

TigerWell Partnership & Seed Grants

Application Guidelines

2023 – 2024



Purpose

A public health and settings-based approach to student well-being promotion is central in all of TigerWell's work. TigerWell builds on existing health and well-being efforts at Princeton, drawing on evidence from local assessment to:

- Promote and coordinate a proactive, justice informed approach to well-being across campus.
- Cultivate a campus community and individual skills that support well-being.
- Offer affirming health and well-being programs and services outside of traditional healthcare settings.

One major project within TigerWell is to award grants to campus partners to support impactful activities, programs, projects, and/or research that aligns with the initiative's key goals. See "TigerWell Initiative Goals" within these guidelines. Health Promotion and Prevention Services (HPPS) in University Health Services partners with TigerWell to provide consultation and other vital resources to grantees.

Again this year, we encourage proposals that center the health and well-being of students holding marginalized identities, including through the application of liberatory approaches.

Why focus on Well-being?



Health is not merely the absence of illness or distress – it is striving for positive physical, mental and social well-being (World Health Organization, 2014). The concept of well-being encompasses many concepts and terms, for example, flourishing, connectedness, mindfulness, resilience, grit, purpose, belonging, and self-compassion. It is also deeply impacted by social conditions such as oppression, inequity, and discrimination.

TigerWell recognizes that a comprehensive approach to well-being requires a settings-based approach. This includes complementing education and skills-building for individuals with institutional and systems changes. These changes aim to create a campus environment where the people, programs, culture, systems, policies, and spaces all work together to promote well-being.

Two Types of Grants: Overview

Both types of grants are intended to fund innovative activities, programs, projects, or research that promote well-being. The information below shows key differences between the two grant types. See the application instructions for more details.

TigerWell Partnership Grants

- Over \$3,000*
- Submit by October 1, December 1, February 1, or April 1, and at least 2 months prior to anticipated project start to give adequate time for review.
- Supports broader-scale activities, programs, projects, or research to promote well-being, especially those focused on making environmental and systems changes.
- Applicants will consult with the TigerWell Program Director prior to applying to aid in the application process, answer questions, and develop ideas.

*We encourage you to dream big! If you have questions surrounding budget and/or previous awards, do not hesitate to reach out to tigerwell@princeton.edu.

TigerWell Seed Grants

- Up to \$3,000
- Submit anytime, and at least 6 weeks prior to project start.
- Supports smaller-scale activities, programs, projects, or research, including innovative skills-building education or training for members of the campus community.
- Applicants will consult with the TigerWell Program Director prior to applying to aid in the application process, answer questions, and develop ideas.

Who May Apply?

- Princeton staff, faculty, students, and post-docs may apply.
- Students and student organizations must designate a staff sponsor who agrees to be a mentor for the project, in addition to providing a signed statement of support.
- For applications proposing environmental or systems change (i.e., major policy or practice changes), we recommend that student, staff, faculty, and post-doc applicants also provide a signed statement of support from an administrative sponsor, defined as a decision-maker whose agrees to support or facilitate your efforts.
- If you have any questions about these guidelines, sponsors, or statements of support, email tigerwell@princeton.edu. We are here to help throughout the entire process.

Consultation Pre- and Post-Award

TigerWell's goals include increasing coordination of well-being efforts across campus, fostering new partnerships, and promoting best practices. Applicants and grantees are strongly encouraged to consult with TigerWell and HPPS throughout the entire process of applying for, funding, and implementing grant-awarded projects. These consultation meetings are designed to help grantees address roadblocks, increase collaborative efforts, and create a source of support during the awarding and implementation process. Previously, these meetings have helped applicants to develop ideas, assist with budgeting questions, connect with campus partners who have facilitated similar efforts, and more.

Prior to Applying:

- Both potential Partnership Grantees and potential Seed Grantees must have at least one consultation with the TigerWell Program Director prior to submission of the completed application.
- Contact tigerwell@princeton.edu to set up a time to consult prior to applying.
- Anne Laurita, Ph.D., Director, Health Promotion & Prevention Services and Acting Program Director, TigerWell Initiative, is available and eager to discuss any questions or concerns.

After Funding:

- Once funded, Partnership and Seed Grantees will consult with HPPS and TigerWell throughout the project implementation process. These consultations could take the form of regular progress meetings, co-creating program evaluation, and/or sharing existing campus data.

How to Submit

1. Read all of the guidelines in this document. Ask questions as they arise.
2. Contact tigerwell@princeton.edu to set up a time to consult with the TigerWell Program Director on your grant project idea(s).
3. Fill out the application according to the following instructions.
4. Email the completed application form to tigerwell@princeton.edu.



After Submitting

You will receive an initial funding decision and feedback from the Grant Selection Committee (4–6 weeks post-submitting, for Seed Grants; 2 months post-deadline, for Partnership Grants). If a grant has been awarded and/or revisions are requested, we will then coordinate a time with you to continue our consultation and set up what support you might need moving forward.

Funding Parameters

To be considered for funding, the completed application must:

1. Align with specific TigerWell Initiative goals
2. Be clearly described
3. Have well-defined and feasible objectives
4. Explain the connections between each activity and its corresponding outcome
5. Include a plan for evaluation/assessment
6. Include a proposed budget

Consultations may be helpful in developing these parameters.

While not required, applications are more likely to be fully funded if the proposed efforts:

- Include **collaboration** with other campus partners, especially ones you have not worked with previously
- Are designed to create **sustained change** by modifying policies, systems, structures, or making other environmental changes
- Serve **underserved populations** (e.g., minoritized groups; graduate students)
- Reach and meaningfully engage a large population students with **lasting impact**
- **Build sustainable skills** of the target population
- Provide **professional development** opportunities that enable staff or faculty to promote and support student well-being
- Are innovative, in that grant funds will be used in **new and thoughtful ways** to reach objectives that would not otherwise be achievable



TigerWell Partnership Grants

TigerWell seeks to collaborate with Princeton University staff, faculty, and students to think expansively about the innovative and sustainable improvements to campus well-being that can be supported with larger-scale funding. Partnership Grants will be awarded to proposed efforts that aim to **embed the promotion of well-being into Princeton's structures, systems, policies, or environments**. Partnership Grant funding will therefore be awarded at amounts with a minimum of \$3,000, and we encourage you to be ambitious. If you have any questions about previously awarded amounts, email tigerwell@princeton.edu. Some applicants may be awarded partial funding. There are potential opportunities to extend or renew these grants into future academic years, as well. Partnership Grants are not intended to fund one-time programs or events.

Partnership Grant applications are due on **October 1, December 1, February 1, and April 1 of each academic year**. The selection committee will review applications and make decisions around these four times only. All applications for Partnership Grants must be submitted at least two months prior to the start date of the proposed project or activity, building in time for consultation.

TigerWell Seed Grants

Seed Grants (awarded up to \$3,000) provide funding for smaller-scale efforts to promote well-being. Proposed efforts **may include programs, events, activities, or policy/structural changes**. One-time programs are permitted; however, applicants are encouraged to use Seed Grants to pilot test innovative ideas and approaches to promoting well-being and to seek to broaden the reach of well-being efforts. Creativity is highly encouraged.

Applications for Seed Grants will be **evaluated and accepted on a rolling basis** throughout the fiscal year. All applications for Seed Grants must be submitted at least six weeks prior to the start date of the proposed project or activity.

Across both Partnership and Seed Grants, we are less likely to fund projects that:

- only feature one-time speaker or workshop events that do not include follow-up / a sustainability plan
- are meant to apply to the entire campus but are not intentional in taking an equity approach



TigerWell Initiative Goals

Successful applications for both Partnership Grants and Seed Grants **must align with at least one of the specific goals of the TigerWell Initiative listed below** (continued on next page). Under each goal, we have included examples of ways that you might seek to achieve these goals; however, we encourage you to be creative.

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 equity in health and well-being for all campus community members

- 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.

Note: These grants are not intended to fund clinical services (individual therapy or treatment); however, efforts that promote campus resources or provide group-based psychoeducation are permitted.

TigerWell Initiative Goals (continued)

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 key to the well-being of Princeton students:

- Connect authentically with others
- Get restful sleep
- Move, fuel, and appreciate one's body
- Contribute to an inclusive culture of care (e.g., allyship, bystander intervention)
- Balance commitments
- Use resources and feel welcome to 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 one's 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 all its projects, TigerWell seeks to go beyond the individual level, to address systemic and structural change.

TigerWell Grant Selection Committee

2023-2024



The TigerWell Grant Selection Committee implements the selection process for both Partnership Grants and Seed Grants.

Members of this year's committee (August 2023 – July 2024) are:

- **Jenna Elliot '25**, Rockefeller College, USLC
- **Kevin Fleming**, Assistant Dean for Student Affairs, The Graduate School
- **Erin Flowers Ph.D.**, Assistant Director, STEM Education, Council on Science and Technology
- **Venezia Garza '25**, Mathey College, Peer Health Advisor (PHA)
- **Christina Inyang LCSW, LCADC**, Assistant Director for External Resource Support & Student Success, Emma Bloomberg Center for Access and Opportunity
- **Mélena (Mae) Laudig Ph.D.** Candidate in Religion, ADI Diversity Fellow
- **Anne Laurita*** Ph.D., Director, Health Promotion & Prevention Services, Acting Program Director, TigerWell Initiative
- **Garrett Meggs M.S.**, Assistant Dean for Student Life, New College West
- **Natalie Miller Ph.D.** Candidate in Music
- **Mira Nencheva Ph.D.** Candidate in Psychology, GSG Health & Life Chair
- **Jes Norman, M.S.**, Education and Outreach Program Coordinator, Carl A. Fields Center, Office of Diversity & Inclusion
- **Chioma Ugwonalì '24**, Butler College, Peer Health Adviser (PHA)
- **Kathy Wagner*** MPH, RCHES Associate Director, Health Promotion & Prevention Services
- **Jessica Ward**, Senior Associate Director of Athletics, Campus Recreation

* denotes Committee Co-Chair

Please direct any questions about the grant program or application process to:

Anne C. Laurita, Ph.D.

Director, Health Promotion & Prevention Services
Acting Program Director, TigerWell Initiative

alaurita@princeton.edu

For More Information

(609) 258-2651