UNIVERSITY COUNCIL MEETING
April 4, 2016
3:00 p.m.
1045 Pamplin Hall
AGENDA

1. **Adoption of Agenda**
   Dr. Timothy Sands

2. **Announcement of approval and posting of minutes of March 14, 2016**
   Dr. Timothy Sands
   These minutes have been voted on electronically and will be posted on the University web.

3. **Presentation**
   Dr. Timothy Sands
   Hokie Wellness, Merger Between Employee Wellness & Student Health & Well-Being
   Ms. Cathy Kropff
   Ms. Amy Epperley
   Ms. Anna Agud

4. **Old Business**
   Dr. Timothy Sands
   - Commission on Undergraduate Studies and Policies
     Resolution CUSP 2015-16E
     Resolution to Approve New Major, International Public Policy, in Bachelor of Arts in International Studies
   - Commission on Undergraduate Studies and Policies
     Resolution CUSP 2015-16F
     Resolution to Approve New Major, International Relations, in Bachelor of Arts in International Studies
   - Commission on Undergraduate Studies and Policies
     Resolution CUSP 2015-16G
     Resolution to Approve New Major, National Security and Foreign Affairs, in Bachelor of Arts in International Studies

5. **New Business**
   Dr. Timothy Sands
   - Commission on Undergraduate Studies and Policies
     Resolution CUSP 2015-16J
     Revision to PPM 11b, Prohibiting Students from Repeating Courses to Improve Grade Averages (Undergraduate Repeating Course Enrollment Policy)
   - Commission on Undergraduate Studies and Policies
     Resolution CUSP 2015-16I

6. **Announcements**
   Dr. Timothy Sands
   The Commission on Equal Opportunity and Diversity will provide information about a resolution to amend the Pathways Curriculum that will be introduced for first reading on April 18.
   Dr. Menah Pratt-Clarke
   Ms. Jennifer Nardine
7. Announcement of acceptance and posting of Commission Minutes
These minutes have been accepted for filing by electronic vote and will be posted on the University web. Note that the purpose of voting on Commission minutes is to accept them for filing. University Council By-laws require that policy items be brought forward in resolution form for University Council action.

Commission on Equal Opportunity and Diversity
February 29, 2016

Commission on Graduate Studies and Policies
February 17, 2016

Commission on Outreach and International Affairs
February 18, 2016

Commission on Student Affairs
December 3, 2015
February 11, 2016

Commission on Undergraduate Studies and Policies
February 22, 2016

8. For Information Only
Minutes of the University Advisory Council on Strategic Budgeting and Planning
February 25, 2016

9. Adjournment

Absent: Richard Benson, Lay Nam Chang, Steve McKnight, Elizabeth Spiller, Andrew Tevington (with notice), Jacquelyn Fisher, Robert Bush, Anita Puckett (with notice), Kathrine Carter, Judy Alford, Lynn Short, Tom Tucker (with notice), Marwa Abdel Latif, Brett Besag (with notice), Raifu Durodoye, Alphonso Garrett, Tara Shockley, Homero Murzi, Olivia Javornik, Andrew O’Sullivan, Dan Cook (with notice)

Guests: Stephen Biscotte, Summer Caton, Jack Finney, Rachel Holloway, Anna-Marie Knoblauch, April Myers, Ellen Plummer, Marlene Preston, Jill Sible, Yannis Stivachtis

Dr. Sands called the meeting to order at 3:00 p.m. A quorum was present.

1. Adoption of Agenda

A motion was made and seconded to adopt the agenda. The motion carried.

2. Announcement of approval and posting of minutes of March 14, 2016

Dr. Sands noted that these minutes have been voted on electronically and can be publicly accessed on the Governance Information System on the Web (http://www.governance.vt.edu). (Note that the meeting scheduled for March 28, 2016, was cancelled.)

3. Presentation

Ms. Cathy Kropff and Ms. Anna Agud gave a presentation (attached) on the Hokie Wellness merger between Employee Wellness and Student Health and Well-Being.

4. Old Business

Commission on Undergraduate Studies and Policies
Resolution CUSP 2015-16E
Resolution to Approve New Major, International Public Policy, in Bachelor of Arts in International Studies

Dr. Gena Chandler-Smith presented the resolution for second reading and made a motion to approve. The motion was seconded, and the motion passed.
Commission on Undergraduate Studies and Policies
Resolution CUSP 2015-16F
Resolution to Approve New Major, International Relations, in Bachelor of Arts in International Studies

Dr. Gena Chandler-Smith presented the resolution for second reading and made a motion to approve. The motion was seconded, and the motion passed.

Commission on Undergraduate Studies and Policies
Resolution CUSP 2015-16G
Resolution to Approve New Major, National Security and Foreign Affairs, in Bachelor of Arts in International Studies

Dr. Gena Chandler-Smith presented the resolution for second reading and made a motion to approve. The motion was seconded, and the motion passed.

5. New Business

Commission on Undergraduate Studies and Policies
Resolution CUSP 2015-16J
Revision to PPM 11b, Prohibiting Students from Repeating Courses to Improve Grade Averages (Undergraduate Repeating Course Enrollment Policy)

Dr. Gena Chandler-Smith presented the resolution for first reading. This resolution leaves much of the policy unchanged. It limits the number of times a student can repeat a course for credit to three attempts. Some students repeatedly take a course to help increase their grade point averages, which can prevent another student from enrolling in a course and possibly delay progress toward graduation. A suggestion was made to overload a class at the beginning of the semester knowing that there will be some students who will drop the class. However, it is not possible to overload a lab because there are a limited number of lab stations.

A suggestion was made to change the definition of an attempt to be the last day to drop a class instead of the last day to add a course.

A question was raised as to why three attempts was chosen as the cutoff. Data indicated that there was a significant drop-off of attempts in a course after the third attempt. It was suggested that information about the appeal process be included in the policy.

Commission on Undergraduate Studies and Policies
Resolution CUSP 2015-16I

Dr. Gena Chandler-Smith presented the resolution for first reading. This resolution will guide the implementation of the Pathways General Education curriculum for students entering Fall 2018.

6. Announcement

Dr. Menah Pratt-Clarke and Ms. Jennifer Nardine provided information about a resolution passed by the Commission on Equal Opportunity and Diversity earlier in the day and which will be brought to University Council for first reading on April 18, 2016. Dr. Pratt-Clarke indicated that she brought a lens to Virginia Tech from her previous institution and from the national discussion and current issues around diversity, which includes diversity in the curriculum. Although the Pathways curriculum passed in April 2015 incorporated Intercultural and Global Engagement as an integrative learning outcome, it would still be possible for a student to complete four years at Virginia Tech without ever taking a course that addresses issues of intersectionality,
race, and gender in the U.S. Yet, Virginia Tech aspires to be a model land-grant university in its commitment to inclusion and diversity. She shared her concern with CUS&P, CEOD, the Faculty Senate, and the Pathways team, and all were in agreement with the approach of introducing a resolution to modify the Pathways curriculum. Jennifer Nardine explained that the forthcoming resolution would give the university community an opportunity to take time during the 2016-17 academic year to consider ways in which intersectional diversity can be incorporated in the Pathways curriculum and bring those changes through the governance system. The resolution will be brought forward to University Council for first reading at the next meeting.

7. Announcement of Approval and Posting of Commission Minutes

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  February 29, 2016

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9. Adjournment

There being no further business, a motion was made to adjourn the meeting 3:59 p.m.
HOKIE WELLNESS

2015 - 2016

Now for Employees & Students

WELLNESS DEFINITION

Is an active process of becoming aware of and making choices toward a healthy and fulfilling life.

The World Health Organization
WHY IS WELLNESS IMPORTANT?

- Chronic diseases are responsible for 7 of 10 deaths each year in the U.S.
  - Heart disease and cancer – together accounted for nearly 48% of all deaths.
  - Treatment of chronic diseases accounts for 86% of our nation’s healthcare costs.
- Healthy lifestyle practices - not smoking, healthy weight, regular exercise, healthy diet - together are associated with a 80% reduction in risk of developing chronic disease.

Centers for Disease Control and Prevention. Death and Mortality. NCHS FastStats Website. 2013
Agency for Healthcare Research and Quality. 2014
JAMA and Archives Journals. "Healthy Lifestyle Habits May Be Associated With Reduced Risk Of Chronic Disease." ScienceDaily. 2009

IMPROVING HOKIES’ OVERALL HEALTH

- Keep healthy people healthy
  - $350 is saved each year when a low-risk employee remains low-risk.
- Target high-risk populations
  - $153 is saved when a high-risk employee’s health risks are reduced.

HOKIE WELLNESS HISTORY

- 2008-2009 President Charles Steger appointed a Wellness Task Force to explore the opportunity to have an in-house Virginia Tech wellness program.

- Task Force members included:
  - Chair Kerry Redican, Zachary Adams, Robert Broyden, Steven Clarke, Paul Estabrooks, Rick Ferraro, Kathy Hosig, Hal Irvin, Angela King, Irene Leech, Elena Serrano, and Christine Smith.

- Fall 2010 – Hokie Wellness was created.

- Fall 2015 – Hokie Wellness merges with DSA Student Health & Well-Being

MERGER OF THREE AREAS

- Employee Wellness

- Health Education (formerly under Schiffert Health Center)

- Campus Alcohol Abuse Prevention Center (CAAPC)
HOKIE WELLNESS MEMBERS

**Employees**
- Cathy Kropfl
- Amy Epperley
- Ana Agud
- Jon Fritsch
- Laurie Fritsch
- David Andrews
- Eric Greenop
- Joshua Redding
- Kelsey O’Hara
- John Lemaire
- Ellen Cianelli (PT)
- Melanie Avery (PT with Cook Counseling, August 2013)

**Students**
- Paid positions
  - Miriam Eackloff
  - Allison Welling
  - Meredith Young
  - Alexis Gelle
  - Taylor Allen
- Practicum
  - Brittanie Haas
  - Seda Cukurova
  - Mi Zhou
- MPH Student Team: Jennifer Cacciola, Markie McCoy, Annie Lloyd, Ashley Foster, Laura Nelson
- Nutrition Interns
- Health Education intern Leigh (J’netta) Sheppard
- Peer Educators (HEAT & IMPACT)
EMPLOYEE WELLNESS RESOURCES

- Hokie Wellness
  - Wellness program for Virginia Tech employees and their loved ones

- CommonHealth
  - Employee wellness program for ALL Virginia state employees

- ActiveHealth Management
  - Contracted by the Department of Human Resource Management (DHRM), additional wellness resources for benefitted state employees

THREE EMPLOYEE WELLNESS PROGRAM AREAS

- Work/Life Resources
- Health Promotion and Education Programming
- University and Community Outreach
WORK/LIFE RESOURCES

- Employee Assistance Program
- Flexible work options
- Student list for part-time temporary work
- Healthier Hokie vending options
- Lactation room access and management
- Child care and daycare priority list
- Supervisor Spotlight Award
- Weight Watchers at Work
- Anniversary Emails

HEALTH PROMOTION PROGRAMMING

- Annual Finding Balance Conference
- Flu vaccination clinics
- Annual Health and Benefits Fair
- Health education programs
  - Elder Care Series
  - Hokies Live Well
  - Fall & Spring Wellness Series
  - Weekly walking meet-ups
- Extended Location programming
- Customized wellness workshops and presentations
OUTREACH

- University
  - Hokie Wellness Champions
  - Academic partnerships
    - Public Health Program
  - Office of Emergency Management
  - Task Force for a Healthier Virginia Tech Campus
  - Recreational Sports
  - Center for Public Health Practice and Research
  - Staff Appreciation Day
- Community
  - Chronic disease self management program
  - Tobacco use control and prevention joint collaboration with the New River Health District

HEALTH EDUCATION

- Healthy Hokie Workshops
- Events
- HEAT Peer Educators
- Health Coaching
- Outreach/Collaborations
  - Guest Lecturers
  - Customized Workshops
CAAPC

- Online Classes – AlcoholEDU, HAVEN
- Mandated Classes
  - Party Positive
  - Making Positive Choices
  - BASICS – Brief Alcohol Screening and Intervention for College Students
- IMPACT Peer Educators – Initiating and Motivating a Positive Alcohol Culture Together
- Events – Sharkey’s
- Recovery Group(s)
- 21st Birthday Package pilot

HOKIE WELLNESS MERGER

Top 3 Student Academic Performance Concerns
1. Stress
2. Sleep
3. Anxiety/Depression

Top 3 Employee Medical Concerns
1. Acid Reflux
2. Anxiety/Depression
3. High Blood Pressure
HOKIE WELLNESS MERGER

Mission Statement
- The mission of Hokie Wellness is to foster a healthier Virginia Tech community by providing prevention services, education, outreach, and resources to employees and students.

Vision Statement
- To empower every Hokie to take an active and engaging day-to-day approach to their wellness in order to enjoy a long, healthful, and purpose-filled life.

Tagline
- Helping Hokies Thrive

Governing Values
- Ut Prosim, accessible, engaging, empowering, focusing on behavior change, caring, creative, dependable, honesty, integrity, quality, reliable, we value people.
HOKIE WELLNESS – SPRING FOCUS

- Reorganization of roles and responsibilities
- Team member training
- Combined marketing and communication
  - Social media
  - WEBSITE
  - Collateral/flyers, etc.
  - Enhanced presence at summer orientation and Hokie Camp
- Expand Hokie Wellness Senior Advisory Council to include - Alternative Transportation, Sustainability, Dining & Residential Life - others?
- Exploring future opportunities and collaborations as well as reviewing peer institutions’ wellness services and resources

FUTURE WELLNESS IDEAS

- Wellness Coaching – individual and group
- Contemplative Practices
  - Mindfulness
  - Stress Reduction
  - Self-Compassion
  - Resiliency
- Walking Trail Signage
- Wellness Retreats
- Enhancing Well-being class
KEEP UP WITH HOKIE WELLNESS

http://www.hokiewellness.vt.edu/

https://www.facebook.com/hokiewellness

@HokieWellness

http://www.pinterest.com/hokiewellness/