



Meeting Minutes, QEP Implementation Committee

October 27, 2022

4:00PM – 5:00PM

Administration Building, Room 215/Teams

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1. Welcome- Member Spotlights Jennifer Hughes
This month's spotlights can be found [here](#).
 2. Review September 2022 Meeting Minutes Aurelia Crider
[Approved](#) Motioned: Kara Page Seconded: Rob Cox
 3. QEP Budget Planning Jennifer Hughes
A smaller subcommittee to develop a proposal to the full committee.
CFO is aware that a request is forthcoming-will be a very collaborative process.
 4. Presentation and Committee Discussion - Academic Coaching Josh Sills
"What is University Coaching?" University Coaching & Student Achievement
Positive Habit Formation/Preventative side of Mental Health
Achieving personal and academic goals-pathways/Building student agency
Many benefits-including enhanced wellbeing & health
97% retention rate after 3 sessions/3 is the "magic number"
Demographic of students served/65% are first-year students/1st Gen/female
Department/office website forthcoming
Facilitated self-reflection
Partnerships with other mentoring departments on-campus
 5. Review of QEP Topic Survey Results Libby Spradlin
The document can be found [here](#).
Needs: Awareness of resources/Coping skills/Anxiety
TTU Meet Needs: Access/Training & Workshops/Creating a Culture
Projects: Module/Website/Retention through Intervention

6. PIDS Recommendations and Committee Discussion

Jaclyn Cravens,
Lisa Viator, Rob Cox

The summary was given by Dr. Viator with Dr Cox concurring
How to gather data from students on where their mental health is
Not to overwhelm students during orientation
Using the school mascot chatbot to reach/assess students' mental state
Have the technology help students connect with resources
How are we using resources we already have
The creation of a course seems unfeasible
Mental health literacy campaign for faculty and staff

7. Wrap-Up/Where do we go from here?

Jennifer Hughes

November meeting at noon-grab your lunch, and join us in person or online.
Analysis of data provided by Matt Gregory mentioned in the September meeting.
PIDS to narrow down ideas for projects and propose to the main committee
Per SACSCOC, engage the TTU community in QEP project selection
TTUHSC's [QEP/Well Beyond](#) UNTHSC's [QEP/Wellbeing Program](#)

The recording of this meeting with an auto-generated transcript can be found [here](#).