



### Objective

To strengthen the success of Regis University School of Pharmacy (RUSOP) students through wellness initiatives that incorporate mental, physical, social, and spiritual health.

### Background

- As a Jesuit university, Regis is rooted in Ignatian values, including *cura personalis*, or care for the personal development of the whole person including mind, body, and spirit.
- In addition to the usual pressures of a rigorous pharmacy school curriculum that uses team-based learning (TBL), the COVID-19 pandemic added additional stress to students.<sup>1</sup> The COVID-19 pandemic negatively impacted students' personal and professional learning.<sup>2,3</sup>
- After the start of the COVID-19 pandemic, the Student Affairs Committee (SAC) received a new charge of promoting student wellness and wellbeing.
- SAC collaborates with the Diversity, Equity, and Inclusivity Task Force (DEITF), student organizations, and faculty to develop and implement wellness activities that align with *cura personalis*.

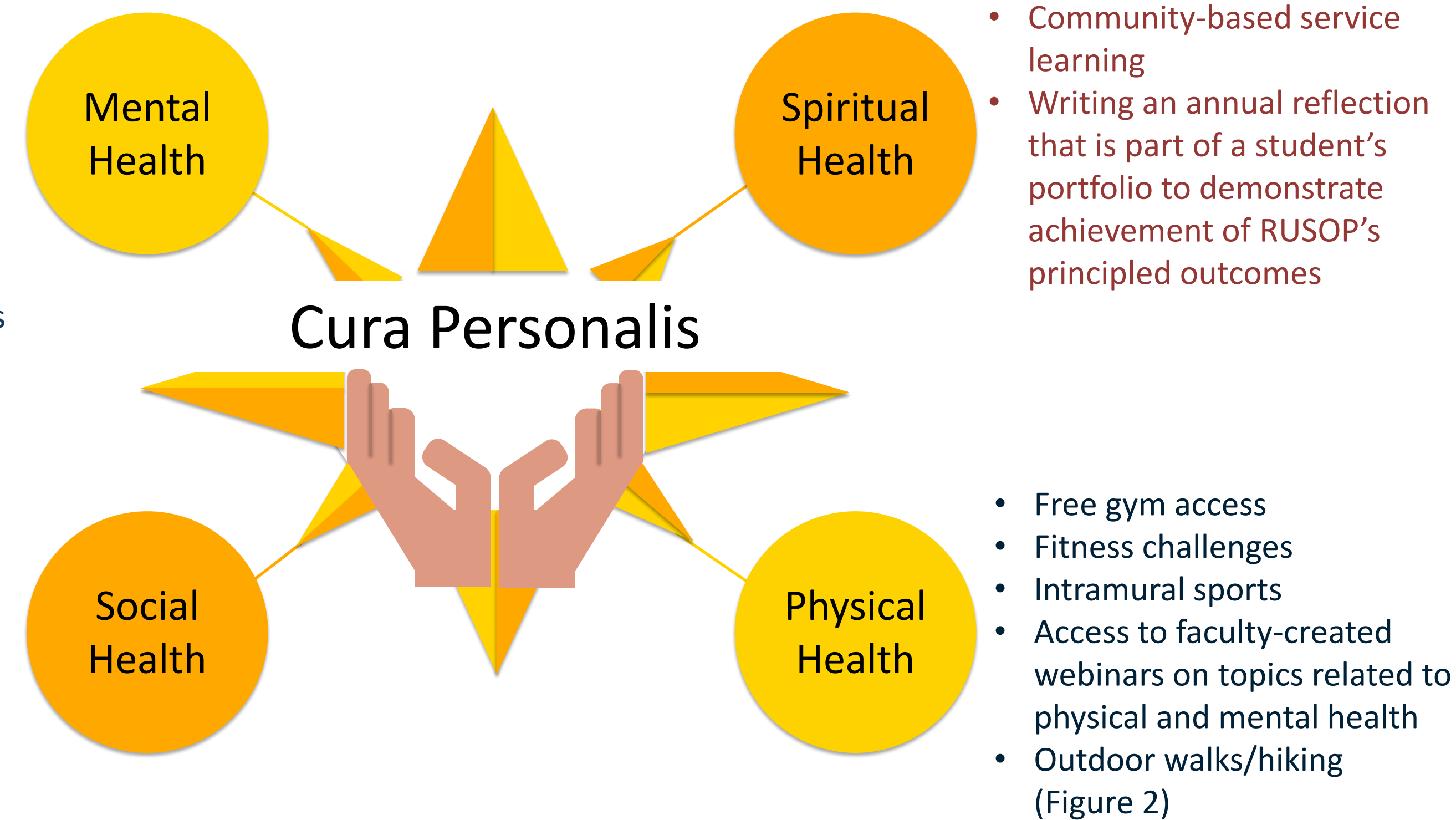


### Results

Since the SAC began to address its charge in 2020, RUSOP has expanded its wellness initiatives, which can be categorized into 4 health domains: **mental, spiritual, social, and physical**.

- Faculty advisor
- Rho Chi-P1 matched mentoring program
- Individualized remediation plans
- Pharmacy-specific tutoring
- Free counseling services
- In-class breathing exercises

- Student and faculty book clubs
- Student organization-sponsored social activities
- SAC/DEITF-sponsored diversity potluck lunch (Figure 1)



- Community-based service learning
- Writing an annual reflection that is part of a student's portfolio to demonstrate achievement of RUSOP's principled outcomes

- Free gym access
- Fitness challenges
- Intramural sports
- Access to faculty-created webinars on topics related to physical and mental health
- Outdoor walks/hiking (Figure 2)



**Figure 1.** SAC/DEITF-sponsored diversity potluck lunch.



**Figure 2.** Students and faculty enjoying an outdoor hike, which may reduce symptoms of stress, depression, and anxiety while providing increased feelings of calmness and elation.<sup>4</sup>

### Conclusion

- RUSOP is committed to continuing and expanding student wellness initiatives that focus on the whole person to strengthen student success.
- Future wellness initiatives include:
  - Faculty workshops focused on:<sup>5</sup>
    - Recognizing and responding to students struggling with mental health
    - Incorporating inclusive and non-stigmatizing language throughout the curriculum
  - Creating elective classes and incorporating information in required classes that focuses on the care of marginalized patients
  - Hiring a Student Success Coordinator to provide support and supplement information provided by faculty advisors

### References

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