

TechThrive: Pathways for Enhancing Student Well-being

Texas Tech University is committed to promoting a culture supportive of holistic well-being. TechThrive is an institution-wide effort focusing on enhancing all areas of student well-being. Please visit the [TechThrive homepage](#) for an extensive list of available resources that address emotional, physical, intellectual, educational, environmental, spiritual, financial, and social well-being.



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