Resilience, Mindsets & Strengths:
Facilitating Belonging with
Wellness Coaching**



Introductions

Todd Gibbs, M.A., LPC

❖ **Wellness Coaching Coordinator**

Matthew Fullen, M.A., M.Div., LPC

❖ **Graduate Associate**

James Larcus

❖ **Graduate Associate**



Talking Points

- ❖ Positive psychology practices that support students' sense of belonging and ability to thrive in college
- ❖ Schreiner's theory of thriving in college, and how it applies to first year students
- ❖ How wellness coaching intentionally supports first year students' transition to college
- ❖ How coaching, or similar practices, might be utilized in your work with first year students

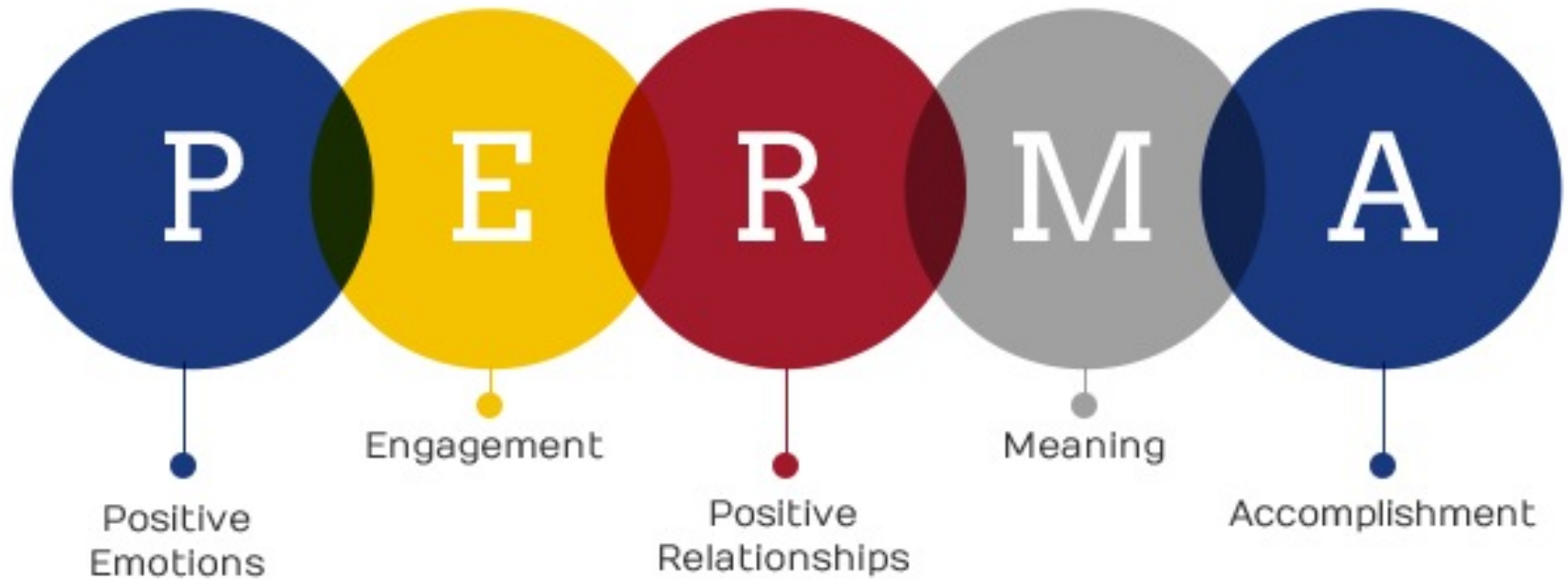


THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE

Student Wellness Center

POSITIVE PSYCHOLOGY & THRIVING



- ❖ Positive emotions
- ❖ Engagement
- ❖ Positive Relationships
- ❖ Meaning
- ❖ Accomplishment

(Seligman, 2012)



Flourishing vs. Thriving

PERMA (Seligman)

- ❖ Positive Emotions
- ❖ Engagement
- ❖ Positive Relationships
- ❖ Meaning
- ❖ Accomplishment

Thriving (Schreiner)

- ❖ Positive Perspective
- ❖ Engaged Learning
- ❖ Social Connectedness
- ❖ Diverse Citizenship
- ❖ Academic Determination

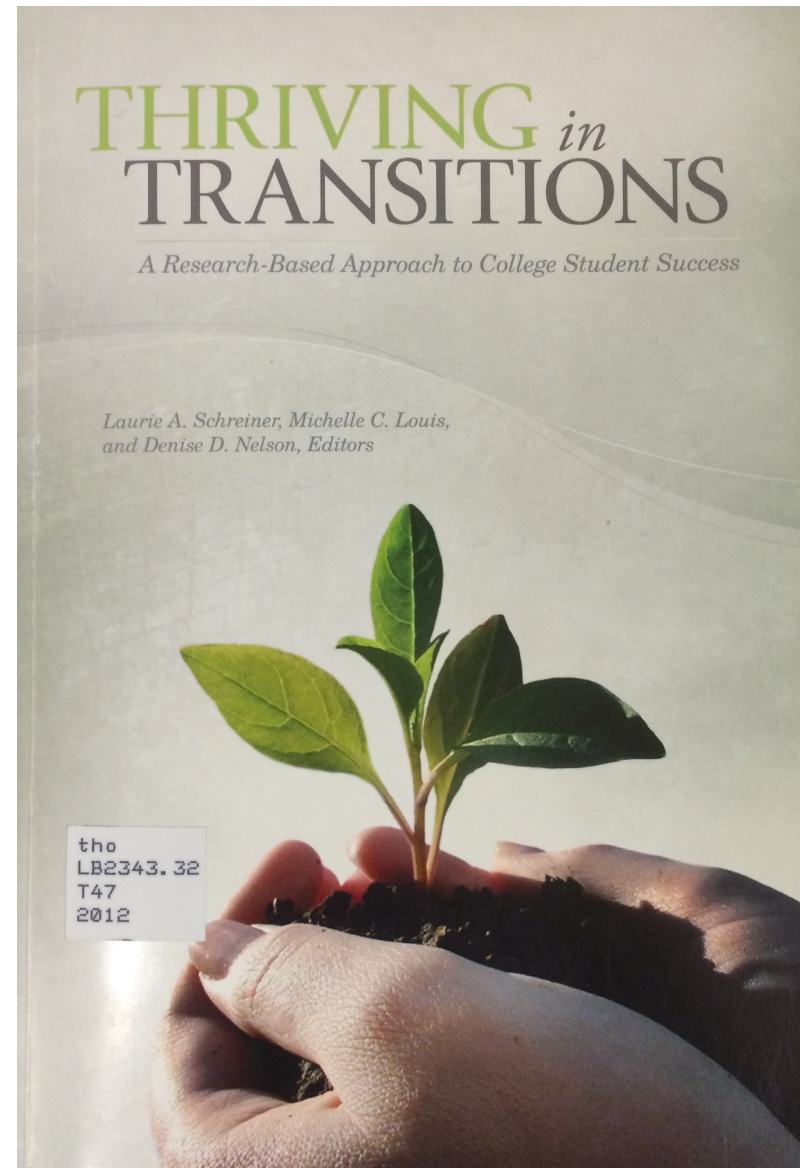


What are common transitions in the first year of college?

Consider that these transitions are normative.

What other transitions might students have to navigate during their education?

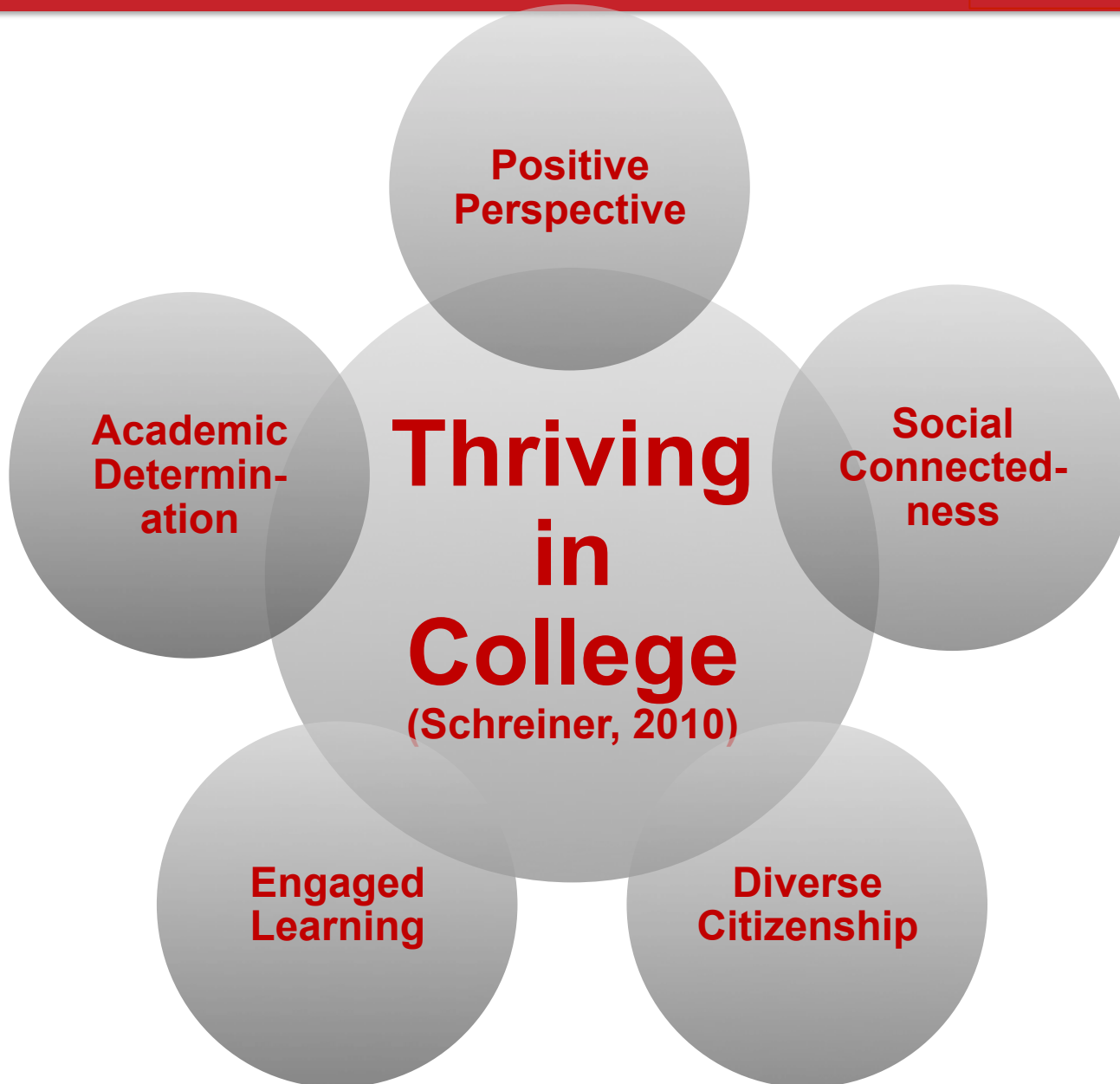
Is there a common theme among these transitions?





**The #1 predictor of
thriving in college is
whether students
feel a sense of
BELONGING**

(Schreiner, Kammer, Primrose, & Quick, 2011)



Based on your work with first year students, how might each dimension pose a threat to belonging?



THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE

Student Wellness Center

WELLNESS



“Wellness is an active, ongoing process which involves becoming aware of and taking steps toward a healthier, happier, successful life.”

**The Ohio State University
Student Wellness Center**

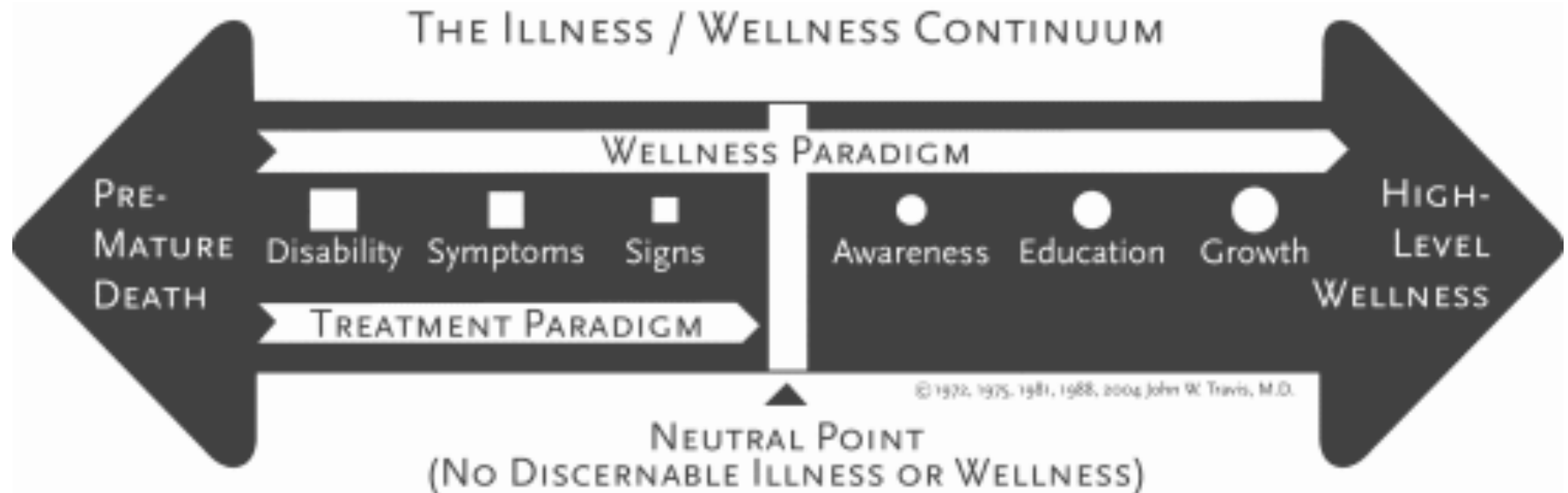


Why Wellness Coaching?

- ❖ **“Mental health concerns” identified as top health & wellness issue in NASPA Survey of CSAO’s (Wesaw & Sponsler, 2014)**
- ❖ **Increased demand on counseling centers (Gallagher, 2012)**
- ❖ **Emotional support doubles odds that graduates are thriving, but only 14% experience support in college (Busteed, 2014)**



Approaches to Student Services





**ENGAGING
FIRST YEAR
STUDENTS
WITH
WELLNESS**



First Year Success Series Presentations

- ❖ **Autumn 2014: 14 presentations for
~750 first year students**
- ❖ **Topics including Resilience, Mindsets,
and Holistic Wellness**



THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE

Student Wellness Center

RESILIENCE





Learning Outcomes

By the end of this session, you will be able to:

- ❖ **briefly describe resilience,**
- ❖ **name where you're resilient and where you want to be more resilient in life, and**
- ❖ **identify practices that can help you to overcome disappointment, adversity, and challenges**



Resilience Practices

- 1. Taking in the good**
- 2. Practicing gratitude**
- 3. Maintaining wellness**
- 4. Cultivating self-compassion**
- 5. Keeping your sense of humor**



"If you manage any people or if you are a parent (which is a form of managing people), drop everything and read *Mindset*."

—GUY KAWASAKI, author of *The Art of the Start*

mindset

THE NEW PSYCHOLOGY OF SUCCESS

HOW WE CAN
LEARN TO FULFILL
OUR POTENTIAL

- *parenting
- *business
- *school
- *relationships

CAROL S. DWECK, Ph.D.



Learning Objectives

By the end of this session, you will be able to:

- ❖ identify your existing mindsets, and assess how well they are working for you,**
- ❖ determine whether and where it would be beneficial to switch to a new mindset, and,**
- ❖ name at least one campus resource that you can utilize to enhance your success as a student at The Ohio State University.**



Mindsets: The Basics



Growth Mindset

Believe that they can learn anything if they put in the work, practice, and effort to learn it.

VS



Fixed Mindset

Think that they cannot increase their skill and knowledge in a particular area.



THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE

YOUR WELLNESS, YOUR LIFE!

Student Life Student Wellness Center



Learning Objectives

If we do our jobs well today, you will:

- ❖ Get a better understanding of the 9 Dimensions of Wellness model endorsed by The Ohio State University**
- ❖ Gain a greater awareness of how this model applies to you, and**
- ❖ Set one goal to enhance your personal wellness this year!**



9 DIMENSIONS OF WELLNESS



Career



Creative



Emotional



Environmental



Financial



Intellectual



Physical



Social



Spiritual



what
are
your
goals?



THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE

Student Wellness Center



“With **WELLNESS COACHING**,
I got to really know myself.”

Richard, Communications Major

To learn more about Wellness Coaching:
go.osu.edu/wellnesscoaching



THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE

OFFICE OF STUDENT LIFE
STUDENT WELLNESS CENTER



“**WELLNESS COACHING**
helped get me to the place
I wanted to be.”

Jullana, Political Science Major

To learn more about Wellness Coaching:
go.osu.edu/wellnesscoaching





“My **WELLNESS COACH**
felt like a friend, someone
I could connect with emotionally.

David, Economics & Spanish Major

To learn more about Wellness Coaching:
go.osu.edu/wellnesscoaching





“Focusing on my strengths
in **WELLNESS COACHING**
helped me communicate more
effectively in my classes.”

Juhee, Human Resources Major

To learn more about Wellness Coaching:
go.osu.edu/wellnesscoaching





“ **WELLNESS COACHING**
helped me live life one day at a time.”

Nathan, Neuroscience Major

To learn more about Wellness Coaching:
go.osu.edu/wellnesscoaching





“I’m fortunate enough to go to a school that has a program like **WELLNESS COACHING**.”

Emily, Media & Communication Major

To learn more about Wellness Coaching:
go.osu.edu/wellnesscoaching





THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE

Student Wellness Center

WELLNESS COACHING



What is Wellness Coaching?

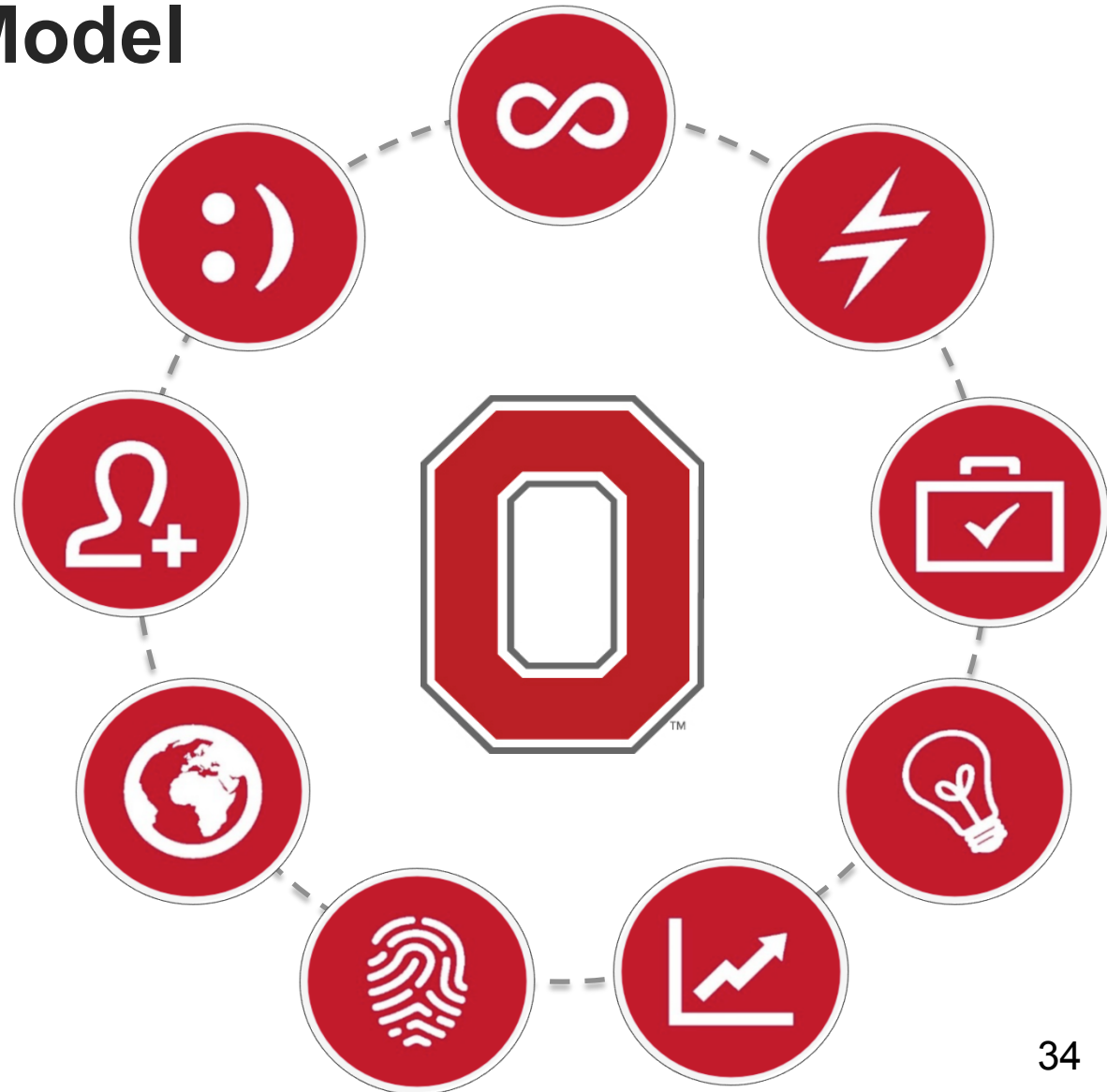
Collaborative partnership between student client and coach

| Student Clients | Coach |
|--------------------------|--|
| Expert on their life | Introduces holistic wellness, strengths assessment, goal-setting |
| Primary source of change | Facilitates exploration of each of these concepts |



OSU Wellness Model

- Career
- Creative
- Emotional
- Environmental
- Financial
- Intellectual
- Physical
- Social
- Spiritual





Most Common Focus Areas

87% Emotional

59% Social

48% Career

46% Intellectual



Creativity Perspective
 Judgment Curiosity
 Honesty Bravery Fairness
 HUMOR **Zest**
PERSEVERANCE Teamwork
 Love Kindness **Leadership**
 Social Intelligence Love of Learning
Forgiveness **HOPE** PRUDENCE
 Appreciation of Beauty & Excellence Humility
 Spirituality SELF-REGULATION Gratitude **VIA**
 © www.VIACHARACTER.ORG VIA INSTITUTE ON CHARACTER



Signature Strength Themes

Most Common

- ❖ 53% Honesty
- ❖ 53% Kindness
- ❖ 47% Judgment
- ❖ 43% Fairness
- ❖ 35% Love

Least Common

- ❖ 8% Spirituality
- ❖ 7% Hope
- ❖ 3% Self Regulation
- ❖ 2% Zest





What if **goals** are not
expectations to be met,
but **possibilities** to be
lived into?

(Zander & Zander, 2002)



THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE

Student Wellness Center

OUTCOMES



2013-2014 Demographics

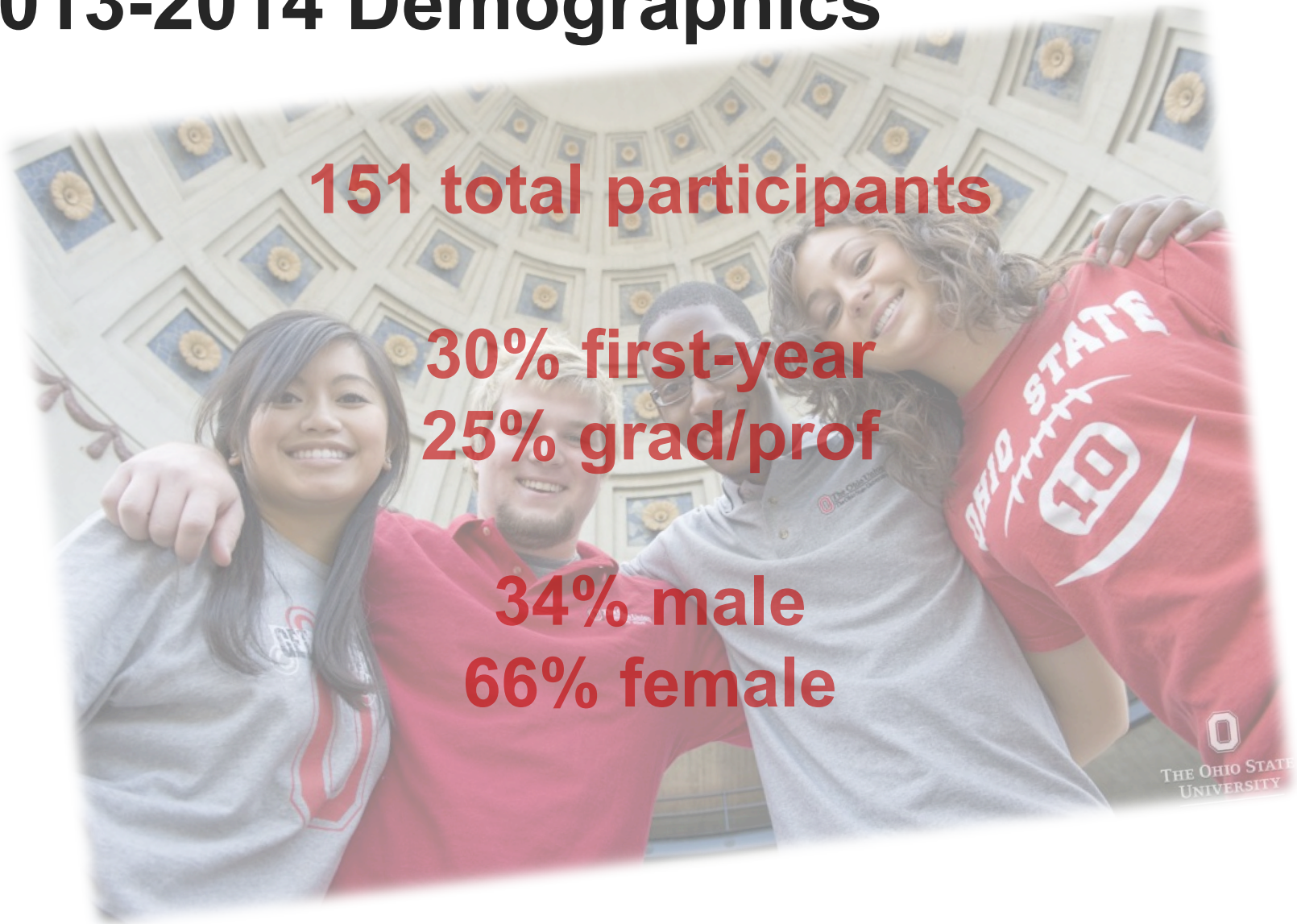
151 total participants

30% first-year

25% grad/prof

34% male

66% female





Coaching Outcomes

Percentage of students who agreed or strongly agreed that wellness coaching had provided them with greater knowledge about, skills for, and awareness of their:

- ❖ Overall Wellness **90%**
- ❖ Effective Goal-Setting **84%**
- ❖ Personal Strengths **83%**



Coaching Outcomes

Thriving Dimensions (Schreiner)

| | |
|--------------------------|-------------|
| ❖ Positive Perspective | 4.31 |
| ❖ Social Connectedness | 3.97 |
| ❖ Academic Determination | 3.86 |
| ❖ Engaged Learning | 3.81 |

(1 = Strongly Disagree to 5 = Strongly Agree)



Qualitative Data

- ❖ “I really loved how wellness coaching aimed at helping you discover what type of **person you are** and how you can **improve any area of your life**. Instead of information being fed to you about '**what you should do**', the sessions lead to **self-discovery** and **unleashed confidence** through your **strengths** that you didn't know you had!”
- ❖ “It allowed me to see myself from others perspectives and gave me a lot of **confidence**. With this confidence and **encouragement**, I **found my place at Ohio State** with more ease than I had going, which had really impacted now.”



Wellness Coaching & Self-Authorship

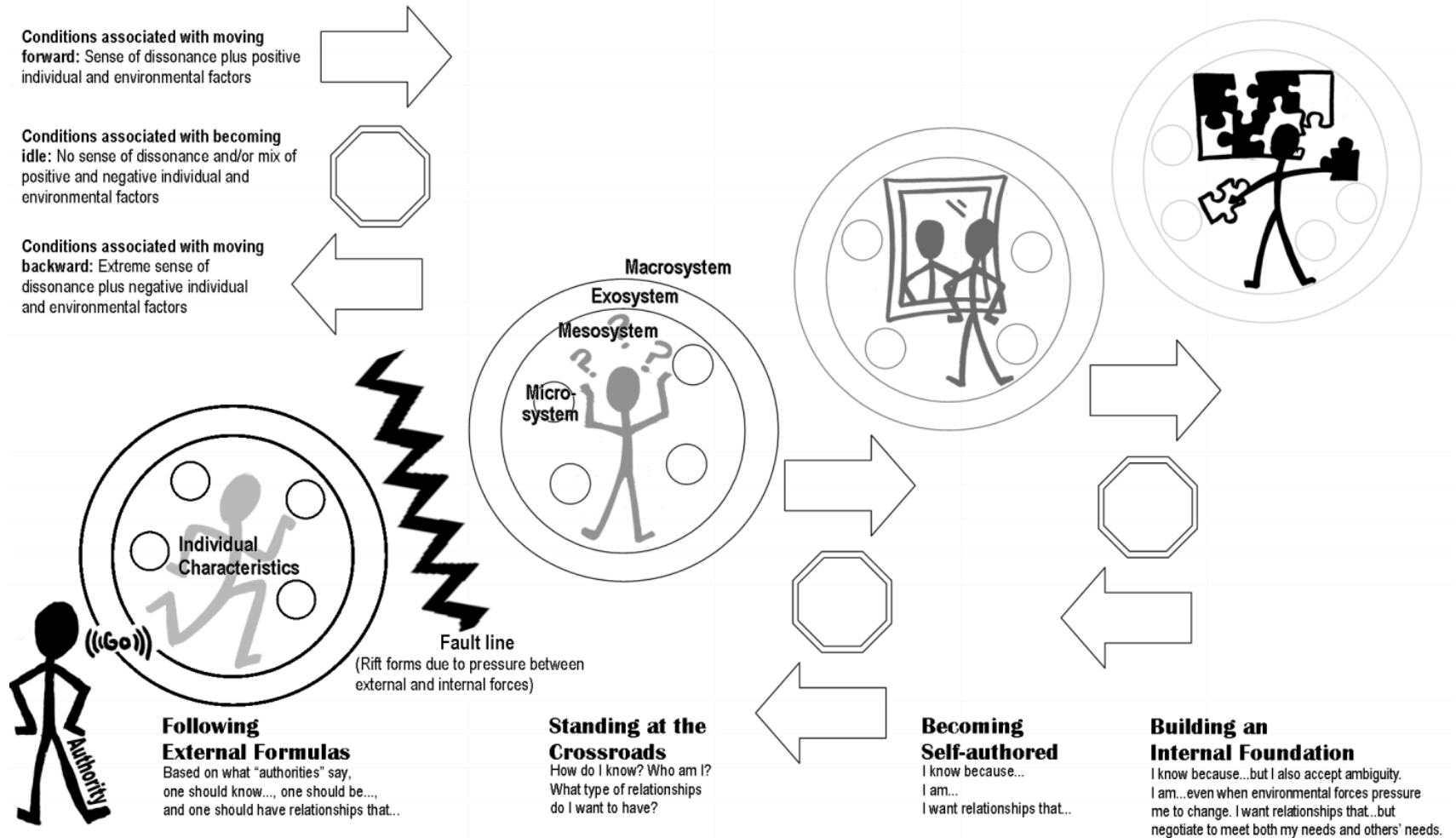


FIGURE 1. Integrated Map of Young Adults' Developmental Journey From External Reliance to Internal Definition



THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE

Student Wellness Center

QUESTIONS?