

Quality Enhancement Program

THRIVE

WELLNESS & SELF-CARE INITIATIVE

QEP Directors:

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Richmont Graduate University has chosen **Wellness & Self-Care** as the focus of the university's 2018 Quality Enhancement Plan.

The QEP topic of **Wellness & Self-Care** was based on the following:

1. The university's mission to "advance God's work of healing, restoration, and transformation in the lives of individuals, churches, and communities"
2. National research on stress and burnout in mental health professionals and ministers
3. Internal student-outcome research on stress management and self-care
4. University survey data from students, faculty, alumni, and the Board of Trustees.

Wellness and Self-Care is an essential component to Richmont students' learning and is based on ethical mandates requiring professionals to attend to self-care and on spiritual directives encouraging all persons toward the wholeness experienced in a life with a rhythm of work and rest. The intention of the University QEP is to provide students with support and strategies to actively engage in self-care efforts that support wellness and promote a culture that supports students' sense of hopefulness to their commitment to wellness.

The QEP **Wellness & Self-Care** student learning outcomes are:

1. Students will create wellness plans which are realistic and values-based.
2. Students will be able to monitor and adjust their wellness plans.
3. Students will demonstrate hopefulness about their ongoing commitment to wellness.
4. Students will practice professional self-care practices.

These student learning objectives will be assessed by a Wellness Plan Checklist which faculty advisors will complete as they assist students to create and revise personal wellness plans. The university General Student Survey and the Professional Self-Care Scale (a standardized measure of self-care practices) will also be used to assess the learning objectives. Results of these evaluations will not be utilized in the determination of student grades.

Richmont Graduate University seeks to make a university-wide cultural shift toward wellness through the QEP **Wellness & Self-Care**. This shift can assist in achievement of the university's mission of producing students who walk into their future careers with a foundation based on the values of wholeness and maturity set before us by Christ and who are equipped to help others to do the same.