

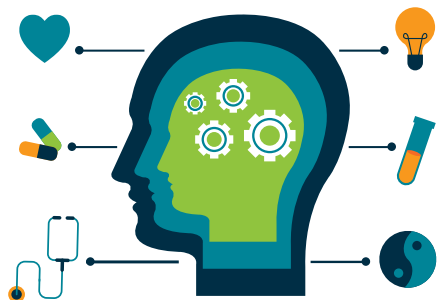
BE | WELL



hsc 

THE UNIVERSITY of NORTH TEXAS
HEALTH SCIENCE CENTER at FORT WORTH

Campus Support and Resources



OVERVIEW

Be | Well is the Quality Enhancement Plan designed to improve the overall wellbeing of students at The University of North Texas Health Science Center at Fort Worth (HSC) on their journey to becoming providers of the future.

Be | Well is a progression of activities beginning during students' first term with an educational module introducing wellbeing, emotional intelligence, and resiliency. The goal is to embed these activities into the current curricular and extracurricular experiences, allowing **Be | Well** to become a part of the HSC experience.

WELLBEING

- Center for Academic Performance
- Disability Access
- Financial Aid
- Fitness Center
- Food Pantry
- HSC Care Team
- International Services
- MySSP/Lifeworks
- Office of Care & Civility
- Student Health
- Canvas Activities

EMOTIONAL INTELLIGENCE

- Pathways Program
- Canvas Activities

RESILIENCY

- Pathways Program
- Wellness Coaching
- Canvas Activities

STUDENT LEARNING OUTCOMES

OUTCOME 1



Students will identify concepts associated with wellbeing, emotional intelligence, and resilience. In addition, students will be introduced to wellbeing and its success in educational programs by their Wellbeing Champions during the first semester.

OUTCOME 2



Students will create a stress management growth plan as part of the Emotional Intelligence pathway program. By taking an EQI assessment and participating in stress management activities, students will learn how to analyze their skills in stress management and improve them.

OUTCOME 3



Students will develop capacities for resilience to support their success in school and future professions. Using the HSC wellbeing model as a guide, students will reflect and participate in activities that promote resilience.

PROGRAMMING

Our team is always looking for ways to support students as they navigate through their journey. If you would like to collaborate on an event or request a presentation, please contact us at BeWell@unthsc.edu.

HSC WELLBEING MODEL

KNOWING YOURSELF

Students will discuss their values, recognize their strengths, formulate strategies to explore aspects of themselves, and evaluate their place in society and the world.

WORKING WITH OTHERS

Students will assess their understanding of their own and others' emotions to improve interpersonal relationships, awareness of culture, and formulate strategies to interact with others and network.

COMMUNITY BELONGING

Students will discuss the value of belonging to communities, identify activities to serve their professional community, and identify their role in helping their community.

NAVIGATING INDIVIDUAL NEEDS

Students will implement activities to improve their physical, emotional, spiritual, and financial well-being.



CONTACT US

[UNTHSC.EDU/STUDENTS/WELLBEING-QEP](https://unthsc.edu/students/wellbeing-qep)

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