



Introducing Well-Being eCHECKUP TO GO

The Well-Being eCHECKUP TO GO is an online tool designed to help an individual create a personalized plan to improve their well-being and transform their unique life insights into tangible actions and behaviors for positive change.



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A Personalized *Wellness* Journey

That Supports Student Well-Being from Day One

1 Introduction
Defining well-being
Understanding wellbeing in context

2 Assessment & Personalized Feedback
Evaluation of housing/food security
Evidence-based well-being assessments
Feedback for assessment scores

3 Journey - Explore the Five Key Areas
Health and Energy
Emotional Health
Connection and Support
Purpose and Meaning
Community Engagement

4 Action Plan Development
Reviewing selections and clarifying goals
Pinpointing next steps for change
Increasing motivation to make changes

5 Skills to Support Plan
Habit formation to maintain changes
Stigma reduction to support connection to resources



Supporting student wellness can positively impact all aspects of campus life. Using an online tool to enhance overall student well-being can further augment staff interventions and programming efforts.



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