



# Student Wellness Program

## Intervention by CoVitality Social-Emotional Health Survey Scores

College Track's Wellness Program is committed to supporting our students' social-emotional wellness needs on their path to and through college. We do so by fostering an environment at our centers that is optimized for learning and healing through trauma-informed practices and by providing evidence-based wellness education and counseling to students who need it. We administer the CoVitality Assessment (CoVi) annually, which measures key psychological mindsets associated with students' positive, thriving development. CoVi tells us which students would benefit from wellness services to support their college completion journey and in what ways. We then intervene with students to bolster their social-emotional well-being assets and/or work to decrease their levels of psychological distress through evidence-based interventions. The chart below outlines our current College Track student body CoVi results along with the wellness interventions that our students receive:



### LANGUISHING

**EXPRESSION:** Has few friends, easily gives up, has trouble empathizing, makes poor choices, has a fixed mindset, is overly hard on self, etc.

**APPROACH:** Attend wellness workshop to grow wellness tools

**ADDITIONAL SUPPORT:** Regular 1:1 wellness counseling to grow wellness tools



### DISTRESSED

**EXPRESSION:** Easily irritated, feels unimportant, is afraid for no reason, has trouble relaxing, not sleeping well, feels down or hopeless, doesn't get excited about anything, is opting out of usual activities, life feels pointless, etc.

**APPROACH:** Grow wellness and stress management strengths through weekly to bi-weekly 1:1 wellness counseling

**ADDITIONAL SUPPORT:** Attend wellness workshop and receive stress management training



### THRIVING

**EXPRESSION:** Doing well in school, has a strong peer group, is resilient, is happy with self, believes in own abilities, is satisfied with their life, has a sense of purpose, etc.

#### SIX WELLNESS CORE PRACTICES (AVAILABLE TO ALL STUDENTS)

1. Opt-in 1:1 wellness counseling and coaching
2. Annual trauma informed staff & site culture training
3. Scholar Talk: regular student intervention team meetings
4. Annual CoVitality administration & discussion with students
5. Wellness programmatic enhancements (e.g., lessons on test anxiety & wellness in college, mindfulness practice in unity circle, etc.)
6. Wellness staff support College Completion Advisors

**ADDITIONAL SUPPORT:** Wellness workshop, stress management training, opt-in 1:1 wellness counseling, monthly 1:1 wellness check-ins with wellness staff

