

The background of the entire poster is a light orange color, decorated with several slices of pizza. Each slice is a different size and is topped with various ingredients like mushrooms, tomatoes, green peppers, and onions. The slices are scattered around the central text, creating a festive and appetizing atmosphere.

# SB SA

## MONTHLY GENERAL MEETING

Th . AUG 29 . 12:30 PM . LKSC 4TH FLOOR

[SBSA.STANFORD.EDU](http://SBSA.STANFORD.EDU)

# Agenda

1. Previous SBSA events
2. Upcoming SBSA events
3. Summary of leadership retreat
4. Update on the August School of Medicine Faculty Senate Meeting
5. Wellness in the Biosciences - Monica Devlin
6. Open floor for questions and input

# Recent SBSA Events

**July 26**      **ADVANCE/SBSA joint happy hour**

*Edel McCrea*

**July 29**      **GRAMS**

*Niki Goularte*

**July 30 & 31**      **Science Policy Bites -  
Democratic debate viewing**

*Roshni Patel*

**August 4**      **SBSA leadership retreat**

*Lawrence Bai and Julie Ko*

**August 23**      **ADVANCE/SBSA joint  
happy hour**

*Edel McCrea*



# Upcoming SBSA events

September (TBD)

Ice cream on the lawn (yum)

+

Happy Hour

*Edel McCrea*



September 20-22

First year camping trip

*Tyler Benster + Alvin Han*

September

Poster Session

*Frank Buquicchio*

October

Biosciences Activities and Resource Fair (BARF)

*Frank Buquicchio, Pagé Goddard/BioAIMS*



# Leadership Retreat!



# Highlights from the leadership retreat

- Wellness assessment - Monica Devlin
  - How do we score ourselves in each dimension?
  - How much effort do we put in maintaining wellness in each dimension?
  - What resources are available for each of the dimensions?





# Highlights from the leadership retreat

- Conflict Resolution - Stephanie Eberle
  - Personality quiz
  - Grouped by style
  - Discussed the thought processes/feelings of why people resolve issues with a particular style



# August SoM Faculty Senate meeting

- Faculty/physician mental health issues
- CGAP and graduate student issues (Will Talbot)
  - Update on admissions statistics and budget
- Diversity petition and reaffirmation statement of the faculty senate
  - Amendment of an existing resolution:

“As faculty charged with providing a safe and supportive learning environment, we are committed to a diverse and inclusive community that respects all individuals and denounces all acts of intolerance and hate”

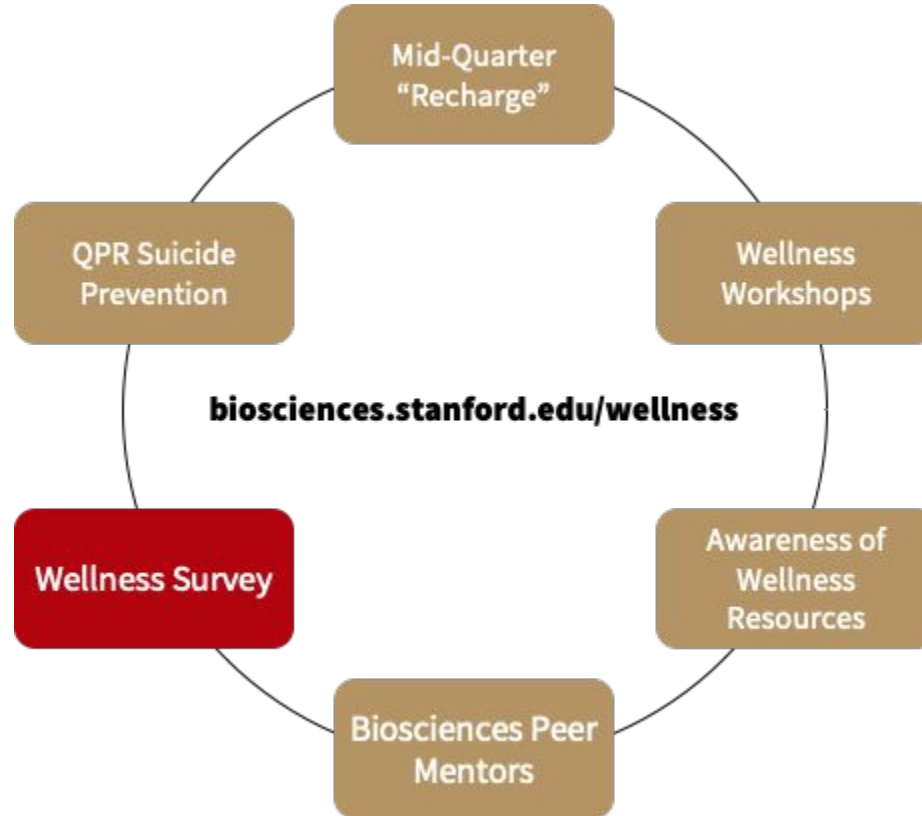


# Wellness Program

## Eight Dimensions of Wellness



# Wellness Matters Program



# Primary Questions

1. Are students well?
2. What “kinds of wellness” matter to them?
3. Are there differences between groups?
4. What kinds of programs interest students?
5. What is the nature of engagement in programs?
6. Do students feel supported in their wellness?

# Survey Methodology

- Focus on PhD students (N = 995)
- Holistic model of multi-dimensional wellness<sup>1</sup>
- Random sampling of students (600)
- \$10 incentive for 10 minute questionnaire
- **56% response rate** (n = 334)
- Roughly representative of the population

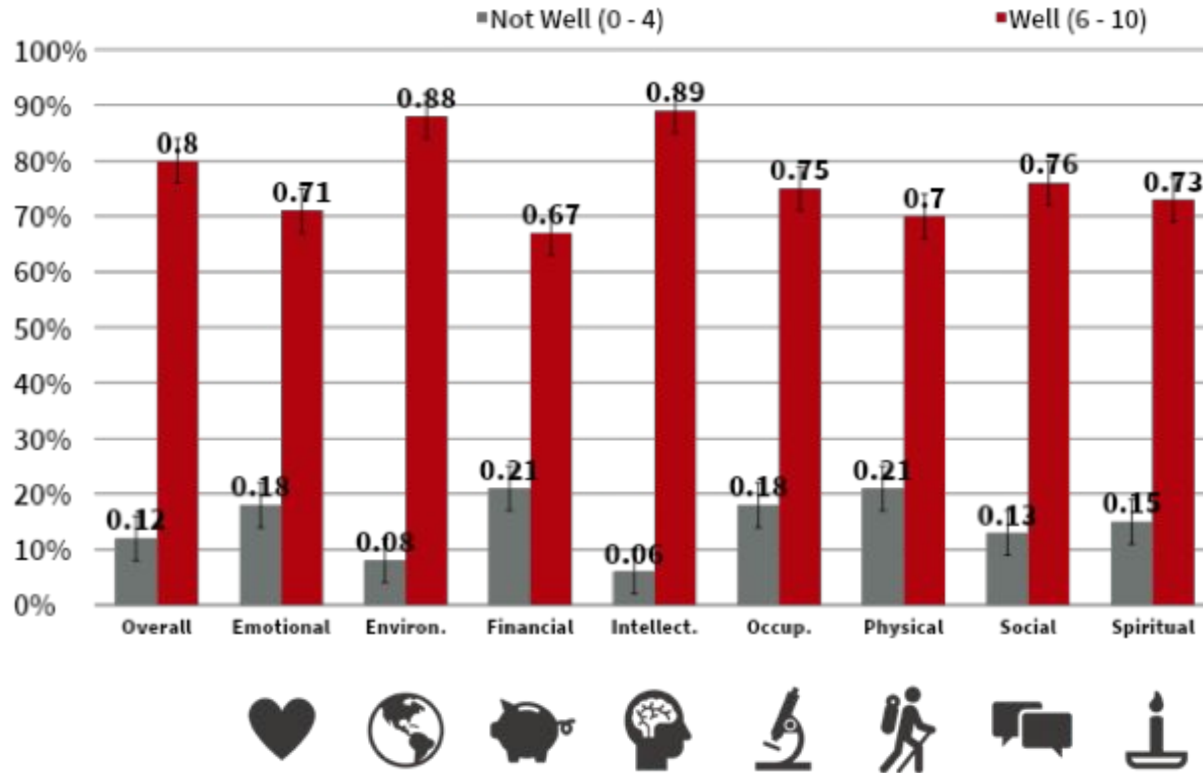
<sup>1</sup> Model of wellness informed by the work of Dr. Bill Hettler of the National Institute of Wellness (NIW).



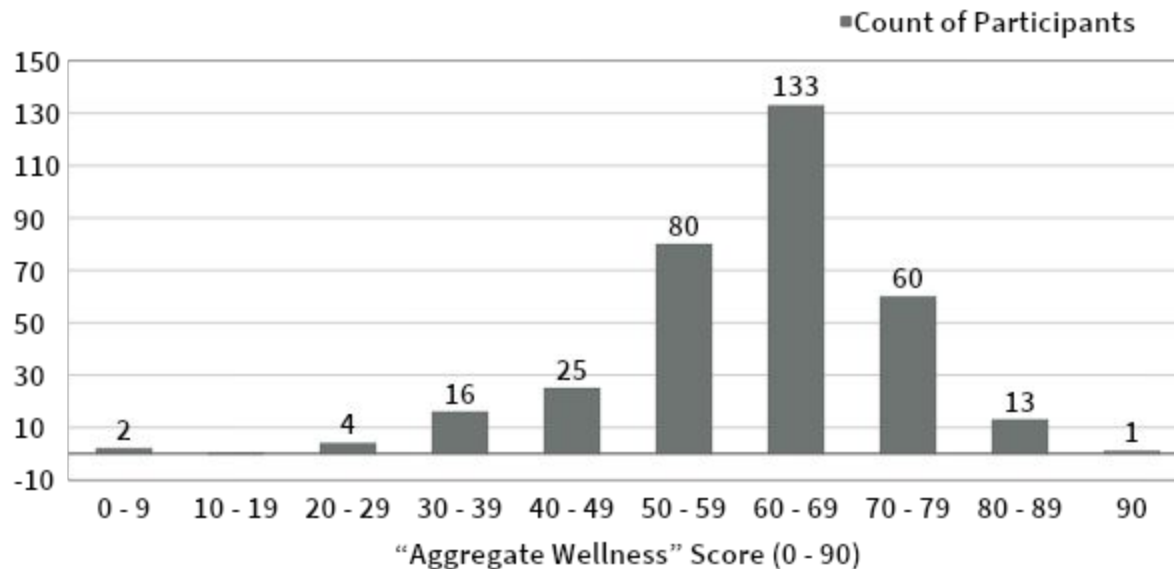
# Margin of Error

% Range	Margin of Error (+/-)
0% or 100%	0%
1% - 3% or 97% - 99%	1%
4% - 8% or 92% - 96%	2%
9% - 20% or 80% - 91%	3%
21% - 79%	4%

# Are students well?

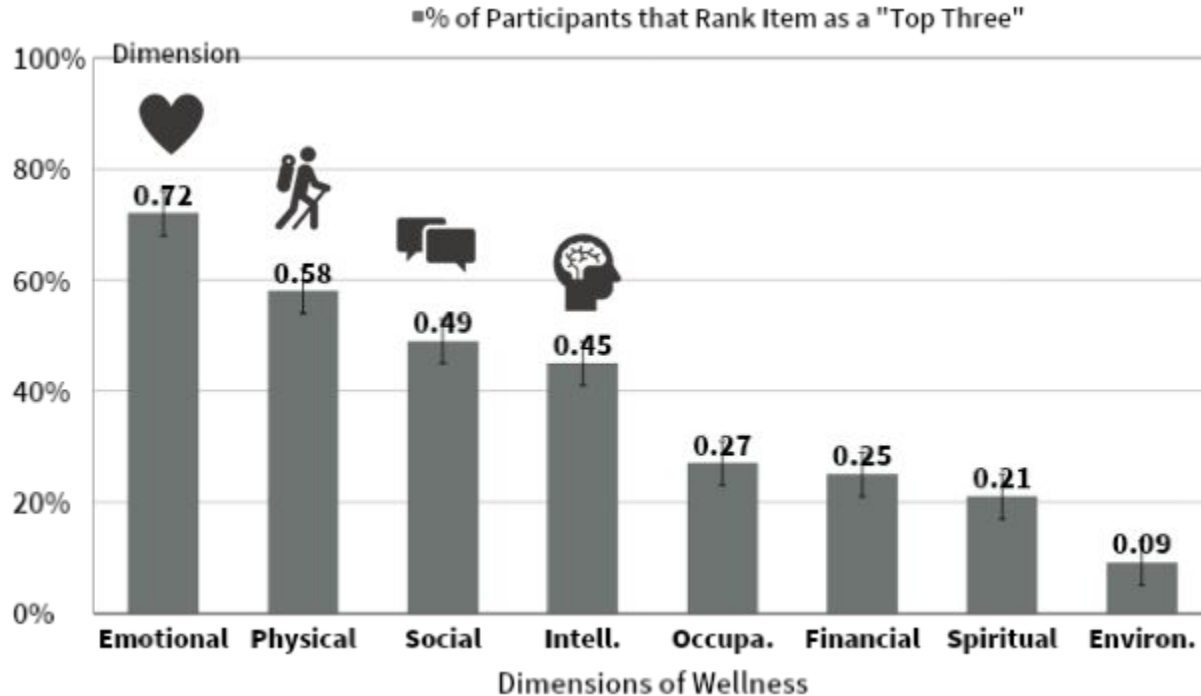


# Are students well?



0 - 9	10 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60 - 69	70 - 79	80 - 89	90
1%	0%	1%	5%	7%	24%	40%	18%	4%	0%

# What matters?





# Differences between groups?

No *statistically significant* differences between:

- “M” & “F” students
- “URM” & “non-URM”
- Departments/academic programs
- Respondents in 2017 & 2019

# Program Preferences

- Finances
- Exercise
- Stress Management
- Nutrition
- Mental Health
- Creativity
- Sleep
- Supporting Peers in Distress



# Program Preferences

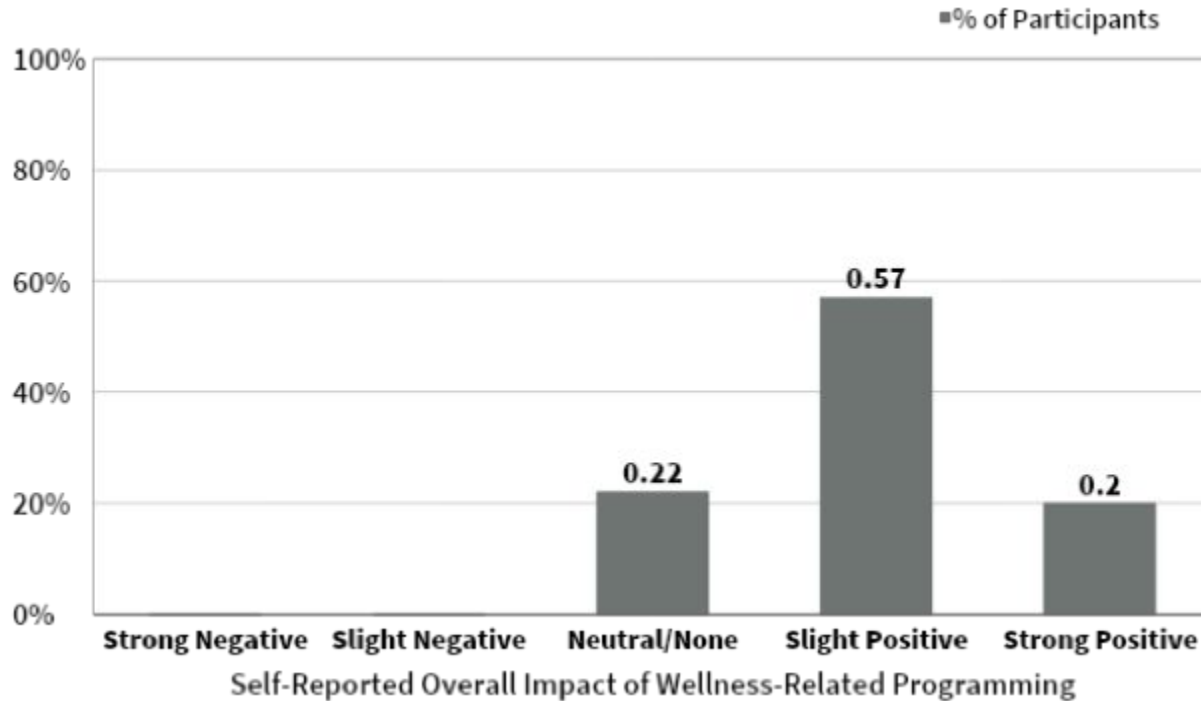
Students are most likely to participate in **single (stand alone), in-person** programs and are least likely to participate in online courses.

# Program Preferences

Most students (**72% - 80%**) have participated in at least one wellness-related program.

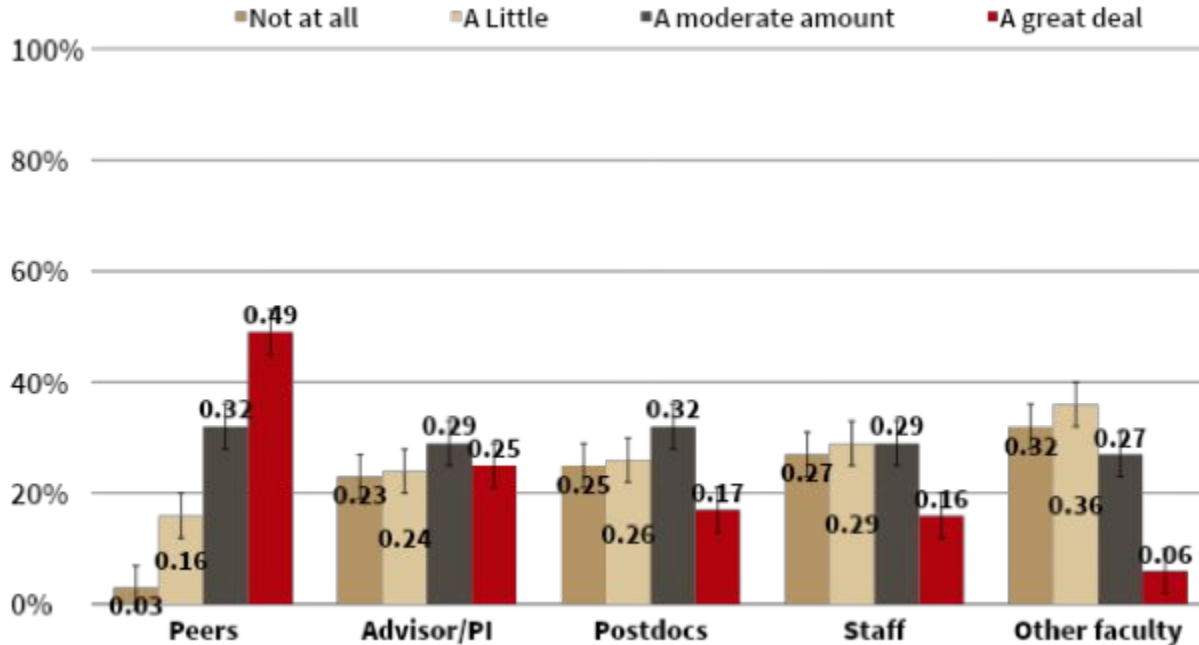


# Student Engagement



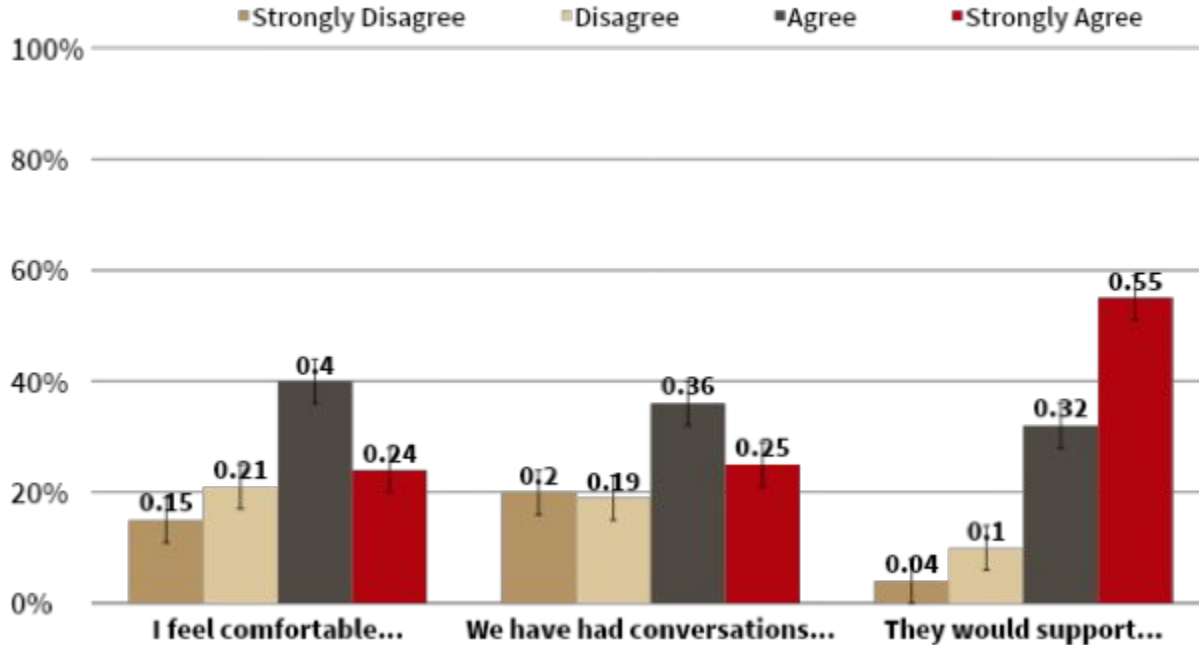
# Supported in Wellness

To what extent do the following groups of people encourage you to participate in wellness activities?

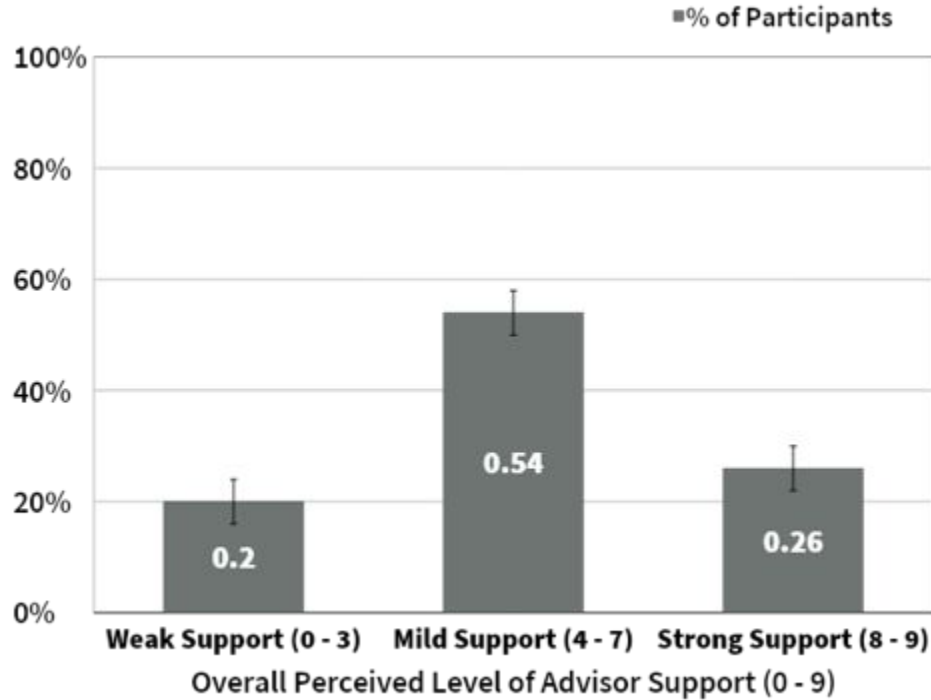


# Supported in Wellness

Please indicate your level of agreement with the following...



# Supported in Wellness



# Supported in Wellness

We conducted an analysis of variance (ANOVA) of the mean aggregate wellness scores of participants within each group and found a statistically significant difference.

Aggregate Wellness of Students with...	Sample Size	Sum	Mean	Variance
"Weak Advisor Support" (0.0 - 3.0)	66	3,650	55.3	197.8
"Mild Advisor Support" (4.0 - 7.0)	175	10,653	60.9	132.6
"Strong Advisor Support" (8.0 - 9.0)	86	5,686	66.1	117.4
<i>F statistic</i>	15.4914	<i>F crit</i>	3.0	
<i>P-value</i>	$3.76 \times 10^{-7}$			

# Primary Questions

1. Are students well?
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# Future Questions

1. Does wellness change over time? If so, how?
2. Focus on physical, financial, and emotional wellness
3. Student wellness & engagement in the community
4. Deeper dive into specific groups of students
5. Factors related to wellness (e.g. housing? funding?)



**Open floor for questions/input**