

# TigerWell Partnership & Seed Grants

## Application Form

2023 – 2024



# Application Guidelines

Please read the entire **Application Guidelines** document before completing the below **application**. Follow all of the submission instructions, including consulting with the TigerWell Program Director, prior to applying for Partnership or Seed Grants. This is a vital step to collaborate on overall project design as well as for assistance in completing specific application questions.

Contact [tigerwell@princeton.edu](mailto:tigerwell@princeton.edu) to request an appointment.

As described in the Application Guidelines, activities, programs, projects, and/or research are all eligible for funding. For simplicity, the application form uses the term “projects” to refer to all fundable activities.

## Questions?

We are happy to answer questions about the grant program.

Contact Anne C. Laurita, Ph.D., Director, Health Promotion and Prevention and Acting TigerWell Program Director; [alaurita@princeton.edu](mailto:alaurita@princeton.edu), (609) 258-2651.



# Overview of Proposed Project

**A1. Proposal Type** (please check one)       Partnership Grant       Seed Grant

**A2. Project Title** \_\_\_\_\_

## **A3. Contact Person**

Are you a     Student     Faculty     Staff Member     Post-Doc

Name \_\_\_\_\_

Department/Unit \_\_\_\_\_


Department/Major (if student) \_\_\_\_\_

Class Year (e.g., junior, G2, etc.) \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

**A4. Collaborators (if any): Please list names and affiliations of all project collaborators**



**A5. Project Dates**

Proposed start date (when grant-funded work or planning will begin) \_\_\_\_\_

Proposed end date (when grant-funded work will finish) \_\_\_\_\_

If the grant will fund one or more specific events, please provide the date(s) or estimated timing

\_\_\_\_\_

**A6. Total Amount Requested** \_\_\_\_\_

**B1. Description**

Please describe the proposed activities, programs, projects, and/or research to be funded by the grant. Include all relevant details to help reviewers picture your vision.

Please also include a description of the following information, as applicable:

- Populations of interest that will benefit from these efforts (e.g., students in X Residential College; graduate students in Y academic department, etc.)
- Projected reach/impact (e.g., audience size for events/programs; size of population impacted for institutional changes)

## **B2. Alignment with TigerWell Goals**

How does the proposed effort align with one or more of the specific TigerWell Initiative goals (listed on pages 7 & 8 in the Application Guidelines)?

## **B3. Objectives**

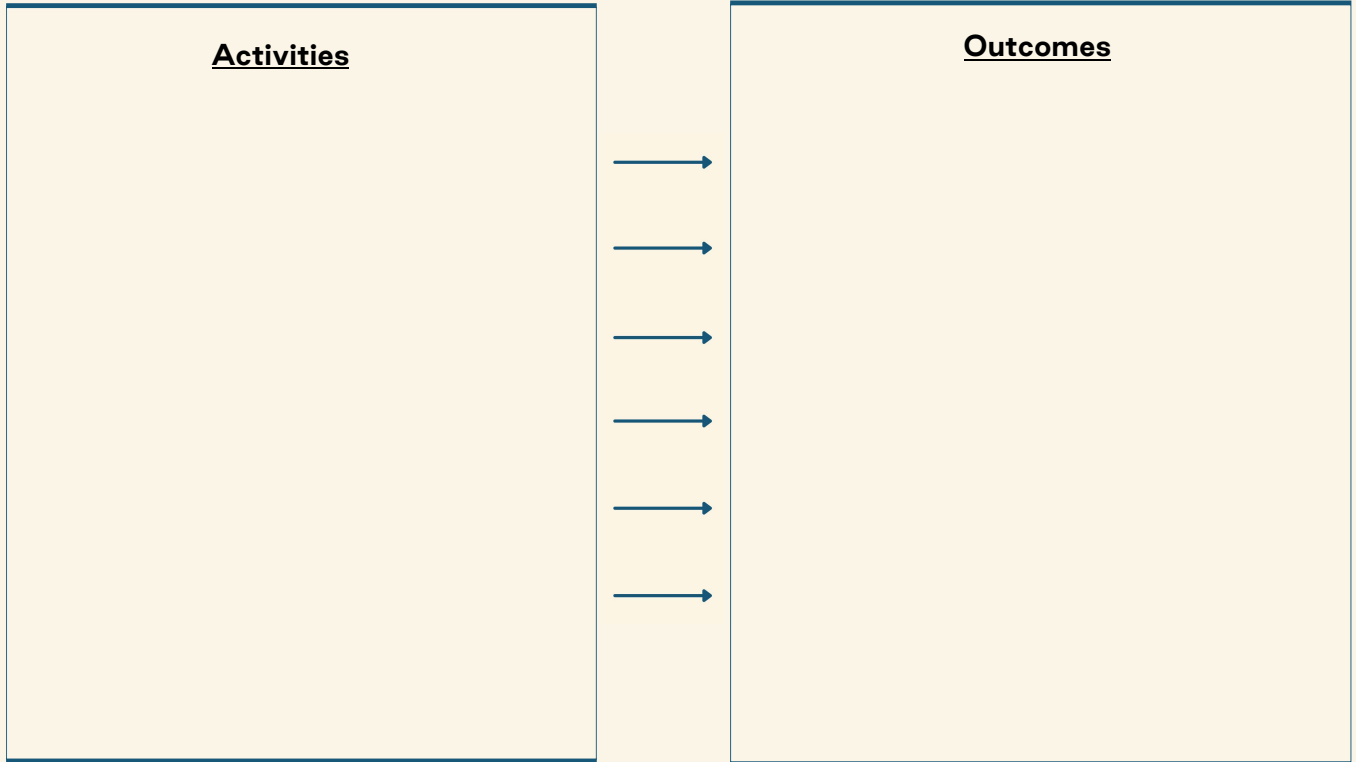
Please list 1–3 objectives for this project. Objectives are the specific changes you expect to result from your efforts. They should be clearly defined, feasible, and timely.

- 1.
  
- 2.
  
- 3.

Additional details:

## B4. Rationale

Using the chart below, please describe the connections between the activities comprising this project and corresponding outcomes. Multiple activities can lead to one outcome; you do not need to include a separate outcome for each individual activity. Include citations to relevant literature and/or campus specific-data, if applicable, to support these connections.

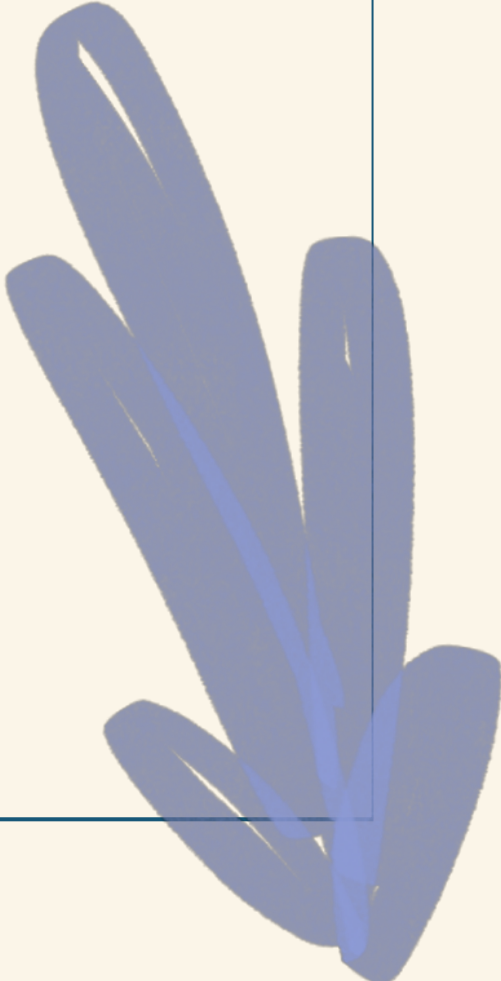


**B5. Evaluation / Assessment**

Please describe your plans for tracking and assessing: 1. whether proposed activities occur as intended (process) and 2. whether the project objectives are achieved (outcome).

1. Process

2. Outcome




## B6. Budget

B6a. Budget breakdown: Please complete the table below for your requested grant amount. We understand that budgets are estimates, so you can add a buffer amount to each item if necessary.

Item	Cost	Brief Description

B6b. Budget Justification: Please provide an overall explanation for your budget, addressing why the requested grant amount is appropriate and realistic in supporting the proposed project.





B6c. Other contributions to overall project cost: If you are receiving funds to support this project from other sources, please list those contributions below.

**B7. Sponsor(s)**

B7a. Are you a student applicant?  Yes  No (skip to question B7b on next page)

If yes, you must identify a staff sponsor who has reviewed your project ideas and application and agreed to be a mentor for the project.

Please provide contact information for your **staff sponsor**:

Name \_\_\_\_\_

Department/Unit \_\_\_\_\_

Title \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

**Please provide a signed statement of support** from the staff sponsor stating that they have reviewed your project idea and agree to mentor you for this project. You may email the statement to [tigerwell@princeton.edu](mailto:tigerwell@princeton.edu) along with your application. You may also provide the statement separately by forwarding an email statement to [tigerwell@princeton.edu](mailto:tigerwell@princeton.edu). If you submit the letter separately from your application, please be sure to **include the title of your project**.

I will email a statement of support with my application  I will submit statement separately

B7b. Are you proposing environmental or systems change i.e., major policy or practice changes)?

Yes     No (skip to the next section, Additional Priorities)

If yes, we recommend that all applicants (students, staff, and faculty) provide a signed statement of support from an administrative sponsor, defined as a decision-maker who agrees to support or facilitate your efforts. For example, for a project that aims to identify sources of academic stress in an academic department, the appropriate administrative sponsor might be the department chair, who oversees departmental policies.

Please provide contact information for your **administrative sponsor**:

Name \_\_\_\_\_

Department/Unit \_\_\_\_\_

Title \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

**Please provide a signed statement of support** from the staff sponsor stating that they have reviewed your project idea and agree to mentor you for this project. You may email the statement to [tigerwell@princeton.edu](mailto:tigerwell@princeton.edu) along with your application. You may also provide the statement separately by forwarding an email statement to [tigerwell@princeton.edu](mailto:tigerwell@princeton.edu). If you submit the letter separately from your application, please be sure to **include the title of your project**.

I will email a statement of support with my application     I will submit statement separately



# Project Information: Additional Priorities

The following priority areas are not required; however, applications are more likely to be fully funded if the project meets one or more of the following criteria. As described in the Application Guidelines, some applicants may be awarded partial funding.

Please indicate whether each area is applicable to your project. If you check yes, please provide an explanation. If you check Not Applicable (N/A), continue to the next question.

**C1. Does this project include collaboration with other campus partners, especially ones you have not worked with previously?**

Yes     N/A    If yes, please describe:

**C2. Is this project designed to create sustained change by modifying policies, systems, structures, or making other environmental changes?**

Yes     N/A    If yes, please describe:

**C3. Does this project serve underserved populations (e.g., marginalized groups; graduate students)?**

Yes     N/A    If yes, please describe:

**C4. Does this project reach and meaningfully engage a large population of students with lasting impact? (i.e., promote capacity building, encourage widespread engagement?)**

Yes     N/A    If yes, please describe:

**C5. Does this project include substantial skills-building and practice for students, faculty, or staff (as opposed to activities that rely primarily on lectures and/or providing information without the opportunity to practice skills)?**

Yes     N/A    If yes, please describe:

**C6. Does this project provide professional development opportunities that enable staff or faculty to promote and support student well-being?**

Yes     N/A    If yes, please describe:

**C7. Is this project innovative, in that grant funds will be used in new and thoughtful ways to reach objectives that have not been tried in the past at Princeton and/or would not otherwise be achievable?**

Yes     N/A    If yes, please describe:

