

BEING WELL TOGETHER SPECIFIC INITIATIVES

Curricular:

Make wellness education a part of the conservatory 101 class – First semester of the freshman year would be “Being Well Together” – could be team taught as this class would be for all incoming conservatory students. – There is a question here: for music therapy does the health issues class need to continue (is there an accreditation issue here?) Can this proposed part of Conservatory 101 take the place of the health issues class and allow the elimination of that class?

Highest Degree of Importance:

Establishing a **conservatory specific care team** - nutritionist, arts therapist, prescribing psychiatrist, chiropractor - similar model to what the sports teams already have in place

A specific room/space in the conservatory (appealing visually, inviting) where these **professionals** would reside on a rotating schedule. Perhaps the most important initiative – downside=most costly.

Conservatory Specific Non-Curricular:

Wellness check ins each semester – A “test” of sorts as a part of the check in – would be scored –Results: Red, Yellow, Green - A Red result would automatically trigger a student of concern form.

Create a new position? – Asst. Dean for Wellness? – a person who builds relationships, reaches out to various professionals in the DC area etc...See UC Berkley’s outstanding site (this is what they have built – the person in this position would work to develop this level of care in the conservatory): <https://uhs.berkeley.edu/node/56>

Designating a Wellness Week each semester - woven into classes, invited speakers, etc., various subjects via faculty and students – area specific topics (eventually campus wide) - Stations set up in the gym- model this after a health expo.

Faculty development – Have a required online exam/presentation about how to pick up on specific mental health issues – this, in the same vein as FERPA, Sexual Harassment etc...that we already do. Make this as important as these other topics.

“Conservatory Unplugged” - a time each week without the internet that would build a culture of wellness. - A dedicated hour.

Schedules: Density of the Calendar:

Ending the 8:00am classes for freshmen and sophomores – end theory at this time. (99, 101, 102) – phase the 8:00 am classes back in the junior and senior years – especially for music ed. students for whom being up and ready to go at this time is a part of their future employment.

Instrumental students are largely overworked – Some are currently rehearsing 12+hours a week in large ensembles. Solution: Alternating orchestra and wind ensemble concerts rather than simultaneously. I.E. Orchestra in September, Wind Ensemble in October etc...

Shared concerts dance+orchestra etc...choral+theater etc...This ties in with the theme of collaboration.

Student peer advisors – seniors/alumni? Mentor freshmen, those in need...

Meditation rooms – Designated spaces within the conservatory buildings.

Having every student submit the “permission to treat” form.