

WELLNESS CENTER

Mission

The Wellness Center offers programs, services and facilities that enhance the overall wellness and success of our students, staff and faculty.

Vision

The Wellness Center will provide exceptional services to our members and be recognized as a model wellness center in Tulsa and Oklahoma. Contribute to the recruitment and retention of students by providing value added services, quality facilities and beneficial programming.

Core Values

Excellence - We seek excellence in all our endeavors and we are committed to continuous improvement.

Intellectual Freedom - We believe in ethical and scholarly questioning in an environment that respects the rights of all to freely pursue knowledge.

Integrity - We are committed to the principles of truth and honesty and we will be equitable, ethical, and professional.

Service - We believe that serving others is a noble and worthy endeavor.

Diversity - We respect others and value diversity of opinions, freedom of expression, and other ethnic and cultural backgrounds.

Stewardship of Resources - We are dedicated to the efficient and effective use of our resources. We accept the responsibility of the public's trust and are accountable for our actions.

Goals, Critical Success Factors, Objectives, and Strategies

Goal One. Provide services and programs and maintain facilities that support and promote academic excellence at OSU-Tulsa.

Critical Success Factors:

- Increase student participation in Wellness Center programs by 5% each year
- Wellness Center staff actively participates in OSU-Tulsa New Student Orientation program as well as other relevant student retention programs
- Host 2 wellness workshops per semester
- Host 1 major wellness-related event each semester

Objectives:

Objective 1.1: Actively participate in the recruitment of new students, focusing on the Health and Human Performance degree program.

Strategies:

- Provide degree information to prospective students at wellness related events, both on and off campus.
- Participate in recruiting visits and programs at TCC and other area 2-year colleges.
- Maintain the Wellness Center facility and equipment so that the facility can be used as an effective recruiting tool for all prospective students.
- Provide recruitment materials at Wellness Center.

Objective 1.2: Educate the OSU-Tulsa community about strategies for maintaining overall physical and mental wellness.

Strategies:

- Present workshops on topics that will support the physical and mental health and wellness of our students, faculty, and staff.
- Provide written materials in the form of brochures, booklets and handouts on pertinent topics, such as stress reduction, maintaining healthy lifestyles, and time management.
- Sponsor health fair events each semester, providing information on a variety of wellness-related topics.

Objective 1.3: Serve as a resource and support to students and faculty of the Health and Human Performance degree program.

Strategies:

- Provide part-time employment opportunities to HHP students in the Wellness Center.
- Assist academic department in identifying internship opportunities for students.
- Visit HHP classes to present information on wellness topics as requested by the faculty.
- Provide a facility for HHP students to gain hands-on experience for theories and practices learned in the classroom.

Goal Two. Advance OSU's image in the community, state and region through outreach, service and partnership activities and programs.

Critical Success Factors:

- Participate in at least 1 community event each year
- Host 1 on-campus blood drive each semester
- 100% of students, staff and faculty have access to pedometers

Objectives:

Objective 2.1: Facilitate OSU's participation in community events.

Strategies:

- Coordinate OSU-Tulsa's participation in wellness-related community activities encouraging healthy lifestyles and social interaction of our students, staff and faculty.
- Sponsor on-campus blood drives, thereby facilitating the opportunity for our students, staff and faculty to provide service to the community.
- Utilize community events as marketing opportunities for OSU-Tulsa through the effective usage of promotional items.
- At events, provide information to the community about OSU-Tulsa.
- Coordinate participation in events that will enhance the physical, mental, emotional and social wellness of our students, staff and faculty.

Goal Three. Provide services, programs and facilities that will enhance the overall wellness and improve the quality of life of all OSU students, staff and faculty.

Critical Success Factors:

- Student satisfaction scores of 90%
- Increase participation in Wellness Center activities by 5% per year
- Increase usage of fitness center facility by 5% per year
- Create 2 informative lobby displays each semester
- Host 1 campus-wide wellness event or activity each semester
- Sponsor at least 1 intramural sports team in 2 sports each semester

Objectives:

Objective 3.1: Provide effective, innovative and diverse wellness programming.

Strategies:

- Manage the fitness center facility, providing opportunities for students, staff and faculty of all levels of fitness to reach their personal wellness goals.
- Host health fairs and other similar events that provide the OSU family with information about creating and maintaining mental, emotional and physical wellness.
- Throughout the year, provide information about timely wellness-related topics, such as heart health, preventing skin cancer and nutrition.
- Coordinate OSU-Tulsa's participation in intramural sports activities, thereby providing students the opportunity to enhance leadership, social interaction, physical fitness and interpersonal and teamwork skills.

Objective 3.2: Effectively market services and programs.

Strategies:

- Each semester, include Wellness Center information in the Student Affairs newsletter sent to all students that attend class on the OSU-Tulsa campus.
- Participate in New Student Orientation programs to provide students with information about the services provided by the Wellness Center and also to stress the importance of a healthy lifestyle in order to be successful in school.
- Host events in the lobby areas on campus to promote wellness, healthy habits and educate students, staff and faculty about Wellness Center programming and services.
- Provide events and programs that are designed to benefit students, staff and faculty, regardless of current fitness level and ability.

Objective 3.3: Maintain the fitness center facility.

Strategies:

- Each year, evaluate current programs, services and equipment to ensure that the needs of our customers are being met and that resources are being maximized.
- Provide equipment, programming and training to meet different skill and ability levels of all fitness center members.
- Maximize resources by providing equipment that can meet the diverse fitness levels and exercise plans of members.

Objective 3.4: Provide diverse wellness programming for staff and faculty.

Strategies:

- Coordinate OSU-Tulsa's participation in wellness-related community activities, including Corporate Challenge and other similar events, encouraging healthy lifestyles and social interaction of our staff and faculty.
- Provide access to the staff and faculty to fully take advantage of the fitness center facility, as well as other services and programs sponsored by the Wellness Center.
- Host workshops and lunch-and-learn sessions that educate staff and faculty to live healthy lifestyles.
- Provide services, programs and facilities designed to serve all staff and faculty, regardless of current fitness level or ability.

Objective 3.5: Provide exceptional customer service.

Strategies:

- Respond to all inquiries and requests for information in a timely and accurate manner.
- Seek input from students, staff and faculty regarding services provided, maximizing our ability to serve our customers.
- Evaluate services, programs and facilities on a yearly basis, identifying areas for development and striving for continuous improvement.

Goal Four. Provide programming to support student development.

Critical Success Factors:

- Actively participate in student leader training each semester
- Actively participate in New Student Orientation programs
- 1 leadership related event each semester
- All Wellness Center staff are trained in first aid and CPR
- Monthly meetings with Career Services staff

Objectives:

Objective 4.1: Coordinate leadership and teambuilding events and activities for student organizations and the general student body.

Strategies:

- Assist with leadership training events and programs sponsored by Student Affairs.
- Become knowledgeable in facilitating teambuilding activities.
- Inform students about events at OSU-Stillwater that promote leadership.
- Partner with ropes course and similar facilities in Tulsa to assist student groups with teambuilding exercises.
- Facilitate student participation in intramural sports.
- Effectively utilize the expertise of Wellness Center staff in developing, promoting and conducting leadership development sessions for students.

Objective 4.2: Provide students with the opportunity to develop leadership, communication and interpersonal skills as well as their knowledge of the wellness field.

Strategies:

- Train part-time staff in operation of wellness center equipment.
- Train part-time staff in first aid and CPR.
- Provide part-time staff the opportunity to provide input and participate in the planning and implementation of Wellness Center events and services.

Objective 4.3: Utilize community relationships to maximize internship and employment opportunities for students in OSU's Health and Human Performance degree.

Strategies:

- Actively recruit employers in the wellness field.
- Partner with Career Services to connect students and employers.
- Share contacts with Career Services.
- Share contacts with HHP faculty.

- Educate Tulsa area employers about OSU's HHP degree program.

Goal Five. Provide diverse wellness programming for staff and faculty.

Critical Success Factors:

- Increase staff and faculty participation in wellness events by 5% each year
- Increase staff and faculty Wellness Center memberships by 5% each year
- Two wellness related workshops each semester
- 100% of staff and faculty have access to pedometers

Objectives:

Objective 5.1: Coordinate OSU-Tulsa's participation in wellness related community activities, encouraging health lifestyles and social interaction of our staff and faculty.

Strategies:

- Actively seek opportunities to participate in community events.
- Coordinate the participation of staff and faculty.
- Market events to staff and faculty and coordinate sign-ups for events.
- Select events that allow for all staff and faculty to participate, regardless of current fitness level.

Objective 5.2: Provide access to the staff and faculty to fully take advantage of the Wellness Center facility, as well as other services and programs sponsored by the Wellness Center.

Strategies:

- Maintain the Wellness Center facility to accommodate the needs of staff and faculty.
- Sponsor programs that encourage participants to choose active lifestyles.
- Provide pedometers to staff and faculty for tracking daily activity and setting activity goals.
- Host workshops and lunch-and-learn sessions that educate staff and faculty to live healthy lifestyles.
- Provide services, programs and facilities to serve all staff and faculty, regardless of current fitness level or ability.

Goal Six. Build strategic partnerships and alliances with OSU-Stillwater, OSU-System, TCC, and other entities within OSU-Tulsa.

Critical Success Factors:

- 2 outdoor adventure opportunities each semester
- Sponsor at least 1 intramural sports team in 2 sports each semester
- Biannual meeting with OSU-Stillwater Wellness Center
- Coordinate at least 2 events, services or programs each year as a partnership with OSU-Stillwater
- Coordinate at least 2 events, services or programs each semester as a partnership with TCC
- Wellness Center participation in 1 recruiting event each semester

Objectives:

Objective 6.1: Leverage the facilities and programs at TCC to provide all students with opportunities to improve their wellness and quality of life.

Strategies:

- Develop partnerships with staff and students at each TCC campus.
- Partner with TCC to offer intramural sports opportunities.

Objective 6.2: Leverage the resources of the OSU-Stillwater Wellness Center.

Strategies:

- Offer reciprocal wellness center membership.
- Coordinate biannual meeting with OSU-Stillwater Wellness Center.
- Facilitate all students' participation in outdoor adventure opportunities.

Objective 6.3: Improve the partnerships within OSU-Tulsa.

Strategies:

- Coordinate activities within the Student Affairs units to provide seamless services.
- Partner with Prospective Students to utilize the wellness center as a marketing tool.
- Enhance relationship with Health and Human Performance faculty by serving as a resource to their students.

Objective 6.4: Enhance our partnerships with, OSU-CHS, OSU- OKC, and OSU-Okmulgee.

Strategies:

- Provide reciprocal wellness center memberships to students from other OSU System campuses.
- Develop relationships with OSU-OKC and OSU-Okmulgee.
- Share web-based resources with other campuses.