



SACRAMENTO STATE

The WELL

ACADEMIC YEAR 2017-2018 REPORT

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Executive Summary

The WELL is a part of Union WELL Inc. which is a proud member of the Sacramento State Division of Student Affairs. Union WELL Inc. exists for the benefit of students, offering a welcoming environment in which students, faculty, staff and alumni may participate in campus life. Union WELL Inc. also attracts the greater community to educational, cultural and social experiences at Sacramento State. Through programs, services and facilities Union WELL Inc. fully realizes its potential when it fosters personal growth, encourages social interaction and provides opportunity to develop leadership skills. The involvement in campus life around Union WELL Inc. leads to memorable experiences and fosters a community that cultivates enduring commitment, pride, and loyalty to the University.

This academic year, 90% of students who participated in Intramural Sports responded that Intramural Sports contributed positively to their success as a student and/or professional. Student employees also completed a survey and responded that they gained experience and developed skills that will help them in their chosen career path. Ninety two percent of former student employees also agreed that working for The Well helped them gain experience.

Seventy nine percent of students activated their WELL membership. Membership revenue from non-students also increased by 24% compared to 2014-2015. More than 40,000 students participated in wellness events and programs. There was a 3% increase in student participation in the all-inclusive recreation program.

Corporate Vision

To engage and connect the campus community through innovative programs, places and people that advance wellness, student success and Sacramento State pride.

Our Mission

Lifetime Wellness through Collaboration, Education, and Innovation.

Dimensions of WELLness

Wellness is a multi-dimensional process of achieving a healthy balance throughout one's lifetime.

Sacramento State's model of the 7 Dimensions of Wellness was created as a guide to help enhance our community's pursuit of a healthy, balanced lifestyle. Each of the 7 dimensions is represented by an icon that will assist individuals in understanding how programs and events will help enhance their wellness.



Intellectual Wellness - Developing & utilizing one's knowledge.



Emotional Wellness - Awareness, acceptance & a healthy expression of one's feelings.



Environmental Wellness - Caring for the earth.



Physical Wellness - Taking care of one's body.



Career/Financial Wellness - Engaging in meaningful work and responsible monetary practices.



Spiritual Wellness - Exploring value and meaning in one's life.



Socio-Cultural Wellness - Effectively relating to others, your community and the world.

Department Outcomes

This academic year, the Vice President of the Division of Student Affairs decided to align department goals with the university's goals, Student Affairs Divisional Goals, and Baccalaureate Learning Outcomes. The structure of this section will include the goals, the strategies to achieve those goals, and the outcomes.

Department Goal 1: Students participating in intramural sports will indicate that intramural sports contributes positively to their success as a student and/or professional.

University Strategic Goal: Enhance student learning and success

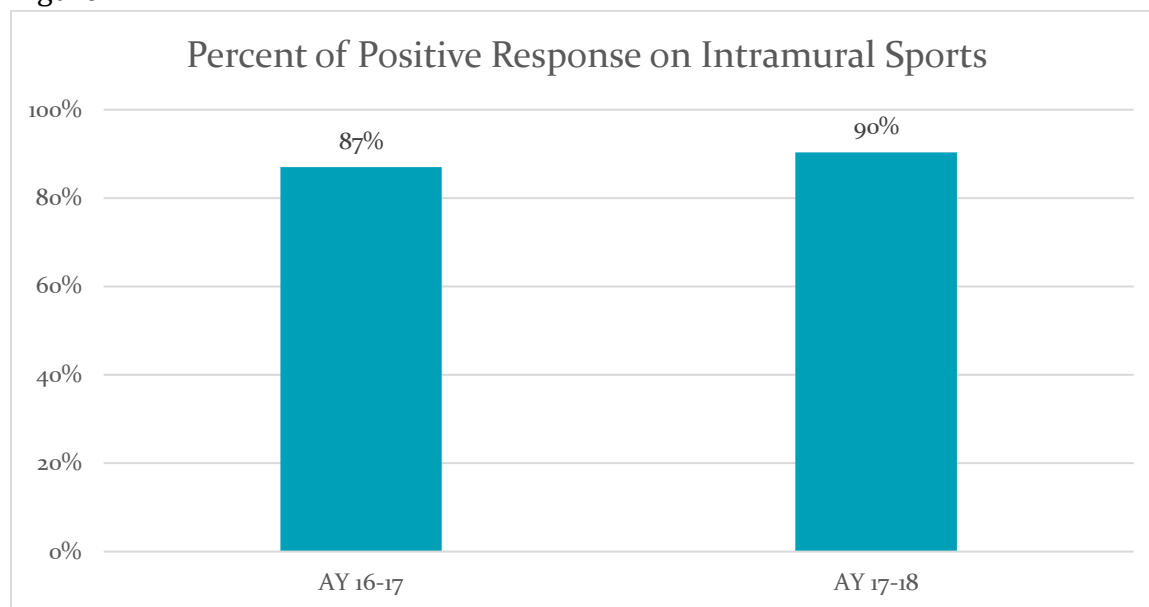
Student Affairs Divisional Goal: Increase student engagement

Baccalaureate Learning Goal: N/A

Standard of Achievement: 80% of students will report positive impact on Intramural Sports.

“Intramural,” Latin for “within the walls.” For over 40 years, Sacramento State’s Intramural Sports Program has provided opportunities “within the walls” of Sacramento State for all of its students and regular faculty and staff to participate in organized recreational competition. This program strives to offer the university community structured leagues and tournaments in a diverse array of activities including but not limited to basketball, flag football, tennis, golf, volleyball and indoor/outdoor soccer. Each event is presented under the simple philosophy that an Intramural program should be fun, fair and safe.

Figure 1



Ninety percent of students who participated in Intramural Sports this academic year responded that Intramural Sports contributed positively to their success as a student and/or professional.

Department Goal 2: Student employees will learn career-related skills from WELL employment.

University Strategic Goal: Enhance student learning and success

Student Affairs Divisional Goal: N/A

Baccalaureate Learning Goal: Integrative learning

Standard of Achievement: Maintain or increase responses on the extent of the job as helpful in learning career related skills.

Ninety student employees completed the survey. Eighty seven percent of student employees gained experience and developed skills that will help them in their chosen career path (similar to the previous year).

Department Goal 3: Former student employees will respond that employment at the WELL prepared them for the workforce after graduation.

University Strategic Goal: Commit to engaging the community by building enduring partnerships that strengthen and enrich the region

Student Affairs Divisional Goal: Enhance student engagement, health, and wellness promotion

Baccalaureate Learning Goal: Integrative learning

Standard of Achievement: Collect baseline data on the reflection survey

The WELL contacted graduates who worked for the WELL and encouraged them to complete a reflection survey on how their employment at the WELL prepared them for the workforce after graduation. Sixty student employees completed the survey and 92% of them agreed that working for The WELL helped them gain experience and developed skills for the career path they are pursuing.

Department Goal 4: Students, faculty, and staff will become new members of the WELL.

University Strategic Goal: Excel as a place to learn, work, live, and visit

Student Affairs Divisional Goal: N/A

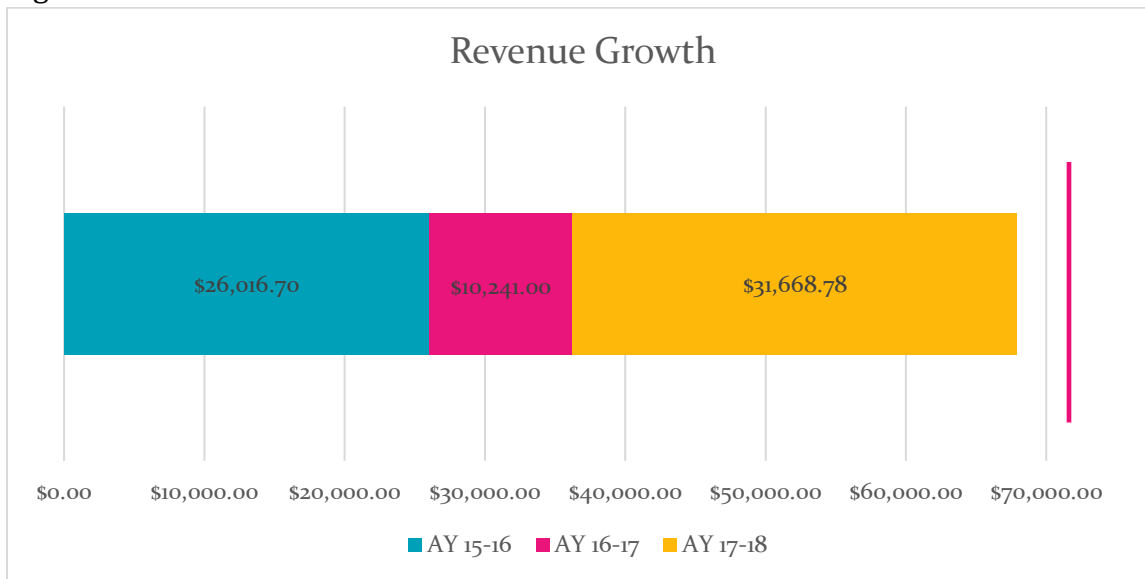
Baccalaureate Learning Goal: N/A

Standard of Achievement: 25% growth in membership over three years

The WELL developed two membership recruitment and retention plans. One plan focused on student membership, and the other focused on the retention of staff and faculty members.

For spring 2018 semester (our most recent semester), 79% of students activated their WELL membership. Membership revenue from non-students (faculty/staff/alumni) for year 3 (17-18) increased by 24% compared to 2014-2015 academic year, falling just short of our 25% goal.

Figure 2



Notes: 1) After year 1 (AY 15-16), we earned an additional \$26, 16.70. 2) After year 2 (AY 16-17), we earned an additional \$10,241.00. 3) After year 3 (AY 17-18), we earned an additional \$31,668.78. 4) Red line represents the targeted revenue amount of \$70,834.33.

Department Goal 5: The WELL will expand group fitness class time offerings to meet the needs of our membership demands.

University Strategic Goal: Engage students in a comprehensive university experience

Student Affairs Divisional Goal: Increase students’ sense of well-being

Baccalaureate Learning Goal: N/A

Standard of Achievement: Increase in fitness class time offerings compared to prior year

There was a 14% increase in the number of fitness classes offered from 116 in AY 16-17 to 132 in AY 17-18.

Figure 3



Department Goal 6: Students will attend wellness events and programs.

University Strategic Goal: Engage students in a comprehensive university experience

Student Affairs Divisional Goal: Increase student engagement and build an affinity for the hornet family

Baccalaureate Learning Goal: N/A

Standard of Achievement: *Maintain or increase student attendance/participation in events including 5K Fun Run, Group Fitness, Informal/Open recreation, Aquatics/Pool, Climbing wall, WELL event services ; in addition, a 10% growth in the all-inclusive recreation program.*

Table 1

Event	2015-2016 participation	2016-2017 participation	2017-2018 Participation	AY 16-17/AY 17-18 Percent Change
5K Fun Run	764	747	861	15% increase
Group Fitness	17,641	16,272	23,622	45% increase
General - Aquatics/Pool	7,826	7,482	7,109	5% decrease
Incentive - Aquatics/Pool	113	158	83	47% decrease
Climbing Wall	---	6,150	7,372	20% increase
WELL Event Services	683	718	816	14% increase
All-in-recreation (AIR)	295	445	460	3% increase

The 5K Fun Run became a philanthropic aspect for the first time and \$2,500 was donated to a campus student program fund. In addition, group fitness is free during this academic year.

Appendix A

Department Goals	What will be the standard of performance?	Outcomes
1. Students participating in intramural sports will indicate that intramural sports contributes positively to their success as a student and/or professional.	80% of students will report positive impact on intramural sports.	90% of students responded that Intramural Sports contributed positively to their success as a student and/or professional.
2. Student employees will learn career-related skills from WELL employment.	Maintain or increase on the extent of the job as helpful in learning career related skills.	87% of student employees gained experience and developed skills that will help them in their chosen career path.
3. Former student employees will respond that employment at the WELL prepared them for the workforce after graduation.	Collect baseline data on the reflection survey.	92% of students agreed that working for the WELL helped them gain experience.
4. Students, faculty, and staff will become new members of the WELL.	25% growth in membership over a 3 year time period.	79% of students activated their WELL membership. Membership revenue from non-students increased by 24% compared to AY 14-15.
5. The WELL will expand group fitness class time offerings to meet the needs of our membership demands.	Increase in fitness class time offerings compared to prior year.	There was a 14% increase in the number of fitness classes offered.
7. Students will attend wellness events and programs.	Maintain or increase student attendance/participation in events including 5K Fun Run, Group Fitness, Informal/Open recreation, Aquatics/Pool, Climbing wall, WELL event services); in addition, a 10% growth in the all-inclusive recreation program.	There was a 3% increase in all-inclusive recreation program. Increase in student participation in 5K Fun Run, group fitness, wall climbing, and as well as increase in WELL event services.