

Community Wellness Hours Quarterly Report

Fall Quarter 2022

The Community + Values Team in the Office of the Provost, an [initiative](#) that seeks to serve, guide, connect, and support the DU community (students, faculty, staff, alumni, parents/families, and beyond) to create greater senses of belonging and address complex problems. Through community-based events, collaborations, and projects, we aim to amplify experiences, successes, needs, and ideas and to address roadblocks to a deeper sense of community and belonging at DU.

Community Wellness Hours Overview:

The Community Wellness Hours, led by the C+V Team, the Office of the Provost, and the [4D Team](#), were created to connect and hear from community members on a regular basis. All community members are welcome. This Quarter we handed out free snacks every Tuesday from 12pm - 2pm on the 1st floor of Community Commons and collaborated with the student-run Beans Coffee Shop in the Joy Burns Center to provide free beverages every Thursday from 9am - 11am. Approximately 1,800 attendees joined our Wellness Hours in the fall quarter.*

Each week we planned an activity to engage with community members alternating between fun activities and more in-depth questions focused on what our community needs to thrive (see p. 6, Appendix A for activities).

**Beginning in the Winter 2023 Quarter, we will hold Wellness Hour on the same days and time. However, on Tuesdays we will now be on the first floor of the Community Commons at the Global Kitchen across from Room 1700*

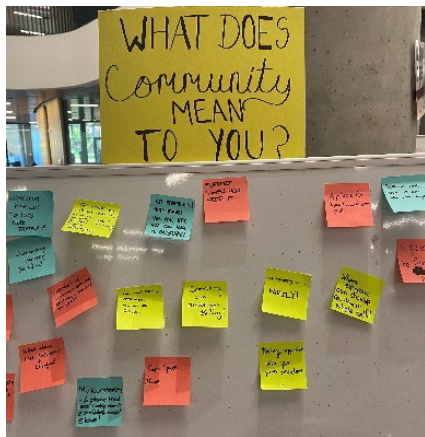
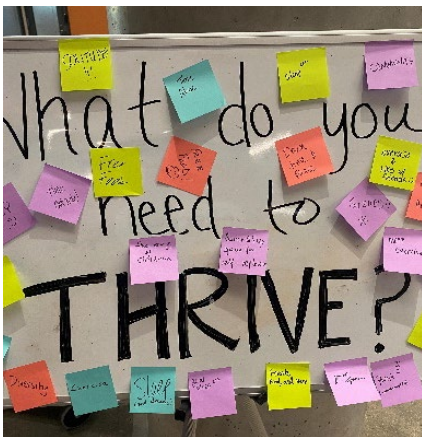
Intentions behind this Report:

This report is meant to highlight and share a snapshot of DU's general feelings regarding community, feelings of belonging, changes witnessed, changes needed, and ideas for the future. This valuable feedback from the community has helped us with structuring our C+V work. Our hope is that through sharing our findings we can continue to address community needs, build partnerships, highlight resources and work happening at DU, and collaborate with departments for future Wellness Hours.

The report is divided into three parts:

- 1) Engagement and Collaboration
- 2) Response, Ideas and Feedback
- 3) Future Aspirations

Some fun snap shots from the Fall!



Continues on next page...

1. Engagement and Collaborations

Engagements:

In the Fall Quarter we interacted with a number of community members:

- On Tuesdays during our weekly snack hours, we tend to interact with an average of 65 Community Members
- On Thursdays during our weekly Beans coffee hours, we tend to interact with an average of 100 Community Members

Collaborations:

- 1) We also had the pleasure of collaborating with the Business and Financial Affairs DEI Team during a week of our regularly schedule hours. Together, we hosted a joint vision board activity on "*What makes you feel welcomed?*"
 - 2) To widen the opportunity to connect with community members on different parts of campus, we organized two Pop-Up Wellness Hours in partnership with 1) the School of Art & Art History in CAHSS (75 attendees) and 2) the Ritchie School of Engineering and Computer Science (230 attendees).
-

2. Responses, Ideas and Feedback

All responses to our Community Wellness Hours prompts and activities have been coded and categorized into four themes and organized in the spreadsheet below:

- 1) **Community:** Values, appreciations and needs of the DU Community
- 2) **Ideas and Requests:** Event ideas and smaller future changes
- 3) **Highlights*:** Things that have worked well
- 4) **Areas of Improvement:** How to best serve and support the DU Community through needed changes on a larger scale

*This category especially is intended to track how previous changes, initiatives and goals have been felt by the wider DU Community. Please connect with us if there are any resources, work, or initiatives that you would like us to highlight or advertise!

Continues on next page...

The main takeaways and themes of the responses are summarized here:

1) Community:

- Creating a welcoming and accepting environment for all
- A place that lacks judgement
- A place for growth
- Expressing yourself freely
- Inclusivity and diversity in people and thought

2) Ideas and Requests:

- More events for Graduate Students
- More Themed Nights (Movie Nights/Game Nights/Dance+Music Nights/Art Nights)
- Create "Community Hour Fridays" for all across campus
- More opportunities to practice rest and wellness, including legitimizing and prioritizing mental health (resources)

3) Highlights (things that have worked well):

- Pet Day during Finals Week
- Free Food at Events
- First-Gen Celebration Week
- Wellness Hour Activities and the opportunity to connect with other staff and faculty over free coffee

4) Areas of Improvement:

- Awareness of food allergies and preferences
- Climate change conversations and initiatives
- #NoMorePios
- Improve communication channels and options among offices
- Ensuring accessibility inside and outside the classroom
- Access to funding and scholarship opportunities
- More diversity and equity (on all levels: students, faculty, staff & resources)
- More remote options (for both student workers, staff, and faculty as well as for events)
- Staff retention rates and opportunities for professional development

Continues on next page...

3. Looking towards the Future:

Our goals for the Winter Quarter and beyond based on internal assessment and community feedback:

- **Introducing non-perishable food/items:**

Although we enjoyed handing out healthy snacks this quarter, we have run into some obstacles regarding allergies, food preferences, and costs. Thus, we are currently working on switching to non-perishable food/items to hand out at one of our weekly Wellness Hours.

- **Introducing ‘quick story sharing’:**

To increase our collection of community voices and more frequently interact with community members, we will be implementing a ‘story-sharing corner’ at our Wellness Hours in which anyone can record a short video, record a voice message, or write a short excerpt on either their experiences or reflections on the week’s activity

- **Increasing the amount of Pop-Up Hours to increase collaboration and interactions with other DU offices and student organizations**

- **Committing to Quarterly Reports like this one to increase transparency and track progress, changes, and goals**

Contact Information

Thank you for taking the time and energy to read this C+V report. If you have any ideas, concerns, or are interested in collaborating in the future, please reach out Chase McNamee, Sr. Project Manager in the Office of the Provost at chase.mcnamee@du.edu,

For more information on our team and work please refer to our [C+V website](#).

The Community + Values Initiative
The Office of the Provost



Community + Values
UNIVERSITY OF DENVER

Appendix A: Fall Quarter C+V Wellness Hour Activities:

- Joint Vision Board Activity: “What does Community mean to you?”
- What element do you most identify with (water, earth, air, fire)?
- Joint Vision Board Activity: “What do you need to thrive?”
- Video Activity: “What is your Hidden Talent?”
- Joint Vision Board Activity: What is your favorite movie, show, or book?
- Joint Vision Board Activity: “What makes you feel welcomed?” (in collaboration with the BFA DEI Team)
- Community Activity: Ask community members to add songs to [Community Playlist](#) (free to be used by everyone)
- Joint Vision Board Activity: What is the biggest area of growth at DU?
- Joint Vision Board Activity: What is your favorite restaurant in Denver?