



## Office of Intramural and Recreational Services

#9 Plan cycle - 9

Plan cycle 2023/2024

7/1/23 - 6/30/24

## **Introduction**

Recreational Services, Intramurals, and Wellness support the concept that leisure, physical activity, healthy living, and competitive activities are vital to an individual's total well being. McNeese Recreational Services is designed to provide a broad and diversified program of recreational, competitive, and wellness activities for the University's students, faculty, staff, and alumni. We encourage maximum participation by offering a wide range of activities and facilities to promote recreation, exercise, social interaction, healthy living, and stress relief.

## Performance Objective 1 To increase use of the recreation facility.

### 1 Assessment and Benchmark

Benchmark: Reach a minimum of 31,000 visits to the recreation complex per year.

Prior to 2019-2020, the benchmark was to significantly increase use of recreation facility by students, faculty, and staff.

#### 1.1 Data

Academic Year	# of visits to the rec complex	% change from previous year
2019-2020	23,511	-24%
2020-2021	2,505	-89%
2021-2022	44,262	1,666%
2022-2023	34,645	-22%
2023-2024	35,420	2%

#### 1.1.1 Analysis of Data and Plan for Continuous Improvement

2019-2020:

- The decrease in overall on-campus recreation is directly correlated with the COVID-19 outbreak and its subsequent lockdown.
- The recreation complex was closed for three consecutive months and has returned to opening with strict capacity measures for the months of June and July.
- While the recreation complex usage may be directly effected by future COVID outbreaks, usage will be promoted through online resources, such as a new Esports league for students and alumni.
- New reporting measures will be taken for events being held at intramural fields, as those are not taken into account currently in our data records.

2020-2021:

- The decrease in overall on-campus recreation is directly correlated with the COVID-19 outbreak and its subsequent lockdown, along with university closures due to Hurricane Laura, Hurricane Delta, construction time, the freeze and the flood.
- The recreation complex was closed for six consecutive months (September to March). These numbers are only reflected for inside the building, itself.
- The hours for the building will be different than previous years. We will be opening at 5:00 am and will remain open until 10:00 pm. We believe that this hour change will increase usage of the facility for students, faculty and staff.
- All record keeping of participants using the facility will now be logged in daily to a spreadsheet created specifically for usage of the facility.
- We also plan to restructure our memberships and advertise them.

2021-2022:

- The increase in overall on-campus recreation is directly correlated with the construction happening throughout campus.
- With the H&HP Building closed, the Recreation Complex saw an increase in participants as it pertains to H&HP classes being held in classrooms 109, 110, the arena area and the multi-purpose room.
- Another reason for increase was due to the increased number of hours. The building was opened for 6:00 am and stayed open until 10:00 pm during the weekdays.
- The FUSION software will also aide in the help of tracking peak times and locations that are being used.
- We also plan to restructure our memberships and advertise them, especially for our alumni.

- We have funds secured to upgrade the weight room equipment to help increase traffic in the weight room.
- With the planning and implementation of the e-sports room/lounge, we hope to attract a different group of people who may not frequent the Recreation Complex on a daily basis.
- We do believe we will see a slight decrease due to hours being modified due to budget restraints. The Recreation Complex hours will be Monday-Thursday: 9-9. Friday-Saturday: 10-6. Sundays will be closed.

#### 2022-2023:

- The decrease in overall on-campus recreation is directly correlated to several different events that have changed post hurricanes and budget changes.
- With the H&HP Building back opened, the Recreation Complex no longer housed H&HP classes that were being held in classrooms 109, 110, the arena area and the multi-purpose room. Due to the fact that H&HP classes were no longer held in the building, this accounts for a portion of the decrease in total participants.
- Another reason for the decrease was due to the reduced number of hours the facility was open. The building was opened for 9:00 am and stayed open until 9:00 pm Monday - Thursday. Friday's and Saturday's were 10:00 am - 6:00 pm. On Sunday's the building was closed.
- We were able to restructure our memberships and advertise them, especially for our alumni.
- We also started a swim pass for the summer semester to try and increase foot traffic (especially at the pool area).
- We upgraded the cardio equipment to help increase traffic in the weight room.
- We have plans to continue to upgrade the weight room equipment to make it more appealing and hopefully increase traffic in the weight room.
- With the planning and implementation of the e-sports room/lounge, we hope to attract a different group of people who may not frequent the Recreation Complex on a daily basis.
- We do believe we will see an increase in numbers due to hours being extended during the week. The Recreation Complex hours will be Monday-Friday: 6-10. Saturday: 10-6. Sundays will be closed. The pool hours will also extend to Monday-Friday: 9-6.

#### 2023-2024:

- There was a slight increase in usage of the facility.
- We expanded our semester break hours to open slightly earlier and stay open slightly later. The building was open for 9:00 am and stayed open until 9:00 pm Monday - Friday. Saturday was 10:00 am - 6:00 pm. On Sunday's the building was closed.
- We were able to restructure our memberships, add new memberships and advertise them, especially for our alumni.
- We also offered a swim pass for the summer semester to try and increase foot traffic (especially at the pool area).
- The e-sports room/lounge is now open. This has given us the opportunity to attract a different group of people who may not frequent the Recreation Complex on a daily basis.
- We will conduct a poll/survey of students for the fall semester to consider reopening on Sundays. This would also depend on budgets as well for student labor.

## 2 Assessment and Benchmark

Benchmark: Host at least 60 events at the recreation complex annually (events with consecutive days of usage are considered one unit, and events that utilize multiple venues with the complex are considered one unit).

Prior to 2019-2020, the benchmark was to significantly increase number of events held in the recreation complex.

### 2.1 Data

Academic Year	# of events	% change
2019-2020	42	-26%
2020-2021	23	-45%

2021-2022	93	75%
2022-2023	148	59%
2023-2024	169	14%

[2020-2021 Events](#) [XLSX 13 KB 8/8/21]

[2021-2022 Events](#) [XLSX 20 KB 6/27/22]

[Events 22-23](#) [XLSX 27 KB 7/12/23]

[Events 23-24](#) [XLSX 35 KB 7/9/24]

[Xitracs](#) [DOCX 20 KB 7/6/20]

### 2.1.1 Analysis of Data and Plan for Continuous Improvement

#### 2019-2020:

- The decrease in the number of events offered at the Recreation complex is directly correlated with the COVID-19 outbreak and its subsequent lockdown.
- The document attached gives details about the events that took place, as well as events that were planned.
  - Overall, we were set to host over 80 events, as many of our events take place in the summer months.
- The events planned for 2020-2021 will be implemented if possible, based on the current government regulation regarding the COVID-19 virus at the time of each event.
  - We will continue to monitor the state of our parish and campus in order to keep our students and patrons safe.

#### 2020-2021:

- The decrease in overall number of events held at the Rec. Complex is directly correlated with the COVID-19 outbreak and its subsequent lockdown, along with university closures due to Hurricane Laura, Hurricane Delta, construction time, the freeze and the flood.
- The recreation complex was closed for six consecutive months (September to March).
- All record keeping of events using the facility will now be logged in daily to a spreadsheet created specifically for events held at the facility.
- We also plan to restructure what we call "events" to make sure we are capturing correct data.

#### 2021-2022:

- The increase in events in the Recreation Complex is directly correlated with the construction happening throughout campus.
- With the H&HP Building closed, the Recreation Complex saw an increase of events as it pertains to Volleyball games and Basketball (Men's & Women's) games.
- The Recreation Complex also hosted other events (laser tag, casino night, etc.) that would typically be held in other locations that were unavailable due to storm damage or temporary tenants in those locations.
- With the addition of the e-sports room/lounge, it will open up the opportunity to host several different types of events in this space.
- With the implementation of the FUSION software, it will allow easier tracking of events taking place at the Recreation Complex.

#### 2022-2023:

- We've had several discussions with outside/non-McNeese entities that have rented our facilities this past year. The main conversation has centered around the fact that there aren't many facilities in the area can be rented for the functions they need. We have done a better job finetuning policies and procedures with bigger events that we've hosted.

- We have also had an increase in high school student usage of our facilities (pool, track, basketball /volleyball courts and aerobics room). We have and will continue to build relationships with these schools to allow these students to have access to our facilities. We believe this will help with expose to the Recreation Complex as well as expose to McNeese as a University.
- We also believe that continued talks with student organizations has helped with exposure to possibilities they didn't know existed for renting our facilities.
- With the addition of the e-sports room/lounge, it will open up the opportunity to host several different types of events in this space.

2023-2024:

- We have gained recognition in the AAU Basketball landscape and as a result have had more teams use the facility for practice and organization use the facility for tournaments on a regular reoccurring basis.
- We saw an uptick in high school track teams wanting to practice in the facility.
- We have continued our exposure to other groups on campus and as a result we are seeing more new organizations plan their events in the facility (First time users like the Black Engineering Society, SPECTRUMS, Sigma Alpha Iota, AIChE)
- The e-sports room/lounge has brought in weekly reoccurring tournaments for students to participate in.
- The expectation is that the number will decrease this upcoming year with the reopening of the Parra Ballroom.

**Performance Objective 2 To provide a comprehensive and diverse intramural program allowing students to participate in a wide variety of competitive sports and activities.**

**1 Assessment and Benchmark**

Benchmark: 11% of the student population will participate in the intramural program.

Prior to 2022-2023, the benchmark was 11% of the undergraduate student population will participate in the intramural program.

Prior to 2019-2020, the benchmark was to increase the number of students that have participated in the recreational/intramural program by 5%.

**1.1 Data**

Academic Year	Undergraduate students participating in intramural program		% change from previous year
	#	%	
2019-2020	824	12.3%	—
2020-2021	200	3%	-76%
2021-2022	440	8%	55%

Academic Year	Students participating in intramural program		% change from previous year
	#	%	
2022-2023	505	9%	13%
2023-2024	428	7%	-15%

[export\\_intramurals\\_637627175485762283](#) [XLS 377 KB 7/24/21]

[IM xitracs 2023](#) [XLSX 490 KB 7/12/23]

[IM Xitracs data 2021-2022](#) [XLSX 444 KB 6/27/22]

[IMLEAGUES Stats](#) [PDF 306 KB 7/24/21]

### 1.1.1 Analysis of Data and Plan for Continuous Improvement

2019-2020:

- Despite the early conclusion to spring intramural sports, the percentage goal was reached for the year.
- Total student number decreases in overall intramural sports participation is directly correlated with the COVID-19 outbreak and its subsequent lockdown.
  - Intramural sports were canceled with only one week into the soccer and softball seasons.
- Plans to incorporate an e-sports platform within the intramural program should lead to increases in participation throughout campus.
  - The goal is to reach populations on campus who are not already involved in traditional sports and events previously offered in the program.
  - If COVID-19 regulations were to increase, the e-sports platform will be vital in keeping intramural participation at the desired level.
- Working to offer a more diverse selection of leagues, sports, and events offered within the intramural program.

2020-2021:

- Participation this year was greatly affected by the natural disasters in Louisiana.
- The Summer and Fall 2020 seasons were completely cancelled due to COVID-19 and two fall hurricanes.
- We were able to host outdoor sports and events in Spring 2021, but were limited due to lack of students on campus, as well as student worker staff.
  - Many of our students were travelling from out of town to play.
  - The snowstorm/freeze also shut us down during the spring semester for about a week, causing scheduling conflicts for the remaining of the intramural season.
- The e-sports league launching this fall has been heavily promoted this summer and should aid in the increase of overall intramural participation.

2021-2022:

- Participation this year was at a total of 440 participants which was up significantly from the previous years with all the setbacks that existed.
- With the addition of a coordinator of recreation programs, we ran an abbreviated fall semester intramural season for one month and were able to bring four teams to LCIRSA.
- We won State in Co-Rec. Flag Football and went on to compete at NIRSA.
- Our gender breakdown showed a higher participation rate in men, with a total of 380 participants as opposed to women, with a total of 60 participants.
- We will start using the cadence system to reach out to our intramural participants and notify them of seasons and events that are hosted under McNeese intramurals, hopefully increasing the number of participants.
- The E-Sports Lab is in the planning phases, as we are working in conjunction with the local STEM center as well as other e-sports programs in the area to help with the implementation of our e-sports program on campus.
- For 2022-2023, the benchmark will be revised to state "11% of the student population will participate in the intramural program." This will help us track participation by the entire student population (undergraduates and graduates) as opposed to just the undergraduate student population.

2022-2023:

- Participation this year was at a total of 505 participants which was an increase from the previous years with all the setbacks that existed.
- With the addition of a Coordinator of Recreation Programs, we ran a full fall and spring semester and were able to bring a total of five teams to LCIRSA.
- The co-rec flag football went on to compete at NIRSA and finished in second place overall. We received the Sportsmanship Award. We also had one student who made the All-American Team.
- Our gender breakdown showed a higher participation rate in men, with a total of 420 participants as opposed to women, with a total of 84 participants. We had one non-binary participant.
- We hosted an intramural kick-off event last fall to reach out to our intramural participants or potential participants and notify them of seasons and events that are hosted under McNeese intramurals, hopefully increasing the number of participants and increasing awareness about intramurals.
- The e-sports room is 95% completed, with a ribbon cutting coming in the fall. We are continuing to work with the local STEM center as well as other e-sports programs in the area to help with the implementation of our e-sports program on campus. We've also reached out to other UL schools that have e-sports programs for guidance.

2023-2024:

- Participation this year was at a total of 428 participants which was a slight decrease from last year.
- We didn't host soccer this year, which consisted of seven teams and 64 participants last year.
- We ran a full fall and spring semester and were able to bring a total of seven teams to LCIRSA (four in the fall semester and three in the spring semester).
- The co-rec flag football went on to compete at NIRSA Regional and NIRSA Championship. They won Regionals, which paid and secured their spot for the Championship tournament. We received the male and female MVP for the co-ed division. We also had two students who made the All-Tournament Team.
- Our gender breakdown showed a higher participation rate in men, with a total of 342 participants as opposed to women, with a total of 86 participants.
- We started advertising intramural sign-ups over the summer and during Cowboy Camps in hopes of reaching out to our intramural participants or potential participants and notify them of seasons and events that are hosted under McNeese intramurals, hopefully increasing the number of participants and increasing awareness about intramurals.
- In order to attempt to increase participation in intramurals, we will be polling/surveying students over the summer and the beginning of the semester, requesting feedback regarding start times of games. Traditionally, games take place at 6:00, 7:00, and 8:00. We are looking into the option of earlier games to capture commuter students who don't stay that late on campus.

2 Assessment and Benchmark

Benchmark: 5% of the student population will participate in the e-sports intramural program.

2.1 Data

Academic Year	Students participating in e-sports intramural program		% change from previous year
	#	%	
2022-2023	—	—	—
2023-2024	1,680	—	—

[export\\_intramurals\\_637298095460736838](#) [XLSX 452 KB 7/8/20]

[IM Xitracs data 2021-2022](#) [XLSX 444 KB 6/27/22]

[IMLEAGUES Stats](#) [PDF 306 KB 7/24/21]

[Intramural Normal Summary](#) [XLS 376 KB 7/22/21]

2.1.1 Analysis of Data and Plan for Continuous Improvement

2022-2023:



- The e-sports area was not opened last year due to technical difficulties, construction and equipment setbacks.
- The ribbon cutting is planned for the fall semester.
- To help promote the e-sports area to students, we will have different forms of advertisements that will be pushed out in person, signage and on social media platforms.
- We will also be hosting monthly tournaments to help boost foot traffic through the e-sports area.

#### 2023-2024:

- The e-sports area opened this year.
- To help continue to promote the e-sports area to students, we had different forms of advertisements that will be pushed out in person, signage and on social media platforms. We also found a specific group of students who wanted to host their own tournaments weekly and specific game tournaments.
- Although there was no specific intramural team(s), these students competed throughout the semester in different weekly and monthly tournaments.
- We also put together an e-sports club on campus through Presence to help with student engagement in e-sports.

### **Performance Objective 3 Incorporate a comprehensive wellness program for students, faculty, staff, and alumni through awareness, education, health, and physical activity programs to create a healthy campus environment.**

#### **1 Assessment and Benchmark**

Benchmark: Have at least 3,000 participants in the wellness program throughout the year.

Prior to 2022-2023, the benchmark was to have at least 3,000 participations/visits in the wellness program throughout the year.

Prior to 2019-2020, the benchmark was to increase by 5% the number of visits of wellness program participants.

#### **1.1 Data**

Academic Year	# of participants/ visits	% change from previous year
2019-2020	1,364	-66%
2020-2021	346	-75%
2021-2022	814	135%

Academic Year	# of participants	% change from previous year
2022-2023	1,495	84%
2023-2024	1,473	-1%

#### **1.1.1 Analysis of Data and Plan for Continuous Improvement**

##### 2018-2019:

- Visibility for the wellness program has improved and lead to greater participation.
- Free rec memberships for faculty/staff brought more potential wellness program participants to the rec complex.
- The wellness program contract has been modified, and the wellness program director will be on campus two days per week. This may impact participation numbers on subsequent reports.

##### 2019-2020:

- The wellness program visit numbers were directly affected by the COVID-19 quarantine.
- The wellness program coordinator position at McNeese is no longer filled.

- The agreement between Christus St. Patrick's Workplace Wellness and McNeese has been further modified due to financial challenges for Christus and McNeese. There will no longer be a professional on campus. Employees will have to contact Christus and do wellness consultations off-site.

#### 2020-2021:

- The decrease in overall wellness participation is directly correlated with the COVID-19 outbreak and its subsequent lockdown, along with university closures due to Hurricane Laura, Hurricane Delta, construction time, the freeze, and the flood.
- The recreation complex was closed for six consecutive months (September to March). These numbers are only reflected for inside the building, itself.
- All record keeping of participants using the facility will now be logged in daily to a spreadsheet created specifically for wellness classes/programming.
- Although we no longer have a wellness coordinator, we have a new director who will be reassessing the wellness program. We will be partnering with different departments on campus and re-establishing community partners for lunch and learns and other wellness events.

#### 2021-2022:

- The increase in overall wellness participation is directly correlated with the return of wellness /workout classes and a few wellness events throughout the year.
- We have taken this time and reassessed the wellness program. We will finish our summer planning meetings and will be partnering with the Counseling Center, nursing department, and different organizations/greek life on campus to offer more wellness events throughout the year.
- For 2022-2023, the benchmark will be clarified to remove "visits" since we are more interested in increasing full participation. In other words, next year's benchmark will be: "Have at least 3,000 participants in wellness programming throughout the year."

#### 2022-2023:

- The increase in overall wellness participation is partially related to building the relationships on and off campus with different departments, organizations, and businesses.
- By working with the Counseling Center, Student Health Services, local hospitals, and different organizations/greek life on campus to offer more wellness events throughout the year.
- We also hope to continue to strengthen our partnership with housing to bring events to the students living in on-campus housing and the RA and Housing staff.
- We will continue to work with local businesses and have them advertise their business on campus through a variety of wellness activities for students, faculty, and staff.
- By reaching out to different departments and groups on campus, we hope to be able to boost participation in already functioning events and bring about new wellness events. This past year, we completed the Stress Less Fest. We hope to keep this a continuing event every semester.

#### 2023-2024:

- Although numbers slightly decreased, we will continue to build and strengthen the relationships on and off campus with different departments, organizations, and businesses.
- We will also continue to meet and work with organizations on campus to offer more one-on-one specific programming events for the organization directly. We will continue to meet with groups, find out what their wellness needs are, and offer programs specific to the organization.
- By working with the Counseling Center, Student Health Services, local hospitals and different organizations/greek life on campus to offer more wellness events throughout the year.
- We also hope to continue to strengthen our partnership with housing to bring events to the students living in on-campus housing and the RA and housing staff.
- We will continue to work with local businesses and have them advertise their business on campus through a variety of wellness activities for students, faculty, and staff.

- By reaching out to different departments and groups on campus, we hope to be able to boost participation in already functioning events and bring about new wellness events. This past year, we completed the Stress Less Fest.

## 2 Assessment and Benchmark

Benchmark: Have at least 1,400 participants in wellness program exercise classes offered throughout the year (a person may be counted more than once if they attend more than one type of class but attending the same type of class only counts as one unit).

Prior to 2019-2020, the benchmark was to improve wellness program exercise class attendance by 5% from the previous year.

### 2.1 Data

Academic Year	# of participants in exercise classes	% change from previous year
2019-2020	820	-57%
2020-2021	346	-58%
2021-2022	538	+55%
2022-2023	718	+33%
2023-2024	393	-45%

[2020-2021 Wellness Classes](#) [XLSX 37 KB 8/8/21]

[Workout Class Data](#) [XLSX 55 KB 7/8/22]

#### 2.1.1 Analysis of Data and Plan for Continuous Improvement

2019-2020:

- The decrease in exercise class participation is directly correlated to the COVID-19 virus and the decrease in access to the wellness coordinator.
- The recreation complex will continue to offer the exercise classes previously provided and will strive to add more instructors, as well as a more diverse group of classes.
- The classes may see a decrease in participation during the fall of 2020 due to COVID-19 regulations and social distancing parameters.
  - The recreation complex will continue to comply with government regulations within our state and parish.

2020-2021:

- The decrease in overall wellness participation is directly correlated with the COVID-19 outbreak and its subsequent lockdown, along with University closures due to Hurricane Laura, Hurricane Delta, construction time, the freeze and the flood.
- The recreation complex was closed for six consecutive months (September to March). These numbers are only reflected for inside the building, itself.
- There were a total of five wellness classes that took place from January to March of 2020.
- All record keeping of participants using the facility will now be logged in daily to a spreadsheet created specifically for wellness classes/programming.
- Although we no longer have a wellness coordinator, we have a new director who will be reassessing the wellness program and adding additional classes and instructors to increase the number of participants.

2021-2022:

- The increase in overall wellness participation is directly correlated with the new wellness/workout classes that were offered.

- All record keeping of participants using the facility is now being logged in daily to a spreadsheet created specifically for wellness classes/programming. A Microsoft Form will be created for students, faculty, and staff that show interest in the workout classes. We have also put together a punch card that will be available for purchase that will allow access to the workout classes.
- We've also created a group on Cadence texting system to easily reach out to participants for better communication.

#### 2022-2023:

- The increase in overall wellness participation can be correlated with the new wellness/workout classes that were offered. We offered our traditional classes in the Fall, which brought in 326 participants. In the Spring, we transitioned to different types of workout classes that incorporated more student-lead classes. From this, we saw an increase to 392 participants. We will continue to add these types of classes to our schedule for the upcoming fall semester.
- We have sold several of our punch cards that allow access to the workout classes.

#### 2023-2024:

- The classes that were offered in the fall brought in 196 participants. The classes that were offered in the spring brought in 197 participants.
- During the fall semester, we offered three different classes, in-person and student-lead video. In the spring semester, we offered only two classes, both in-person instructors. We offered a short break in between classes to assist with an increase in attendance throughout the classes.
- We found that the student-lead video classes didn't receive good attendance, and after polling students, the ones attending workout classes wanted to see an actual instructor during their workout.

### 3 Assessment and Benchmark

Benchmark: Hold at least 20 events/program activities per year for our students and faculty.

#### 3.1 Data

Academic Year	# of events/ activities	% change from previous year
2019-2020	14	—
2020-2021	0	-100%
2021-2022	3	—
2022-2023	14	+366%
2023-2024	16	+14%

[Wellness Events](#) [XLSX 13 KB 11/25/24]

[Wellness Events 2022-2023](#) [XLSX 10 KB 7/14/23]

#### 3.1.1 Analysis of Data and Plan for Continuous Improvement

##### 2019-2020:

- While the number of events did not reach the stated benchmark, 20 events were planned through the wellness program before the COVID-19 quarantine.
- Since there will no longer be an onsite wellness program coordinator, the rec complex staff will review this benchmark and consider adjusting the number of activities hosted. At this time, there will be an aim to hold 20 events this year.
  - The total number of events is dependent on the current COVID and social distancing regulations at the time of each event.
  - The rec complex will continue to monitor the situation in order to provide a safe environment for its students and employees.

##### 2020-2021:

- The decrease in overall wellness participation and programming is directly correlated with the COVID-19 outbreak and its subsequent lockdown, along with University closures due to Hurricane Laura, Hurricane Delta, construction time, the freeze, and the flood.
- The recreation complex was closed for six consecutive months (September to March). These numbers are only reflected for inside the building, itself.
- All record keeping of participants in the wellness program will now be logged in daily to a spreadsheet created specifically for wellness classes/programming.
- Although we no longer have a wellness coordinator, we have a new Director who will be reassessing the wellness program and adding additional classes/events to reach a larger group of students, faculty, and staff.

#### 2021-2022:

- The increase in overall wellness participation is directly related to having students back on campus and hosting events face-to-face.
- We will finish our summer planning meetings and will be partnering with the Counseling Center, nursing department, and different organizations/greek life on campus to offer more wellness events throughout the year. We also hope to have a better partnership with housing to bring events to the students living in on-campus housing.
- By reaching out to different departments and groups on campus, we hope to be able to boost participation in already functioning events and bring about new wellness events.
- We have a better communication platform through the Cadence texting system, social media outlets and flyers on campus for when events are held to help with the student participation.

#### 2022-2023:

- The increase in overall wellness participation is partially related to building the relationships on and off campus with different departments, organizations and businesses.
- Eight out of 14 events were planned/hosted by partnering with other groups.
- By working with the Counseling Center, Student Health Services, local hospitals and different organizations/greek life on campus to offer more wellness events throughout the year.
- We also hope to continue to strengthen our partnership with housing to bring events to the students living in on-campus housing and the RA and housing staff.
- By reaching out to different departments and groups on campus, we hope to be able to boost participation in already functioning events and bring about new wellness events. This past year, we completed the Stress Less Fest. We hope to keep this a continuing event every semester.

#### 2023-2024:

- The increase in overall wellness participation is continuing to build on the relationships on and off campus with different departments, organizations, and businesses.
- 11 out of 16 events were planned/hosted by partnering with other groups, on and off campus.
- By working with the Counseling Center, Student Health Services, local hospitals and different organizations/greek life on campus to offer more wellness events throughout the year.
- We also hope to continue to strengthen our partnership with housing to bring events to the students living in on-campus housing and the RA and housing staff.
- We had the unique opportunity to partner with Louisiana State Police to reach out to our non-traditional students for an event this year. We will continue to offer meaningful programs that will also appeal to our non-traditional student population.
- By reaching out to different departments and groups on campus, we hope to be able to boost participation in already functioning events and bring about new wellness events.