Using the Wellness Inventory in a College Curriculum
Some Colleges Using the Wellness Inventory in a Health or Wellness Curriculum

Stanford University

Arizona State University

University of North Carolina Wilmington

UMass Amherst

West Virginia University
Mindful, Whole-Person Self-Management

Engage students with the original whole-person approach to optimal wellbeing – the Wellness Inventory. After completing his preventive medicine residency at Johns Hopkins, John W. Travis, MD, MPH, opened the first wellness center in the U.S. in 1975 and also created the Wellness Inventory, helping to launch the wellness movement. Today, it’s also a proven successful tool for educators and students.

Wellness Inventory’s new online platform includes a whole-person self-assessment in 12 key dimensions of wellbeing, along with dynamic interactive tools to help define and pursue wellness priorities. Students learn our unique, whole-person model, create SMART action steps, track their progress, and make journal entries, as they gain deeper insight into their minds, emotions, and behaviors.

The program includes a one-year subscription for student access to the online platform, as well as a dashboard for the instructor to view each student’s activity.

Flexible model easily integrated into existing curriculum. Simple and easy implementation for instructors.
How our Model Works

Our Model for Using Wellness Inventory in a College Curriculum

1) No cost to instructor or university.
2) Student receives 50% discount for annual Wellness Inventory subscription ($20).
3) We create a unique, discounted registration link for the students in each class.
4) Instructor receives PDF with unique registration link, class instructions, links to videos.
5) Students receive online access to full Wellness Inventory program for one year.
6) Instructor receives online access to individual student reports and engagement reports.

Weekly Focus on 1 of the 12 Dimensions of Wellness

12 dimensions of Wellness wheel provides whole person framework for class assignments.

Following an initial whole person assessment and viewing Wellbeing and Motivation Scores, students can focus weekly on 1 of the 12 dimensions with these Wellness Inventory activities:

- **Learn**: Read commentaries on the 10 assessment statements in the Study Center.
- **Experience**: Access Self-Care Practices for the dimension in the Resource Center.
- **Reflect**: Make entries in the Journal about experiences and insights with the dimension.
- **Re-Assess**: Re-assess weekly dimension to raise awareness and view progress.

Online Dashboard for Instructors to Access Reports & Tools

Instructors have access to an online dashboard to access a variety of student reports and communication tools to aid in assessing their students’ performance. They can access:

- Individual student wellbeing and motivation scores, action steps, progress tracking.
- Engagement reports showing each student’s level of activity in key areas of program: Re-assessing individual dimensions, actions steps, progress tracking, journal entries, self-care practices, and statement commentaries.
- Communication tools to post messages to personal wellness home pages of entire class.
- Aggregate class wellbeing scores filtered by 8 demographic variables.

Learn Innovate Uses of the Wellness Inventory in a College Curriculum from Other Colleges Educators!

*Our Education & Wellness group meets bi-monthly. Past recordings are available by request.*

On-Demand Webinar: Enhancing Student Wellbeing (see p. 8)
Comments from Educators

“Students find it life-changing and they feel transformed by the end of the semester.”

Debi Dunn, Adjunct Professor
West Chester University

“Wellness Inventory helped many of my students get a fuller perspective of their lives.”

Karen Gregory-Mercado, PhD, MPH, MCHES
Arizona State University

“Students report better concentration, improved sleep, less stress, better communication with others, and greater self-awareness.”

Pamela Burris, RN, MSN, Clinical Instructor,
College of Nursing UMass Amherst

“Students are surprised and intrigued. They develop tools for self-care and internal self-regulation.”

Jane A. McCool, PhD, RN, AHN-BC
Northeastern University

“Wonderful teaching tool. Students consistently enjoy using it, get very immersed and experience a deeper understanding of themselves.”

Pauline McCabe, PhD
RMIT School of Health Sciences, Melbourne, Australia
Comments from Students

“I truly enjoyed this class - it did wonders for my semester's stress and provided me with great tools to carry with me for the rest of my life.”

“This is without a doubt the best class that I have ever taken. It addresses health and wellness beyond diet and exercise. It is so important to include mental and spiritual health into the big picture of our well-being.”

“Your class taught me more than any other class ever has. All classes miss something crucial - the happiness of the student. Your class opened my mind to how important it is to be happy, and the tools I am taking away from this semester have made me a much better, healthier person.”

“This should be a required class for all students at the university. Sanity and overall well-being can get very tricky while in college.”

“I'm grateful and I feel very lucky to have had the opportunity to learn from you and your course. I would absolutely recommend it not only to every person in this school, but everyone in the world in search of self-empowerment and meaning.”

“This class was exciting because I learned a lot of helpful things in the dimensions of feeling, communicating, breathing and transcending. This class made me remember what I use to do to make me feel good, inside and out.”

“The Wellness Dimensions brought focus to the concept of wellness being your WHOLE person and life. It made me examine my thoughts, feelings, and behavior in life and find ways that I can improve my overall health. I plan to integrate what I have learned during this class into my life moving forward.”
AWARD

Innovation in Wellness for College Students

West Virginia University’s “Enhancing Wellbeing” project, based on the Wellness Inventory program, won the 2014 Aetna award from the American College Health Association for “Innovations in Wellness for College Students.”
On-Demand Webinar

Enhancing Student Wellbeing:
Using the Wellness Inventory in a College Curriculum

For more information on using the Wellness Inventory in a curriculum at your college or university, view our on-demand webinar. We have included a timeline with the contents of the mp4 video for your viewing convenience. View webinar

0:00 – 11:28 Philosophical Foundation of our Whole Person Model
11:29 – 30:17 3 Key Wellness Concepts of John Travis, MD, MPH (including Wellness Wheel – Wellness Energy System)
30:21 – 36:19 Quick Overview Wellness Inventory program (PowerPoint)
35:09 – 53:17 Integrating Wellness Inventory into Curriculum (includes live demo)
53:18 – 57:21 Reporting, Engagement and Communication Tools for Instructors
57:22 – 59:50 Faculty Comments
59:51 – 100:44 Student Comments & Wellness Rap
100:45 – 101:37 Program Costs and Features
101:38 – 101:49 Kudos: Stanford Research Institute & Military Medicine
101:50 – 103:17 Closing Comments – Contact Info
“…a foundational tool for wellness development.”

Stanford Research Institute

“The currency of wellness is connection.”

John W. Travis, MD, MPH

To learn more about our program, please contact:

Jim Strohecker
CEO, WellPeople
310-823-9553
jim@wellpeople.com
WellPeople.com