



PROMOTING A CULTURE OF WELLNESS IN HONORS

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Plan for Today

- Honors Students and Wellness
- Evidence-Based Approach: Recent Study
- Wellness
 - Structure
 - Messaging
 - Programming
- Unique Initiatives

Honors Students and Wellness

- Myths about Honors Students and Mental Health
 - More at risk
 - Less at risk
- Development of High Ability Individuals
 - Fewer personality similarities than once thought
 - Face the same developmental challenges as peers
 - Asynchronous development
 - Emotional as well as cognitive sensitivity and intensity
- Less Likely to Receive Assistance and Socioemotional Attention
 - Assumptions about high functioning
 - Minimizing of expressed concerns
- Less Likely to Seek Assistance
 - Life-long messages about competence
 - Internalized need to accomplish on their own
 - Intensity of their experiences will overwhelm others

Evidence Based Approach: First-Year Students and Suicidal Ideation

- Studied 668 first-year undergraduates students at Purdue University using an online survey—primarily White, heterosexual women
- Honors students were no more or less likely to report suicidal ideation
- Factors considered:
 - Interpersonal Theory of Suicide: Thwarted Belongingness, Perceived Burdensomeness, and Acquired Capability (Joiner, 2009)
 - Perfectionism (self and parent-imposed), self-compassion, growth mindset, emotional intelligence, and emotional reactivity
- Associations were all significant and in the expected directions
- **Perceived Burdensomeness** emerged as the clearest predictor of suicidal ideation when all variables were entered into the regression model

Wellness Structure

- Wellness Committee Composed of Faculty, Staff, and Students
- Training of Faculty and Staff
 - Student of Concern process
 - Question, Probe, and Refer (QPR) Training
 - Critical need for collaboration
- Close Collaboration with Residential Life Partners
 - Specific students
 - Messaging and programming

Wellness Messaging

- Concrete Messages About Commitment to the Holistic Development of Students
 - Summer registration
 - Orientation
 - In holistic advising sessions
 - In classrooms/syllabi
- Targeted Wellness Messages—Hearthstone of Health
 - 1st years—evidence-based wellness topics
 - HANDOUT
 - 2nd years—stories with messages related to wellness
 - HANDOUT
 - 3rd years—practical YouTube videos
 - Planned for next year

Wellness Programming

- Weekly:
 - Wellness Wednesday—hands on activities
 - Aromatherapy
 - Health checks
 - Gratitude cards
 - Monday Meditation
 - Yoga
 - “Balancing it all” Discussion Hour
- Larger events:
 - Planting and Painting
 - Finals are Hard—Petting a Dog Is Not

Unique Wellness Initiatives

- Bereavement and “thinking of you” cards
 - Honors Logo and relevant quotes
 - Death losses and other stressors
 - Hand written and sent to campus address
- Hearthstone center
 - Supervision of CPSY doctoral student working with Honors students
 - Consultation with University counsel
- “Your Story Matters” video series
 - Focus on 8 most common stressors of Purdue students: Career Indecision, interpersonal conflicts, financial problems, academic setbacks, parent pressure or conflict, romantic breakup, injury/illness (self), and death of family member or friend
 - Coping and lessons learned
 - Playlist on Honors YouTube channel (2 Videos to show)



“Your Story Matters” Videos

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THANK YOU

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