**President’s Cabinet**
Thursday, March 3, 2016
10:00-11:30 a.m.
Hobson Memorial Union – Crying Wolf Room

**Attendees:**
- Richard Hanson
- Martin Tadlock
- Randy Westhoff
- Jim Dillemuth
- Mary Ward
- Randy Ludeman
- Kierstin Hoven
- Jackie Carroll
- Tracy Dill
- Colleen Greer
- Bill Blackwell
- Troy Gilbertson
- Deb Peterson
- Megan Zothman
- Shawn Strong
- Karen Snorek
- Sheila Paul
- Lynn Johnson
- Scott Faust
- Jim Scanlan
- Barb Eriksson-Capes
- Jay Passa
- Brittany Hull

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**NTC/HLC Update – President Hanson**
The report on the HLC accreditation visit to NTC is pending a conversation between the site visit team and the MnSCU Board of Trustees. This call is scheduled for sometime during the next couple weeks.

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**Recruitment, Retention & Graduation – President Hanson**
The BSU Alumni & Foundation Board of Directors approved funding toward the recruitment initiatives proposed by Michelle.

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**Open Forum on Persistence & Completion – Martin**
**Discussion:** As no one has brought forward any topics for campus forums this semester, Martin would like to propose a forum to address current efforts on student persistence & completion. He indicated some members of the Cabinet would likely contribute. Hearing no objections, Martin indicated he would get it scheduled.

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**Rebranding Wellness initiative – Mary Ward, Kierstin Hoven & Randy Ludeman**
**Attachment:**
1. The Best You @ BSU Presentation
2. The Best You @ BSU Flyer

**Discussion:** Mary Ward asked Kierstin & Randy to chair a committee focusing on rebranding the student experience at BSU.

The concept was developed and driven by the students, including a purpose, mission and vision. The committee plans to launch this March for AAR and transfer students.

The plan takes a holistic approach to wellbeing, life-learning and wellness; it maps to the Master Academic plan; and is led by faculty and staff serving as mentors and role models. The plan is a contract we make with the students to provide a comprehensive approach to the six dimensions of wellness: emotional, environmental, physical, career, spiritual & social.

We will partner with Ohio State for individualized wellness assessment. Students will be able to chart their development throughout their collegiate career.
HR – Transactional Service Model (TSM) Update – Megan Zothman
Discussion: The northern hub was awarded to the Northeast Higher Education District on the Virginia campus. Over the next three years, the hubs will manage our transactional pieces. The implementation and process for how this will work are still in development. At this time, we can move forward and focus on the needs within the HR department. Dr. Hanson thanked Megan for her work in trying to secure the hub for the BSU campus.

Faculty Workload Management Update – Megan Zothman
Discussion: The System Office will be coming to BSU to begin training deans, administrators, payroll and anyone who works with faculty assignments. They will start with the basics. If you should be in the training and cannot participate when the System Office is here, please let Kiki know and she will schedule additional training.

Presidential Search Update – President Hanson
Discussion: Airport interviews have been completed. Campus visits are scheduled for March 21st, 22nd, and 23rd. We could have 2-4 candidates visiting campus. The new president will be appointed at the April Board meetings.

MN Campus Compact Annual Summit – President Hanson
Discussion: President Hanson is hosting a table at the MN Campus Compact Annual Summit on April 7, 2016 at Macalester College. Brittany Hull has been nominated for the President’s Student Leadership Award. Seats are still available. If you are interested in attending please let Jackie know.

In March, Dr. Hanson will travel to Boston for the Campus Compact President’s Summit.

Commissioner Pogemiller’s visit to BSU/NTC on March 28th – President Hanson
Discussion: Commissioner Pogemiller is planning a trip to Bemidji to review the HEAPR projects at BSU and NTC. Karen and the Physical Plant staff are coordinating the visit. Their visit is not related to the Hagg-Sauer project.

For the Good of the Order – ALL
Student Senate Update – Brittany Hull
Brittany provided a brief update from Student Senate:
- Pursuing a Multi-Cultural Center
- SAFAC budgets will be set soon. Student Senate presents on Sunday.
- Elections will be held at the end of month.
- Senior Dance plans are underway. Met with Student Alumni Association to go over the details; Westwood Entertainment has been contracted for the DJ.
- BSU Student Senate will go bowling today with NTC Student Senate.
• Will be conducting a student survey regarding the Rec Center hours. The Senate would like to propose a separate fee for the Wellness Center in order to extend the hours the facility is open. It currently closes at 10:00 p.m. and students would like it to be open later.

**Executive Director for the BSU Alumni & Foundation Search Update – President Hanson**

The search is underway for the next executive director for the BSU Alumni and Foundation. The search is timed so that the new president will have an opportunity to weigh in on the decision as to who will be hired. Tracy Dill will chair the search committee. We have contracted with Abeln, Magy, Underberg & Associates to assist with the search. The first meeting is set for Thursday, March 24th.

Speaking of the Foundation, they have approved spending of $250,000 toward Media Center in Deputy as well as additional funding for scholarships.

**Green & White Auction – President Hanson**

The Green & White auction is April 16th. The first event, held two years ago, generated more than $100,000 for BSU Athletics.

**Structural Funding Gap – President Hanson**

MnSCU has submitted a supplemental budget request. The proposal identifies a projected budget deficit for the System of $40 million.

**StarID update – Jim Dillemuth**

NTC converted to StarID earlier this week. The biggest issue is people didn’t know their StarID and password. Jim will send fac-staff emails this week in preparation for BSU’s conversion. Employees will convert on Tuesday and students on Thursday.

Employee email will not be available on Monday evening and myBSU will be disabled during and prior to the students’ conversion. The faculty have been advised not to schedule tests during the conversion period.

Student workers and IT employees will provide support around campus for employees and students during the conversions. Jim recommended that everyone be familiar with their personal devices.

Instructions will be sent for Mac users. The process for Mac users is slightly different than PC users.

Meeting adjourned at 10:49.
Minute submitted by Jackie Carroll.
The Best You @ BSU

An student wellness initiative driven by:

students & staff

2016
Planning Process To Date: The Best You @ BSU

- Group of students, staff, and faculty met 6+ times for 1.5-2 hours each meeting, numerous emails shared, vetted documents via google docs
- Andrea Able – Intern/Student Center for Health & Counseling
- Kim Bauer – Alumni/Student
- Kayla Forcier – Senior, Student/Sports Management & Exercise Science
- Baylee Johnson – Junior, Student/Final Project Creator
- Jacob Sobieck – Graduate Assistant/Campus Recreation
- Duane Biehn, Mark Morrissey, Kierstin Hoven – Campus Recreation
- William Blackwell – American Indian Resource Center
- Barb Eriksson-Capes, Jay Passa - Student Center for Health & Counseling
- Margie Giauque – Career Services
- Angie Gora – Center for Extended Learning
- Erika Bailey-Johnson – Sustainability Coordinator
- Nina Johnson – Hobson Memorial Union
- Kari Kantack – Admissions
- Loralyn Kuechle, Dr. Randy Ludeman – Residential Life
- Dr. Jeanine McDermott – Nursing Department
- Sarah Young – Associate Professor/TRIO/Student Support Services
The Best You @ BSU

• **Purpose:** Our belief that academic success starts with wellness success. To encourage a culture of wellness and life balance by leading and living a healthy, balanced lifestyle that incorporates positive attitudes and productive behaviors in the lives of our BSU students.

• **Mission:** To encourage, empower and educate students to strive for a culture of wellness and life balance. "Wellness" is an active, ongoing process which involves becoming aware of and taking steps toward a healthier, happier, more successful and inspired life.

• **Vision:** To strive to create and live in a collaborative university community that models total wellness, celebrates diversity, promotes respect, and establishes life-long commitment to good health and well-being that enhances our students and their communities to be “The Best You @ BSU”.
The Best You @ BSU

- **Values:** partnering, diversity, balanced lifestyles, change, safe environments, empowerment

- **Goals:** promote, educate, influence, foster

- **Beginning:** March 2016 with AAR’s – freshmen and transfer students, summer programs and services, student orientation, FYE classes
Six Dimensions of Wellness

- The Best You @ BSU embraces Six Dimensions of Wellness and will incorporate these holistic wellness dimensions into our programming, outreach, and student services.
  - Career Wellness
  - Environmental Wellness
  - Emotional Wellness
  - Physical Wellness
  - Spiritual Wellness
  - Social Wellness
THE BEST YOU @ BSU!

Think Positive

Pathways to Wellness

Environmental

Physical

Career

Social

Spiritual

Individualized wellness assessment
Comprehensive wellness planning and coaching
Programming and resources in each wellness dimension
Measurement and incentives for accomplishments
Career Wellness:
Find your calling. What do you want to do with your life? What are your talents, desires, or abilities that you would like to contribute to the community? Finding a career will help you develop new and preexisting skills, promoting challenges that lead to personal growth and a better world. Overall establishing lifelong values, goals and lifestyle.

Environmental Wellness:
Be aware of what is going on around you. Living on planet earth requires your to be mindful of earth’s creations and beauty while maintaining the way of life you so desire. Maximize the harmony with yourself and the earth while minimizing harm to the environment. Take responsibility for your actions to keep mother nature happy.

Emotional Wellness:
Successfully learn to express your emotions in healthy way while being respectful to others. Listen to your mind and body while making smart decisions in how you react to what you feel. Take responsibility for your own behavior and respond to challenges as opportunities. Be self-aware, self accepting and above all, be your own person.

Physical Wellness:
Respect and take care of your body by applying knowledge, motivation, and skills to enhance your fitness and health. By making positive choices towards things like nutrition, exercise, sleep, and drug use one can better themselves to the best they can be.

Spiritual Wellness:
Go connect with people with different backgrounds of faith and belief. Most people have a personal set of values and beliefs all of which define who they are and where they place themselves in a community. Finding your spiritually could possibly help you define your personal beliefs.

Social Wellness:
Promote a healthy living environment and communicate with a mutual respect among community members. Try and avoid negative relationships with people and focus on making the good relationships better.
Learning Outcomes for Student Wellness Initiatives:

Students will foster an understanding of and appreciation for holistic wellness.

- Students will be able to identify the six dimensions of wellness.
- Students will be able to describe the dimensions of wellness and the various factors affecting each dimension, and the interrelationships of the dimensions.
- Students will learn to incorporate and embrace holistic wellness in their personal lives.
- Students will serve as healthy and upstanding role models.
- Students will be able to identify on and off campus wellness resources and how to access them.
- Students will be able to develop a wellness plan that specifically addresses personal short-term health behavior needs and supports long-term multidimensional outcome-based goals.
- Students will be able to identify the thoughts, attitudes, choices, and behaviors associated with lifelong health and wellness.
- Students will be able to practice health behaviors related to all dimensions of wellness.
Strategies:

- **Individualized Wellness Assessment** – students will complete a wellness assessment providing them scores in each wellness dimension. FYRE and other residence hall students will complete this assessment during orientation weekend. Off campus students may pick up the assessment at the HMU desk, Wellness Center, or complete it online (on the wellness website).

- **Comprehensive Wellness Planning & Coaching** – Residence Life staff will provide each student with a planning tool to help them create goals with specific action plans for areas of opportunity identified through the assessment. The CAs and PAAs will follow up throughout the year with residents regarding their wellness plans. FYE instructors, Beaver Success Coaches, and all student services staff should also plan to use the wellness assessment and plans with students with whom they have contact.
Strategies:

- **Programming & Resources in Each Wellness Dimension** – we will gather information about student programs and events and market these collectively related to student wellness. Wellness themed “Fact Sheets” about campus departments and offices and the services they provide will also be developed. It is hoped a comprehensive web presence will be created to promote this brand and to regularly provide resources for wellness planning. Text Clubs, social media campaigns, and more may be developed.

- **Measurement & Incentives for Accomplishments** – student wellness goals and accomplishments may be incentivized through certificates, celebration events, and even rewards for success (BSU merchandise, fitbits, etc).
Assessment

- **Overall Program Assessment** – may include:
  - Pre-post wellness assessment score analysis for select sample of students
  - Benchmarking and longitudinal analysis of the College Student Health Survey
THE BEST YOU @ BSU!

Think Positive

Pathways to Wellness

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Environmental

Physical

Career

Spiritual

Social

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