Beyond MU – Transforming Student Health and Wellness: Cultivating *cura personalis*

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Reimagined wellness & Recreation @ Marquette
Healthy Students = Successful Students

*Cura personalis:* Providing students with physical, social, mental and spiritual resources needed to thrive

- Student Priority since 2010 with ability to impact every MU student
- Designed to foster collaboration amongst campus clinicians
- Centers conversations on wellness meeting needs of today’s student

- Medical Clinic
- Counseling Center
- Prevention Services
- Alcohol & Drug Recovery
- Sexual Violence Prevention
- Common Spaces
- Recreation Center
Impact of Pandemic on Student Experience
Mental & Physical Health Never More Important

Marquette-Based Research of COVID Impacts Revealed:

- More diagnosed depression and anxiety
- Students more sedentary
- Loss of academic & social confidence
- Decreased student engagement
- Learning loss and gaps
- Need for “warm handoffs” to ensure seamless student support

Medical Clinic
Counseling Center
Prevention Services
Alcohol & Drug Recovery
Sexual Violence Prevention
Common Spaces
Recreation Center
Integrated model creates a “system of wellness”

Fueled by strong preventative education strategies

Wellness Services for ALL students, not just those in crisis

- Healthy well-adjusted students also need services
- Wisconsin weather demands this new space to recreate
- Easy and consistent referrals
- MU to be a model among peer group
- Meets recruitment & retention expectations
- Matches high quality of academic programs, teaching and mentoring

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Campus Master Plan

Priority Projects:

- Residence Hall (The Commons) – completed 2018
- Athletic & Human Performance Research – completed 2019
- College of Business / Innovation – opening Jan 2023
- Wellness + Recreation
- Sciences / BioDiscovery
- Sacred Spaces – Joan of Arc – Fall 2021
- Physician Assistant Studies – complete 2019
- College of Nursing – Summer 2024
Existing resources are distributed throughout campus
Wellness resources under one roof
Reimagined recreation space

*Cura personalis*: Providing students with physical, social, mental and spiritual resources needed to thrive

- Welcoming, central entry
- Celebrate synergies between wellness & recreation
- Design for wellness – accessibility, daylight
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