

A wide-angle photograph of the University of Central Florida campus during the golden hour. The scene is dominated by a large, modern building with a curved facade, identified as Millican Hall. In the foreground, a large, active fountain with multiple jets of water is the central focus. Two people are sitting on the grassy bank of the fountain. The sky is a deep yellow, and the overall lighting is warm and soft. The text "Student Well-Being University of Central Florida" is overlaid in white on the right side of the image.

# Student Well-Being University of Central Florida

**WELCOME TO UCF!**



# Student Development & Enrollment Services

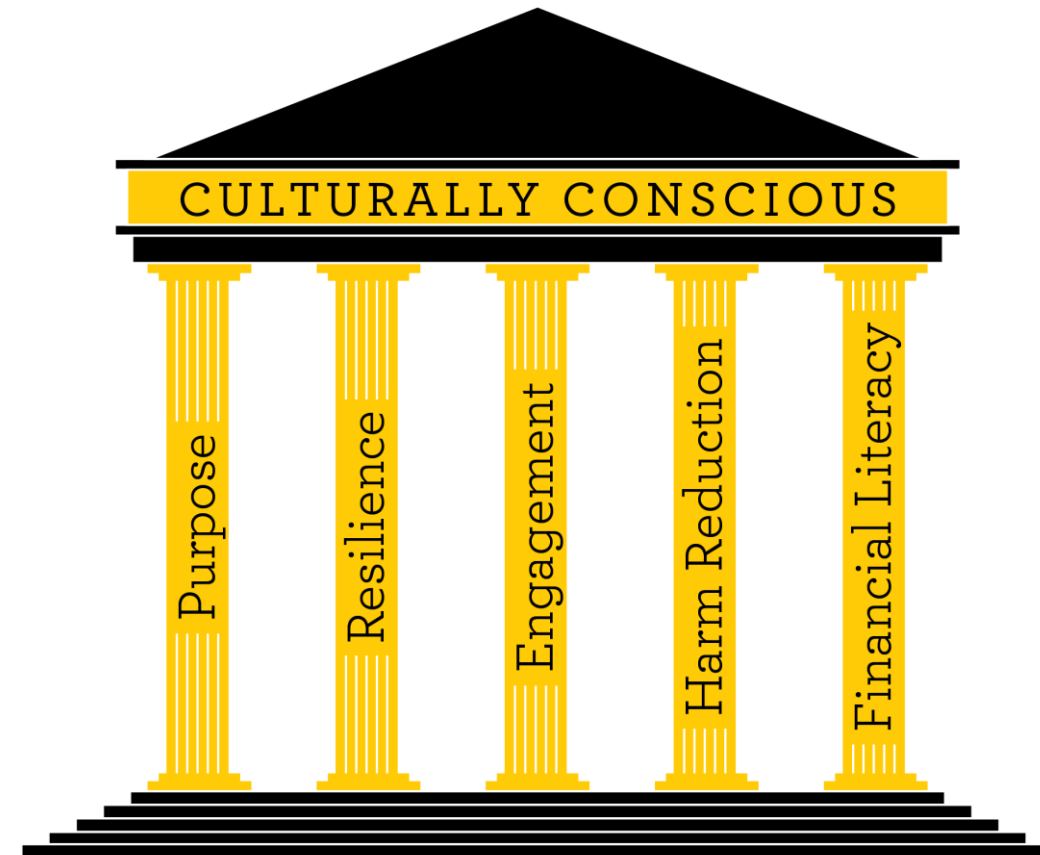
The Division of Student Development and Enrollment Services (SDES) is responsible for many of the out of classroom learning opportunities, student services, and co-curricular experience offerings available to you as a student at UCF.



# What is Well-Being?

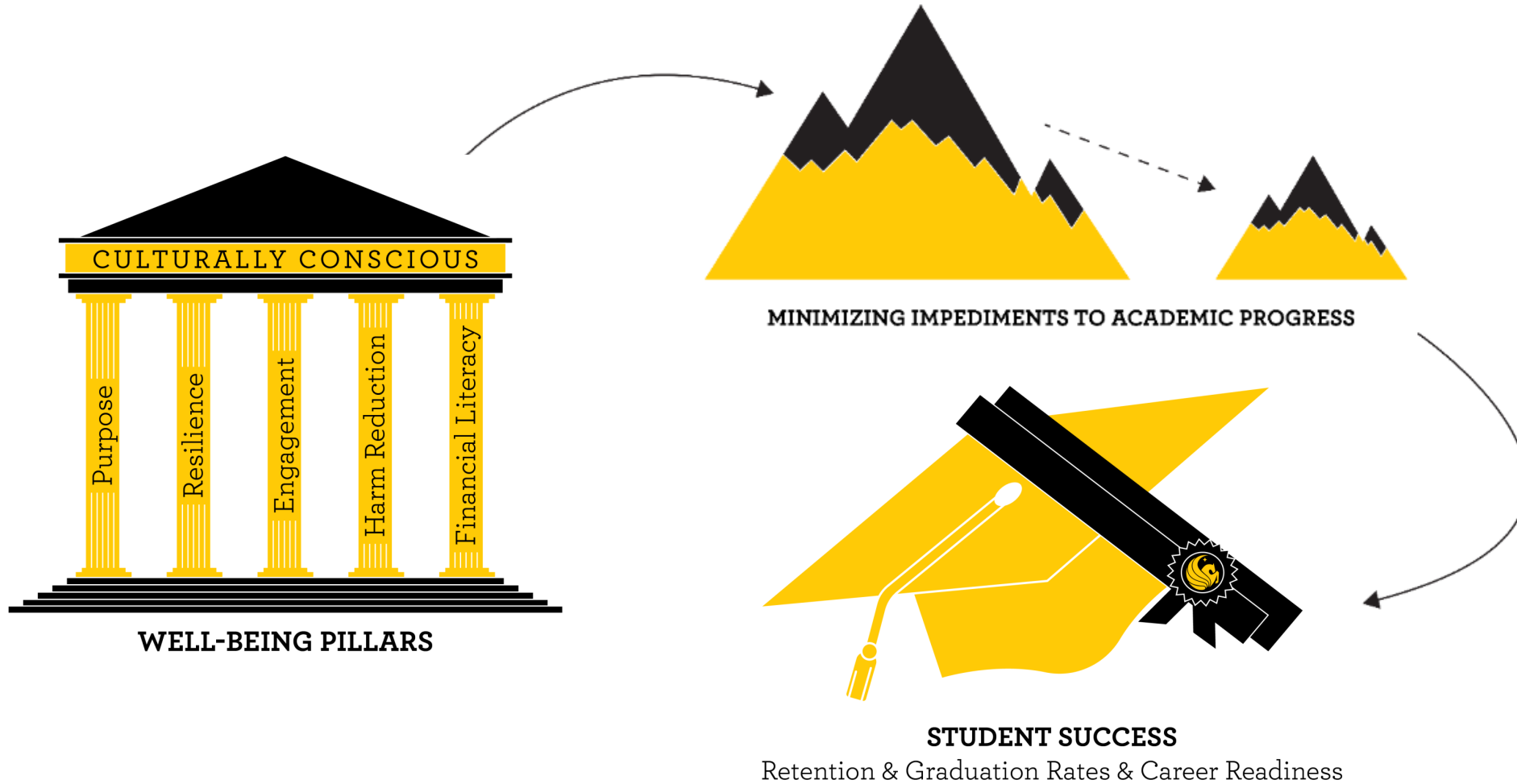
"Wellbeing is about the combination of our love for what we do each day, the quality of our relationships, the security of our finances, the vibrancy of our physical health and the pride we take in what we have contributed to our communities...[and] how these...come together in a unique way to form your ideal life."

**At UCF we believe that Well-Being is essential to student success!**



**WELL-BEING PILLARS**

# The Well-Being Model at UCF



# What is Well-Being?

“Through a holistic and **culturally conscious** curricular approach, SDES fosters a university-wide community of care and learning in which **all** students develop knowledge and skills, **identify** meaning and **purpose**, **build resilience**, **develop financial literacy**, **increase engagement**, and **exercise harm-reducing choices**, to positively impact **retention** and **graduation rates**, and **career readiness**, and **minimize impediments to academic progress.**”

Well-Being has 5 core components that we call **Pillars**. These include:

1. **Purpose**
2. **Resilience**
3. **Engagement**
4. **Harm Reduction**
5. **Financial Literacy**

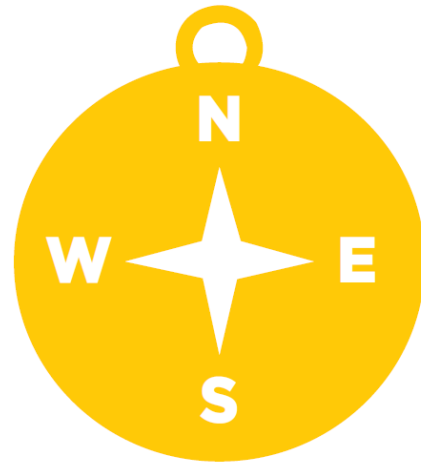
The Pillars are informed by the **Culturally Conscious** approach.



# Definitions of the **Pillars**:

## The first pillar is **PURPOSE**

**Purpose** is the process of deriving meaning, direction, and fulfillment as an individual.





# Definitions of the Pillars:

The second pillar is **RESILIENCE**

**Resilience** is the ability to develop and demonstrate skills to adapt to life experiences.



# Definitions of the **Pillars**:

The third pillar is **ENGAGEMENT**

**Engagement** is the act of participating in the learning environment.



# Definitions of the **Pillars**:

The fourth pillar is **HARM REDUCTION**

**Harm Reduction** is the ability to identify and demonstrate behaviors that promote positive outcomes and identify and minimize behaviors that produce negative outcomes.



# Definitions of the **Pillars**:

The fifth pillar is **FINANCIAL LITERACY**

**Financial Literacy** is the development of the knowledge, skills and abilities necessary to manage personal finances



# The Pillars are informed by the Culturally Conscious approach:

**Culturally Conscious** is the ability to acknowledge and incorporate an understanding of the cultural and social context of individuals and the environment.



# Minimizing Academic Impediments

Through our focus on the 5 Pillars and the Culturally Conscious approach of Well-Being, SDES aims to help students minimize the impacts of the following academic impediments:

- Stress
- Anxiety
- Sleep Difficulties
- Depression
- Work
- Cold/Flu/Sore Throat
- Internet Use/Computer Games
- Concern for a Troubled Friend or Family Member
- Relationship Difficulties



(These represent the most frequently cited factors that UCF students identified as affecting their individual academic performance (defined as: received a lower grade on an exam or important project; received a lower grade in the course; received an incomplete or dropped the course; or experienced a significant disruption in thesis, dissertation, research or practicum work) within the past 12 months according to our institution specific data for the 2019 NCHA/ACHA survey.)

# Well-Being and Orientation

Throughout the Orientation content you will see icons representing the pillars and framework of the Well-Being model. We want you to identify how the various pieces of Orientation contribute to your Well-Being and student success. The icons are:



**Purpose**



**Harm Reduction**



**Resilience**



**Financial Literacy**



**Engagement**



**Culturally Conscious**

# Well-Being and You

As you continue your transition to UCF in preparation for your academic journey, we encourage you to consider the following:



What is your **PURPOSE** in coming to UCF? How can UCF and SDES help you achieve that?



What skills do you have to be **RESILIENT**? What resources might you wish to access at UCF to help you strengthen your resiliency?



How do you want to demonstrate your **ENGAGEMENT** in the UCF community both inside and outside of the formal classroom environment? How can SDES staff, services and departments help you identify areas to engage on campus?



How will you incorporate **HARM REDUCTION** strategies to ensure you are realizing desired outcomes and minimizing less desirable ones?



How will you practice and increase your **FINANCIAL LITERACY**? What resources, staff, services and programs within SDES and across UCF can you incorporate to help you in this endeavor?



How will you demonstrate, incorporate, and grow your **CULTURAL CONSCIOUSNESS** at UCF? What active role will you take to ensure that UCF is a place that is welcoming and inclusive of all individuals?

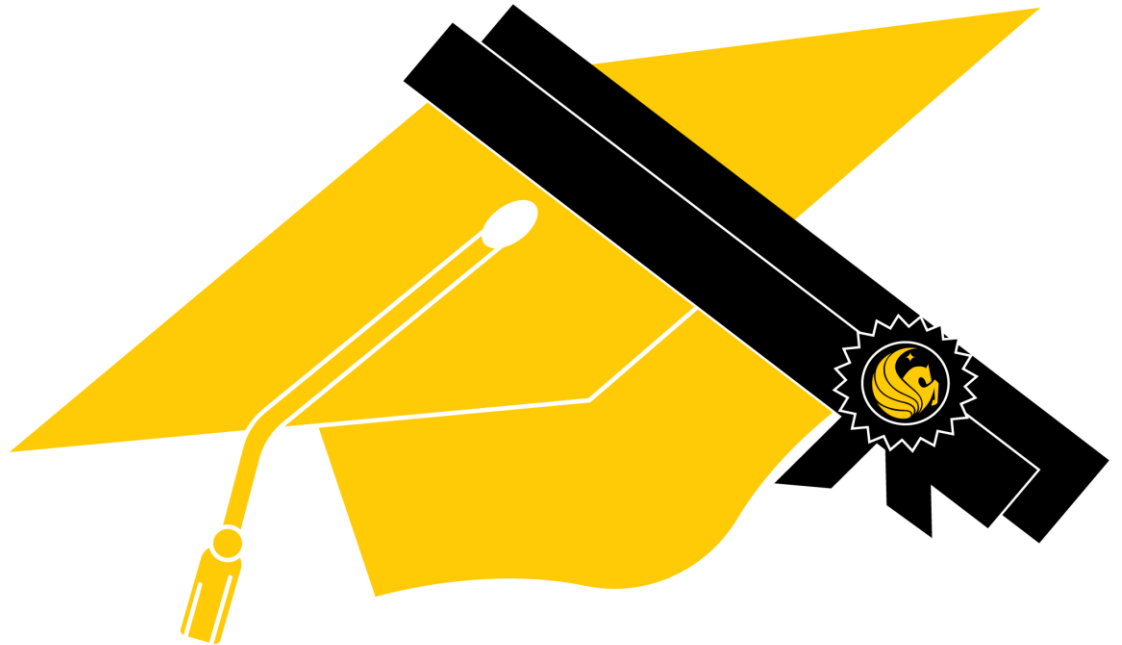


# The Ultimate Goal...

The goal of the **Well-Being Curriculum** is for you to be a successful student and emerge from UCF as a WELL-BEING...a WELL PERSON...prepared to face the challenges of the world as a culturally conscious, engaged citizen who acts with purpose, demonstrates resilience, incorporates harm reducing strategies and practices financial literacy.

SDES and the UCF community are here to support you every step of the way!

**GO KNIGHTS! CHARGE ON!**



## STUDENT SUCCESS

Retention & Graduation Rates & Career Readiness