



TigerWell

TigerWell Initiative Goals

The following are program goals for TigerWell, including descriptions/examples of ways the Initiative seeks to—and encourages campus partners to—achieve these goals.

Program Goals



Cultivate an environment at Princeton that promotes well-being

- Conduct a review of policies, procedures, strategic plans, course materials, physical spaces, or other aspects of the campus environment to identify and implement ways to promote student, staff, and/or faculty well-being.
- Provide staff and faculty with resources and/or skills-building to support their own and their students' well-being.
- Identify and reduce unnecessary stressors for students, e.g., conduct an audit or review of structures, policies, or procedures that create undue stress for students and implement ways to mitigate those stressors.



Strengthen cross-campus partnerships and collaborations

- Build structural mechanisms to coordinate efforts to promote well-being and avoid duplication of offerings that will be sustained over time, e.g., by creating systems for joint planning and regular and ongoing communication, writing cross-departmental collaboration into job descriptions, etc.



Advocate for health equity for all members of the campus community

- Ameliorate avoidable and unfair health disparities by considering differential needs of various groups of students.
- Utilize culturally responsive models of well-being to guide activities, e.g., healing justice.
- Decrease day-to-day transgressive experiences for students who hold marginalized identities.



Expand students' access to mental health support beyond traditional healthcare settings

- Increase availability and accessibility of resources that proactively promote well-being.
- Increase access to services for students experiencing emotional distress, especially outside of UHS.



Program Goals (cont'd.)



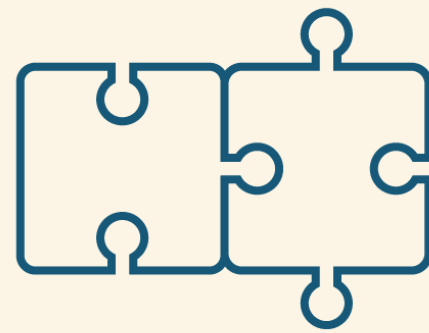
Foster students' sense of belonging and social connectedness

- Enhance sense of belonging, social support, authentic friendships, and communication in interpersonal relationships, including with peers, faculty and staff, and other community members.



Encourage the use of evidence and research in well-being promotion

- Assess key aspects of well-being at Princeton (e.g., authentic connection, allyship, mindfulness, growth mindset, balancing commitments) in ways that build on and enhance existing data.
- Collaborate across departments to build in common assessment questions related to well-being.
- Incorporate well-being questions into existing institutional surveys, reviews, or other ongoing assessments.



Nurture student engagement and development of purpose and meaning

- Increase student skills for engaging in co-curricular activities in ways that maximize their purpose and meaning and balance academic, extracurricular, and personal goals.
- Provide opportunities for students to develop and reflect on their sense of purpose in life



Promote individual skills, behaviors and mindsets to enhance positive coping and resilience

TigerWell has identified the following behaviors, skills, and mindsets as important to the well-being of Princeton students.

- Connect authentically with others
- Get good sleep
- Move, fuel, and appreciate your body
- Contribute to an inclusive culture of care (e.g., allyship, bystander intervention)
- Balance commitments
- Use resources
- Spend time in nature
- Build emotional awareness (e.g., toleration of negative emotions, positive coping)
- Practice mindfulness
- Cultivate a growth mindset
- Express gratitude
- Discover your purpose and meaning



Please note: While building individual behaviors, skills, and mindsets is important for enhancing well-being, we also encourage campus partners to identify and address the various contextual and situational factors surrounding students' capacity and readiness to apply these practices in their own lives. Systemic barriers to well-being are pernicious and operate in ways that reduce health equity for members of our campus community, especially those who hold (multiple) marginalized identities. Through Partnership & Seed Grants and other projects, TigerWell also seeks to go beyond the individual level, to address systemic and structural change.