

# Undergraduate Advising Council Meeting

July 21, 2022

3:00 - 4:00 pm

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## Minutes

### 1. Welcome and Approval of Minutes

- June 16<sup>th</sup> minutes approved by Nicole Raymond, second by Curtis Smyder

### 2. GatorWell Health Promotion Services

*Samantha Evans, Health Promotion Specialist*

- What is Gator Well Health Promotion Services?
  - On the spectrum of health and wellness and try to promote healthy habits and improve behavioral health to improve academic success
  - Population based – public health minus the clinical services
  - 4 Health Promotion Specialists on staff as well as Directors and Admin support
  - Utilize socio-ecological model of health behavior (individual, interpersonal, organizational, community, public policy) which includes advocacy at the state and local government level
  - Services provided – prevention, education & skill development relating to alcohol and other drugs, interpersonal violence prevention, sexual health, stress management, mindfulness, sleep management, time management (give away health behavior tools like sleep masks, earplugs, note tabs, timers, fidgets, sunscreen, condoms, hand sanitizer)
  - Data driven unit – top impediments to academic performance (2022 UF ACHA-NCHAI survey) are procrastination, stress, anxiety, depression, ongoing chronic medical condition, sleep difficulties, finances, career, health of someone close to me, family/intimate relationships
  - Wellness coaching for academic success promotes holistic approach to wellbeing, supports coordination of services (mental health screeners, referrals to other campus services, support in scheduling w/ other departments), destigmatizes help-seeking, focuses on actionable goals – one on one service that is free to students, post-card style cards can be provided to your office to hand to students
  - *Behavioral Action Plans* created Time management (70.4%), stress management (40.5%), sleep habits (30.3%), test taking/study skills (24.6%), active living (18.7%), social connections (16.8%), eating habits (11.4%), other
  - *Counseling vs Coaching* – coaching is private but not confidential (Title IX reporting required), supports students by enhancing holistic well-being/mental health promotion, wellness coaching staff are professional staff who are Certified Health and Wellness Coaches, Coaches help clients identify and strengthen their voice, allowing them to make decisions that are best suited for their preferred health and wellness outcomes
  - *Behavior Change Measures* – after second appointment students reported increases in helping relationships (using social support), counter conditioning (substituting healthier behaviors), and consciousness raising (learning new facts, ideas and skills to support behavior change). Constructs within the Transtheoretical (Stages of Change) Model
  - *Impact on GPA* students who came to more than one wellness coaching session had a statistically significant increase in their term GPA
  - *Educational Consultations* (sexual health, stress/mindfulness, sleep individual consultations) – 30 min one on one – more educational and informational and student can then decide if they want to pursue wellness coaching
  - *Alcohol and Cannabis Services* (offer training programs for students who are engaging in problematic alcohol or cannabis use and would benefit from a non-clinical intervention/education or students who are interested in understanding their use and

potential risk reduction skills). Presentations for student groups or classes can be [requested through their webpage](#).

- Majority of students they see are masters and PhD level
- *Health Hut* is skill focused health messaging and referral services, staffed by peer wellness educators
- *Green Dot Gators* (intervention strategies addressing sexual assault, bullying, dating violence, and stalking)
- *Health communication campaigns, biweekly health communication messaging*
- Main office in Reitz Union near career connection center, residential outreach centers available in Jennings and Springs (don't have to be a resident in these halls to use get info or pick up HBTs) <https://gatorwell.ufsa.ufl.edu/>
- Reach out to Mike Fitzgerald and he will coordinate distribution of info cards via intercampus mail

### 3. Committee Chair Updates

- Campus Affairs, *Kimone Simmons*
  - i. Reach out to Kimone w/ any other questions about GatorWell or contact them directly
    - 1. *Need 10 student minimum for any presentations, fyi*
  - ii. *May send out message for feedback for upcoming year and what you would like to see from Campus Affairs*
  - iii. *UF move in dates are 8/18, 8/19, 8/20*
- Communications, *Emily Overend*
  - i. No updates
- Professional Development, *Danielle Shu*
  - i. Wants to meet w/ PD Committee prior to drop/add in August
  - ii. If anyone wants to join PD Committee, reach out
  - iii. NACADA Region 4 Technology Chair position is open – reach out to her if you want more info
- Chair, *Mike Fitzgerald*
  - i. Thanks Dylan!
  - ii. Bring new members or new advisors to September meeting!
  - iii. Goals for next year – not yet established or discussed w/ Steering Committee
    - 1. Hoping to continue to build partnerships across campus
    - 2. Continue to have an advising voice at UF
    - 3. Review vision, mission, operating code
    - 4. Update about Assistant Provost for Student Success search in September
    - 5. According to Dr. Lindner, 60% of our colleges have new advisors onboarded during the pandemic – want to bring awareness of UAC in case they haven't connected
    - 6. Website – continue updates
    - 7. At large member appointment – Ryan Chin-Hing from WCB. May utilize him as a liaison for new members
    - 8. Likely sending out a survey in August to see what advisors want from the UAC, how you want to experience the UAC Annual Conference, etc.
    - 9. **No August meeting**

### 4. Items for the Floor

- Toby – separate training session on the degree audit for new advisors? Let him know if that sounds appealing
- Nicole
  - i. Assistant Provost narrowed down to 3 candidates to bring on campus in first week of August.
  - ii. Question – Issue w/ Catalog today regarding sections missing. Where are we at? Completely fixed per Diana Hull – waiting for response from vendor for info why it happened

### **Upcoming Meetings**

No August Meeting  
Fall Meetings TBD

### **Zoom Meeting**

**Link:** <https://ufl.zoom.us/j/99273228748?pwd=WC9JSVBFdXY3U3VaNm9lZmsxSW90UT09>

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