Meeting Minutes
QEP Advisory Committee
October 4, 2023
2:00 – 3:00
Microsoft Teams or ADMIN Bldg., Room 215

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 mental 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.