

2006-2007 Wellness Center Annual Report

Morton L. Rich Health and Wellness Center
Rice University • Houston, Texas

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Wellness Center Highlights

During the 2006-7 academic year, the Wellness Center staff aimed to enhance existing programs and services, as well as to explore new opportunities to engage students as “wellness seekers”. As demand for wellness programming continued to increase, we worked to identify those needs required priority. More importantly, we made a concerted effort to better track student engagement, satisfaction and skills learned to determine the effectiveness of our programs. Some of our most successful programs and services include:

- **Reorganization of the RU Well Website:** After consulting with other campuses and researching various websites, the Wellness Center hired a graphic designer to create a website that would be more appealing to students, easier to navigate, and would provide wellness information in a succinct, yet comprehensive format. Updates to the website include a weekly news section, highlighting wellness-related events, research and other public health issues in the community and nationwide. Links to credible organizations and institutions were also made more visible so that students could easily find more in-depth information on a specific issue. Student use of the site is tracked monthly via the SiteMeter tool (see Appendix). The new website gets an average of thirty-three visitors per day.
- **Establishment of the Campaign to Raise Resiliency at Rice (RRaR):** This collaborate effort between the Wellness Center and the Counseling Center aims to address students’ need for coping skills and a greater awareness of how to “bounce back” from difficult situations. The campaign members met to design the logo and set learning objectives. Two programs were implemented during the fall semester: a seminar on the practice of mindfulness and ongoing, guided relaxation sessions in the Rice Memorial Chapel (see Appendix).
- **Planning and Implementation of the BASICS & CHOICES Alcohol Harm-Reduction Programs:** The offices of the Wellness Center, Counseling Center and Health Services are concerned about reducing the harm that high-risk drinking can have on students’ academic success at Rice. We want to teach students skills that will empower them to make healthier choices, as well as to create an environment that supports responsible drinking behavior. The BASICS & CHOICES models are evidence-based programs that employ sound theory and practical tools for reaching our goals by educating students about alcohol’s effect on the body, peer drinking norms, and strategies for reducing personal and community harm due to intoxication (see Appendix).
- **Growing Relationship with the Houston Area Women’s Center:** In it’s second year, the Survey of Sexual Violence course engaged over 25 students in discussion and projects focused on the prevalence of harassment, sexual and domestic violence in our society. Students designed, implemented and evaluated projects to impact the community at Rice. Three students went on to complete an internship on the Rape Crisis Hotline, furthering their understanding of these issues and developing crisis management skills (see Appendix).
- **Poster Presentation at American College Health Association Conference:** ACHA is the nation’s voice of expertise in college health and wellness. The Association provides advocacy, education, communications, products and services for the enhancement of all students and campus communities. The annual meeting was held in San Antonio this year and Rice University was recognized as a leader in college health promotion when asked to present on the success of our weight management program “Owl Weigh.” A poster highlighting the objectives and evaluation of the program was presented at the conference, and Wellness Center staff (including Marissa Howat, Emily Page and Roberta Anding, RD) were available to represent Rice and speak to the success of our efforts (see Appendix).
- **Wellness Moves Into the Classroom:** In Fall 2007, several Wellness Center programs will undergo a change. We will offer a weight management course (previously “Owl Weigh) and a relaxation/stress reduction course (previously a Baker College course) through the Lifetime Physical Activity Program (students are required to have 2 LPAP credits to graduate). This change of direction is in an effort on the part of both the Wellness Center and Recreation Center to create holistic programs that meet the needs of Rice students. Offering these courses for LPAP credit will increase accountability to and visibility of Wellness Center programming, and allow students who want to achieve a well and balanced lifestyle to receive credit!

Personal and Social Responsibilities

Facilitating Healthy Choices

2010 Goals:

- An 11% reduction in the proportion of students who exceed guidelines for low-risk alcohol consumption.
- An increase in the number of collaborative community partnerships to conduct comprehensive substance abuse prevention efforts.
- An increase in awareness of the dangers of marijuana use.
- A 24% reduction in the reporting of students using marijuana.
- An increase in awareness of the dangers of tobacco use.
- A 10% reduction in cigarette smoking.
- A 30% increase in smoking cessation attempts.
- A 2% reduction in the use of smokeless tobacco.

2006-7 Action Item: Develop a program to educate students about high-risk drinking.

The Wellness Center, Counseling Center and the Office of the Dean of Undergraduates hosted a BASICS & CHOICES Facilitator Training Workshop January 24-26. Dr. George Parks, Associate Director of the Addictive Behaviors Research Center at the University of Washington, provided information, skills training and administrative consultation to members of the Rice community. An implementation plan was created earlier in the fall semester and execution began in February. Staff met with key campus stakeholders and students to determine the best course for disseminating the information. It was decided that the program would target first-year students. The Wellness Center provided four CHOICES Feedback Sessions during April to garner student input regarding the content and facilitation of the program. Approximately 35 students participated in the sessions and the majority of the feedback was positive. Ongoing revision and customization of the CHOICES interactive journal will take place during the summer and fall 2007 term (see Appendix).

2005-6 Action Item: Continue to offer Alcohol Server Training to educate students about responsible party planning, alcohol service, and caregiving.

Fifteen sessions of the Training for Responsible Alcohol Service and Hospitality (TRASH) were facilitated by the Wellness Center staff during the academic year. The goal of this program is to raise awareness of the risks associated with increased accessibility to alcohol at public parties and to outline the responsibilities of Hosts, Servers and Security volunteers. Approximately 100 students completed the training, utilizing the Training for Intervention Procedures (TIPS) manual. Training focuses on the behavioral cues that indicate an individual's level of intoxication and the effective interventions to reduce injury or harm. Students also discuss key sections of the Rice Alcoholic Beverage Policy that apply to Servers, Hosts, and Security. To successfully complete the course, students must score at least 80% on the post-session quiz.

2005-6 Action Item: Collaborate with local campus initiatives to address high-risk drinking on campus.

Emily Page joined the Coalition of Behavioral Health Sciences to encourage local institutions of higher education to share best practices in alcohol abuse prevention. The Coalition recently received a grant to address underage drinking in Harris County. Emily has been asked to chair a sub-committee of college prevention professionals to determine how the Coalition can impact students on our campuses. In February, Emily created HoustonHigherEd-I@mailman.rice.edu, a listserv for discussion of health promotion and wellness management efforts at local campuses, like Houston Community College, Houston Baptist University, University of Houston, and University of St. Thomas. This group was involved in the BASICS & CHOICES training held in January. We are currently discussing options for better data collection to provide a better understanding of the alcohol consumption behaviors and attitudes among the students on our campuses.

2007-8 Action Items:

1. Provide targeted CHOICES sessions during the fall semester for first-year students. Engage 50% of the new-student population.
2. Provide ongoing CHOICES sessions throughout the academic year for students who violate the Rice Alcoholic Beverage Policy and/or for students who desire to better understand their use of alcohol and strategies for reducing harm.
3. Develop a longitudinal evaluation plan for TRASH to track knowledge retention and attitudes regarding hosting, serving and security.
4. Adapt the TRASH training program into a web-based tutorial. Students must complete the CHOICES training before they can log on to become a Host or Alcohol Server.
5. Monitor prevention/education program by Self Care Health Representatives on tobacco use. Include campus data and offer both on and off campus resources and referrals.
6. Re-establish a campus coalition to examine and address tobacco policy at Rice.

Finding Balance

Planning and Prioritizing

2010 Goals:

- Increase awareness of student body image and the risks associated with disordered eating.
- Increase students' ability to recognize and cope with stressful situations.
- Increase in students' ability to manage their time, including goal setting, scheduling and prioritization.
- An increase in the quantity and quality of time students spend studying their course materials, emphasizing the avoidance of procrastination.
- Develop a formalized protocol for assessing, referring and treating students identified with an eating disorder.
- An increase in student awareness of spirituality and a better understanding of spiritual needs.
- An increase in awareness of suicide issues, including symptoms, available resources and effective interventions.

2006-7 Action Item: Identify best practices for addressing student stress management and skills training.

In September, the Wellness Center and Counseling Center launched a collaborative campaign to address student resiliency, called Raising Resiliency at Rice (RRaR). The first program we implemented was a lunchtime guided relaxation session, called Noontime Nirvana. Our target audience is the population of graduate students who experience higher levels of stress and anxiety in a competitive research environment. These 20-minute sessions were offered once a week in the Rice Memorial Chapel. Approximately 20 students, faculty and staff attended the sessions at least once. Nearly 30% of participants returned for multiple sessions and 90% found the sessions to be helpful in reducing their immediate stress and anxiety. Participants who did not attend weekly reported that time conflicts were the primary barrier. Many participants stated that they would like to see the program continued next year.

In October, the RRaR committee invited local Mindfulness-Based Stress Reduction practitioner, Micki Fine, to facilitate a seminar on the practice of mindfulness meditation. The seminar focused on the theory and science behind daily mindfulness meditation to alleviate anxiety, depression, chronic pain, and physical symptoms related to stress or disease. Over 65 people attended the Lunchtime seminar and 70% reported that they would be interested in an extended MBSR workshop.

2005-06 Action Item: Determine the best tools for measuring stress and design a pilot program to follow individual students over the course of one semester.

In March, the Wellness Center was approached by the Department of Psychology to collaborate on a stress assessment survey to be administered to currently enrolled students. The purpose of the research is to understand the factors leading to stress for students at Rice, how students typically deal with their stress, and the behaviors that result from their stress. Participants were asked to complete a 40-minute questionnaire assessing factors relevant to their own lives, as well as questions pertaining to the stress-related experiences of a close friend or roommate. Approximately 120 matched pairs completed the survey. Data analysis is still pending.

2007-8 Action Items:

- 1) Expand the marketing for Noontime Nirvana to increase graduate student participation to 40 students. Target the Graduate Apartments, the Graduate Student Association and the Office of International Students and Scholars.
- 2) Continue to foster partnerships with both on and off campus organizations to plan, design and host the Love Your Body Monologues annually. Target audience: 40 students. Collaborators include RD, RCC, Rice Recreation Center and Peer Health Organizations.
- 3) Continue to offer massage at the Presidential Study Break.
- 4) Facilitate consistent communication between the Wellness Center dietitian and the Student Health Cluster staff to promote integrated student nutritional care.
- 5) Continue planning and implement "Suicide Awareness For Everyone at Rice" (SAFER) program in conjunction with Rice Counseling Center.

2006-7 Action Item: Host “Love Your Body Monologues” in collaboration with the Recreation Center, the Counseling Center and Peer Health Organizations.

The “Love Your Body Monologues” were held in Farnsworth Pavilion in April 2007. The event is modeled after the acclaimed “Vagina Monologues” and use personal testimony, prose and poetry directly from Rice community members. The event was planned and directed by a committee of Rice students. A small audience of participants, students and Rice faculty were present to raise awareness about body images issues and eating disorder struggles that take place on Rice’s campus. The program was successfully evaluated, with positive responses and feedback from over 20 people (see Appendix).

2006-7 Action Item: Increase the number of students who seek nutritional advice from the Wellness Center Registered Dietitian.

Three free nutrition consultations are available for students. This service is promoted through marketing in the campus newspaper and on flyers and tabletop advertisements across campus. Additionally, the dietitian was available at lunchtime “Lunch with Roberta” sessions in several different colleges to address student’s nutritional questions and concerns in an informal and convenient location.

2006-7 Action Item: Participate in campus-wide Leebron-Forman Study Break to offer students a time to relax and rejuvenate before final exams.

The Wellness Center again participated in the two study breaks during the 2006-2007 academic year. The first was held in December and had a Cowboy theme. The second, in April with a super-hero theme. The Wellness Center arranged massage therapists to be present at both study breaks; students were given free ten-minute massages. Also featured was a series of free, short stress-reduction courses. Students could learn about aromatherapy, how to quickly relieve tension, meditate or give each other massages. Both campus wide study breaks were widely attended. Approximately 100 students were able to take advantage of the free massage(s).

2006-7 Action Item: Continue relationship(s) with Athletic Department to encourage athletes to balance their academic and athletic requirements with stress reduction techniques and a balanced approach to wellness, focusing on nutrition in particular.

Roberta Anding, RD, has met with several Rice coaches and also led a nutrition seminar for the women’s basketball team and men’s football team. She is well respected within the sports nutrition field and we hope to encourage athletes to take advantage of her services.

Self-Care

Skill Building and Advocacy

2010 Goals:

- Increase personal health literacy through the promotion of on and off-campus wellness resources, as well as student awareness of health insurance protocols.
- Increase the proportion of students who are vaccinated for meningitis, as well as develop an awareness of meningitis symptoms and an appropriate treatment response.
- Advocate and promote self-care issues such as personal hygiene, specifically within residential students to prevent the transmission of viruses such as the cold or flu.
- Promote and advocate the components of a healthy balanced diet and a physically active lifestyle to all student groups, focusing specifically on freshmen and sophomore populations.
- Increase the provision and capacity of the Nutritional Counseling service with specific reference to the following groups:
 - Athletes
 - Those at risk of metabolic and/or cardiovascular disorders
 - Those at risk of disordered eating habits
- Reduce the number of Rice students identified as obese by 3%.
- Develop and implement a training and evaluation protocol for the Health Reps, specifically for the Kit supplies program.

2006-7 Action Item: Develop and increase readership of three-series *RUWell* newsletter in collaboration with student editor, Wellness Executive Council and other campus partners..

RU Well is a wellness-focused publication coordinated by a student editor. This year, special O-Week editions were distributed to incoming graduate students, undergraduate students, and parents of undergraduates. During the academic year, three editions were published. Each newsletter featured an update from Rice peer health education organizations and had a theme around a wellness issue.

2006-07 Action Item: Maintain “Owl Weigh” weight management program and determine strategies to increase accountability and efficacy among participants.

The “Owl Weigh” program was again offered to students both fall and spring semesters. The program included presentations by dietitian Roberta Anding, psychologist Dr. Lindley Doran, physician Dr. Jessica McKelvey, fitness specialist Heather Thompson, and health educator Marissa Howat – all employees of Rice University.

The fall program was significantly more successful than the spring program with 12 students participating, and an attrition rate of approximately 25%. Students were surveyed in relation to each component of the program. Results of the survey are available in the Appendix.

2006-07 Action Item: Maintain and supervise distribution of health kit supplies for Health Rep college representatives. Kit supplies should only be distributed by identified Health Reps and efficient inventory, training and evaluation processes should be developed.

Almost fifty students were involved with Rice wellness initiatives through Health Rep membership. Students received training for the kit contents and distribution at the Peer Health Organization Retreat, held in August of 2006.

2007-8 Action Items:

- 1) Expand readership of *RUWell* Newsletter through electronic mailings, subscription listservs, and strategic distribution channels.
- 2) Pilot and evaluate Exercise and Weight Management LPAP course (formerly the “Owl Weigh” program) to determine effectiveness as weight management tool for Rice students.
- 3) Advise Health Representatives organization to promote self-care in relation to cold/flu prevention within the colleges with a recognizable hand-washing campaign early in Fall and Spring semesters.
- 4) Make Health Rep kits with self-care supplies available to students through college representatives.
- 5) Develop and implement an awareness campaign for the dietetic services at Rice, specifically targeting student athletes and those at risk of cardiovascular disorder.

Healthy Relationships

Communication and Respect

2010 Goals:

- Increase students' ability to recognize the elements of a healthy relationship and the skills needed to maintain a good support system.
- Increase awareness about the risks of sexual violence on a college campus, including sexual harassment and rape.
- Increase awareness of and access to rape crisis resources and support, through SOAR and community partners.
- Increase male student empowerment to prevent sexual violence among their peers.
- Increase awareness of high-risk sexual behaviors that can result in unplanned pregnancy or sexually transmitted infections.
- A 23% increase in the proportion of students who use condoms if they are sexually active.
- Ongoing collaboration with community and campus HIV/AIDS awareness partners.
- An increased awareness of the wellness needs the gay, lesbian, transgender, questioning and ally student population.

2006-7 Action Item: Create a positive, consistent and inclusive sex education program that discusses sexuality, relationships, contraception and abstinence.

During both the fall and spring semester, the Wellness Center facilitated the Prevention First program in collaboration with Rice for Choice and the Women's Resource Center. The 90-minute programs focused on effective safe sex methods for students who decide to be sexually active. In November, students participated in a "Condom Olympics" which involved training in properly using a condom. Rice for Choice handled promotion and 8 students participated in the program. The March program had better attendance (approximately 25 students) and focused more specifically on the efficacy of various contraceptive methods. Students reported that they liked being able to ask lots of questions and get more specific information regarding common forms of birth control. The Bingo game at the beginning of the session was also very informative and students appreciated the interactive format. Students suggested that less time be devoted to "unconventional" forms of birth control in future programs (see Appendix).

2005-06 Action Item: Continue to recruit interest in a male sexual violence prevention group.

During the fall semester, letters were sent to College Masters, Resident Associates, and Presidents to garner nominations of men who would be ideal candidates for a male violence prevention initiative. Approximately 15 men were nominated from four different Residential Colleges. In addition, volunteers were solicited from the Graduate Student Association. Each of these men were contacted and invited to participate in the "1 in Four" seminar held in November in Farnsworth Pavilion. In addition to women participants, 13 men accepted the invitation. Over 30% of the men expressed interest in joining/forming a prevention group and an additional 30% want more information. One of the male participants went on to receive training from the "1 in Four" troupe on how to create and train a men-against-violence organization.

2005-06 Action Item: Increase the number of men enrolled in the Survey of Sexual Violence course.

Twenty-nine students enrolled in the fall session of the HEAL 498 course. Eight students were male, which is more than a 200% increase from the previous year. The class focused on the spectrum of sexual violence, from sexual harassment to domestic violence and date rape. Guest speakers from local hospitals and shelters were invited to speak about the work they do in Houston for men, women and children. Course evaluations were very positive about the impact of the course:

2007-8 Action Items:

1. Collaborate with Rice for Choice and the Women's Resource Center to design a *Prevention First* program that would be offered several times throughout the academic year.
2. Convene a group of men who have been nominated by their peers/mentors to design a male sexual violence prevention program at Rice.
3. Collaborate with HAWC to determine how to continue offering in-depth education about sexual violence issues for Rice students.

- “The information, skills, and activities in this class are amazing. They changed my worldview and how I react to issues that I face...”
- “It covers many difficult subjects, but in learning about these subjects you are able to understand and cope with them.”
- “Probably one of the best courses I have taken at Rice University.”
- “We need to fight misconceptions, and provide a safe environment to talk about the issues, how we feel, beliefs we hold, and a chance to learn. This class provides that.”

Three students enrolled in the spring internship on the Rape Crisis Hotline, further developing their understanding of sexual violence issues and honing their crisis intervention skills. Feedback from the interns was very positive:

- “...working at HAWC has shown me that I have a heart for others and that I do want to go into non-profit work for my eventual career.”
- “I feel that my experience has been invaluable. I have never felt as appreciated as when the victim on a particularly difficult SA call told me that she was glad I was there to answer her phone call.”
- “The most significant skill I acquired throughout this experience is that of active listening.”

Making It Happen

Assessment and Evaluation

In order to properly monitor the impact and outcomes of the Wellness Center programs and services, it is critical that we develop good methods for evaluation. Visible and positive changes in students' attitudes develop over time, making behavioral change a long-term goal. To ensure that our programs are facilitating these changes, the Wellness Center will heighten and solidify its evaluation schema.

Needs Assessments

The Wellness Center was involved in several exploratory surveys during the academic year. In November, several students in the HEAL 498 Survey of Sexual Violence class administered the updated SEX at RICE survey to all undergraduate students. Over 1000 students completed the survey, which measured sexual decision-making behavior, as well as attitudes about sexual violence. (see Appendix). The First-Year Surveys were created in collaboration with the First Year Experience Committee and were administered in April. Four unique surveys measured academic prowess, social skills, campus norms, and student services. Overall, 560 first-year students participated (see Appendix). In April, we collaborated with the Psychology Department to create and administer a survey on perceived stress. This survey included feedback from the individual participant, as well as feedback from a close friend or roommate. Data from this survey is still pending.

Intended Outcomes

Utilizing the baseline data we have collected over the last three years, we have identified those problem areas that should be programming priorities. To determine the course of action, we have delineated those outcomes we wish to achieve. These outcomes are specific and measurable, reflecting a positive change in student behavior and increased quality of life. It is important to note that outcomes are longer-term effects of targeted programming over a period of time, sometimes many years.

Impact Indicators

To isolate the immediate or short-term effects of our services and programs, we have outlined indicators for quantifying the degree to which we are making an impact on student attitudes and behavior. Some students may not initially glean the information provided them by our programs, but with repetition and various modes of delivery, these students may increase their awareness of those behaviors that are negatively affecting their academic and lifestyle goals.

Outcomes Assessment

Each program and service that we provide should include a form of evaluation, whether quantitative or qualitative, to determine if we made an initial impact on the participant. These assessments should happen in a timely fashion and should also reflect feedback on the design and implementation process. The Outcomes Assessment Plan delineates the specific tools and timeline for administering program and service evaluations throughout the year. In addition, longitudinal data must be collected to determine the ongoing progress toward our 2010 goals (see Appendix).

Student Satisfaction

In addition to program evaluation, we are also concerned about maintaining high-quality wellness services for the students who use our facility. An annual "Client Satisfaction" survey provides a general perspective of students' satisfaction with the massage therapy, acupuncture and nutrition counseling consultations, as well as our lending library, web site and overall operations. However, we want to gather additional feedback through random quality control assessments throughout the academic year, allowing students to give immediate and anonymous reports of their experiences.

Wellness Center Staff and Professional Activities

Professional Staff:

- Emily Dexter Page, MS – Director (One FTE)
- Marissa Howat, CHES – Assistant Director (One FTE)
- Roberta Anding, MS, RD/LD, CDE – Dietitian (8 hrs/wk)
- Julia Fraser, RMT – Massage Therapist (16 hrs/wk)
- Samuel Leong, L.Ac., Dipl. O.M., RD – Acupuncturist (6 hrs/wk)

Student Staff:

- Johanna Andrews-Chavez, Martel College Junior
- Katherine Hildebrandt, Baker College Sophomore
- Rosamond Howard, Brown College Junior
- Elizabeth Ohrn, Brown College Sophomore
- Jessica Simon, Incoming *RU Well Newsletter* Student Editor, Brown College Junior
- Becky Thilo, Outgoing *RU Well Newsletter* Student Editor, Hanszen College Senior

Emily Dexter Page is the Treasurer for the Southwest College Health Association (SWCHA), a member of the American College Health Association, and the Houston Coalition of Behavioral Health Science. She serves on the Rice First-Year Experience Committee, the Student Health Insurance Committee, the Hilda Rich Circle of Giving Award Committee and as an advisor to the peer education groups, Colleges Against Cancer (CAC) and Students Organized Against Rape (SOAR). Emily is a Lecturer in the Kinesiology Department and teaches *HEAL 119: Concepts in Wellness*. She served as co-instructor for *HEAL 498: Survey of Sexual Violence in Our Society* and *HEAL 379: Internship in Rape Crisis Intervention*. Emily attended the International Conference on Sexual Assault, Domestic Violence, and Stalking in April and the American College Health Association Annual Meeting in May. She is a member of the Houston Metro Relay For Life Planning Committee, benefiting the American Cancer Society. She and her husband, Eric, are Resident Associates at Baker College. In March, Emily was awarded the Rice University Women's Resource Center Impact Award for her efforts to educate men and women about sexual violence.

Marissa Howat is a Certified Health Education Specialist (CHES) and member of the American College Health Association (ACHA). She served as advisor for the student organization, Health Representatives, and enjoys working with peer educators. She attended the American College Health Association Annual Meeting in May and will attend the Bacchus and Gamma Peer Education Advisors conference this June. She designed a poster highlighting the weight management program *Owl Weigh* for presentation at the ACHA conference.

Roberta Anding has become part of the inaugural class of Certified Specialists in Sports Dietetics. Currently there are 110 CSSD's in the US. She completed a pediatric and adolescent weight management certification offered through the American Dietetic Association and has conducted an average of 10-12 interviews per month in her role as a national ADA spokesperson. Roberta was named the Director of Sports Nutrition at Texas Children's Hospital. She recently completed her first year of the *Roberta and Riley Houston Texans Fitness Show* on Sports Radio 610. Roberta also provided community and professional education most recently as a speaker for the Baylor College of Medicine Pediatric post-graduate program.

Julia Fraser was the instructor for BAKE 123: The Art of Relaxation during the Fall 2006 semester and will continue to teach the class for the Wellness for Life Program (formerly LPAP) beginning next year. In June she will complete a Sports Massage course through the Memorial Herman Wellness Program.

2007 SACS Outcomes Assessment Plan

Appendix