Meeting Minutes

QEP Advisory Committee

October 4, 2023

2:00 – 3:00

Microsoft Teams or ADMIN Bldg., Room 215

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1. Approval of Meeting Minutes from May 10, 2023 - Darryl James
   i) *Motion and second by Eric and Suzanne*

2. Committee Restructure (Executive Committee and Advisory Committee) - Jennifer Hughes
   i) *We have made the topic development committee into the advisory committee and have a small number of people who make up the executive committee.*
   ii) *The executive committee meets every month, and the advisory committee will meet every other month.*

3. Update from Student Learning Outcome Subcommittee
   i. Discussion of SLOs – Bryson Carroll
      1. *How tie to student academic success?*
         a. *Focused on learning of student attainment mental wellbeing and mental health literacy learning.*
            i. *Credentialed? A question to answer.*
         b. *WISHES Survey will help gauge how students are growing in their mental wellbeing and the SLO's.*
   ii. Administration of WISHES during Fall 2023 – Jill Stangl
      1. *Wellbeing Improvement Survey for Higher Education Setting (WISHES)*
         a. *NYU/ND/A&M/SDSU (11 total institutions, but mainly out of NYU)*
         b. *49 questions*
         c. *Free*
         d. *WE own our data*
         e. *Close to real time survey*
            i. *Can administer multiple times/year*
         f. *Launch lab phase*

              i. *20+ cohort universities trying to bring WISHES to their campuses.*
             ii. *IRB process (working group)*
                   1. *Less research, more quality control.*
                   2. *Administer one time in Fall 2024.*
                   3. *Twice in spring 2025*
      g. *Helps build assessment plan.*
      h. *This is an opportunity to hear directly from students and go from there.*

4. Update from Executive Committee - Jennifer Hughes
      i. Discussion of Priority Projects – Jennifer Hughes
            a. Student Wellbeing Resource Center in a well populated area that is convenient.
                i. *How extensive is this center? How much faculty will it take? Workers? Office space? How many resources do we need to make that work?*
                ii. *Could this be a mobile pop up to be placed in high stressed areas and high traffic areas? Portable node in different academic buildings on campus? "Well-being food truck"*
                iii. *Privacy concerns for the offices that would be involved.*
                iv. *Idea of stopping passing students off to other places.*
                v. *Texas Tech Wellness Social Worker.*
            b. Create a Comprehensive well-being website that includes all resources offered at the resource center.
                i. *Complement Beyond Okay: designed for faculty and staff and it does not seem that a separation of students out of that would be successful. This QEP project would be solely for students and not for faculty and staff. This website would not replace Beyond Okay; it would be an extra resource specifically for students.*
                ii. *The QEP is also focused on the educational aspect of student mental health wellbeing. Teaching the students about meatal health literacy.*
            c. Manage a newly launched app: Shmoody.
            d. Accreditation- need to improve ratios of therapist to students.
            e. Provide and develop content for students that is structured around the 8 dimensions of wellness: emotional, physical, occupational, social, spiritual, intellectual, environmental, and financial.
            f. Design and interactive map that connects students to real-time well-being resources.
            g. Develop a social media strategy that can be broadly shared among TTU offices to further promote well-being initiatives, activities, and learning opportunities for students.

      ii.   Decision to Eliminate Chat-Bot from QEP Priority Projects/Transition to Shmoody App (Peyton Sauer)

- a. *The app has some of the same features that chat bot would have.*
- b. *There is an informational marketing video in the works.*
- c. *It includes all 8 dimensions of wellbeing.*
- d. *It is a one stop shop for working on mental health and wellbeing through science backed behavioral activation, peer support and gamification.*
- e. *Students have the option to either engage with just our community or on a global scale.*
- f. *A community board.*
- g. *Has many resources centered around the 8 dimensions of wellbeing.*
- h. *It is soft launched, but the official launch will be November 7th.*
- i. *Around 400 students have downloaded it.*

5. Writing Assignments/Proposal Writing Subcommittees – Please volunteer!
   - a. Chapter 1: Topic Identification and Development
   - b. Chapter 2: Literature Review
   - c. Chapter 3: QEP Projects and Implementation Plan
   - d. Chapter 4: QEP Student Learning Outcomes and Assessment Plan
   - e. Chapter 5: Quality Enhancement Plan Budget
   - f. Chapter 6: QEP Five-Year Comprehensive Timeline

There will be a Sign-Up genius to allow people to sign up for the committees. Please only sign up for one committee. Each committee will be staffed by an executive committee.