

## THE MORE STUDENTS KNOW THE BETTER

### PROPOSAL FOR LOBO WELL BEING COURSE

#### Lobo Well-Being



I believe that the Faculty Senate Curricula Committee should highly consider offering a course to undergraduate students about the well-being center called Lobo Well-Being. Students in college can usually run into stressful situations with keeping up with course work for classes, balancing school with personal obligations, and making sure they are on track to graduate in a timely manner. A student's well-being is just as important as their success in college.

#### WHAT IS THE GOAL?

The goal is to enhance a student's well-being while attending college, thus informing them about the college resources is imperative. I remember when I was a freshman in college, I knew little about the resources available to me that were offered on campus. I had to do my own research to find what resources I could use on campus to help balance my stress levels. Students may not know about this program and are struggling without support.



**BASED ON THE FINDINGS OF THE AMERICAN COLLEGE HEALTH ASSOCIATION FALL 2018 NATIONAL COLLEGE HEALTH ASSESSMENT, 63% OF COLLEGE STUDENTS IN THE UNITED STATES EXPERIENCED SIGNIFICANT ANXIETY IN THE PREVIOUS YEAR. FURTHERMORE, WITHIN THE SAME SURVEY, 23% INDICATED THAT THEY HAD BEEN DIAGNOSED OR RECEIVED TREATMENT FOR ANXIETY FROM A MENTAL HEALTH PROFESSIONAL DURING THE PAST YEAR. (NICOLE J. LEBLANC, MA, AND PHD LUANA MARQUES. (“ANXIETY IN COLLEGE: WHAT WE KNOW AND HOW TO COPE.” HARVARD HEALTH, 27 AUG. 2019, WWW.HEALTH.HARVARD.EDU/BLOG/ANXIETY-IN-COLLEGE-WHAT-WE-KNOW-AND-HOW-TO-COPE-2019052816729.)**



**WHY DOES THIS COURSE MATTER?**

**If students knew about the Lobo well-being program then more students would take the action and advantage of the program’s benefits. This is important because students need a strong well-being foundation to graduate in good standing.**

**A recent report published by Tyton Partners revealed that 60 percent of students were not aware of the complete range of services available to them at their college or university, leading to deficiencies in student-facing offices that could adversely affect student retention and success.**

**( Mowreader, Ashley. “Survey: College Students Don’t Know about**

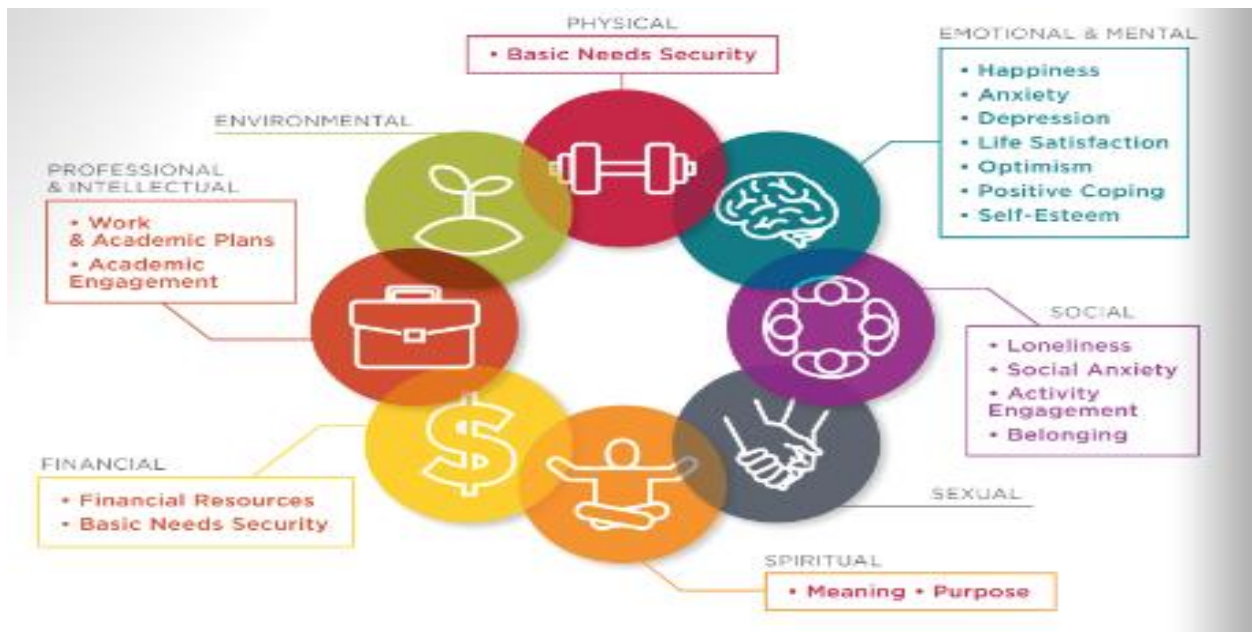
**Support Services.” *Inside Higher Ed | Higher Education News, Events and Jobs,***

**[www.insidehighered.com/news/student-success/college-experience/2023/07/20/survey-college-students-dont-](http://www.insidehighered.com/news/student-success/college-experience/2023/07/20/survey-college-students-dont-know-about-support)**

**know-about-support. Accessed 28 Feb. 2026.)**

## STUDENT LEARNING OUTCOMES

The curriculum would be broken down into eight subjects about each resource available in the Lobo Well Being initiative. Students will learn about each subject and how it could benefit them throughout their college experience and beyond into the future. Students will be required to take well-being assessment tests in each subject matter to bring awareness to their own well-being needs.



“Lobo Well-Being.” *Well*, [lobowellbeing.unm.edu/well-being-insight-report/index.html](http://lobowellbeing.unm.edu/well-being-insight-report/index.html).

Accessed 28 Feb. 2026. – For Figure above

## A WORD FROM LOBO WELL BEING

“THE LOBO WELL-BEING INITIATIVE IS UNM’S CAMPUS-WIDE APPROACH TO SUPPORTING THE WHOLE STUDENT. IT RECOGNIZES THAT STUDENT SUCCESS IS NOT JUST ABOUT ACADEMICS. IT IS ABOUT HELPING STUDENTS STAY HEALTHY,

SUPPORTED, AND ABLE TO THRIVE IN ALL AREAS OF THEIR LIVES. RATHER THAN TREATING WELLNESS AS ONE SINGLE ISSUE, LOBO WELL-BEING BRINGS TOGETHER ASSESSMENTS, PROGRAMS, SERVICES, AND PARTNERSHIPS ACROSS CAMPUS TO ADDRESS THE MANY FACTORS THAT INFLUENCE A STUDENT'S OVERALL WELL-BEING." ("LOBO WELL." *BEING*, LOBOWELLBEING.UNM.EDU/ABOUT/MISSION.HTML. ACCESSED 28 FEB. 2026.)

### **COST FOR ADDING THE COURSE**

The cost for developing the course should be less than \$5,000 since the course is not a high-level course and does not need textbooks to teach the course. The course should be manageable to put together since most of the information for learning about Lobo Well-being can be found online. The professor teaching the course could collaborate with the Lobo Well-Being center to receive information about the resources to develop coursework.

### **BENEFITS**



Educating students to this valuable resource will increase the well-being of future generations. As a result, more students will know that their university supports their well-being throughout their college experience.