

September 23, 2019: The Being Well Together (BWT) taskforce recommends that the CONS 101 taskforce addresses the following aspects of well-being in the CONS core curriculum. In the context of work to date by the Futures committee and the BWT charge, the BWT task force members decided on these specific aspects through a brainstorming and voting process. During voting, each member ranked their top three aspects in each dimension of well-being, with the following results* (from most to least important):

Wellness Dimension 1: Relational

- Effective communication strategies and techniques [10 votes/28%]
- Personal and professional identity development [8 votes/22%]
- Setting appropriate boundaries/proper assertiveness [7 votes/19%]
- Financial skills - banking, budgeting, student loan management, etc. (affects relationships with parents, significant others, and friends) [6 votes/17%]
- Conflict resolution skills [5 votes/14%]

Wellness Dimension 2: Emotional

- Coping strategies (including performance anxiety/general stress management) [8 votes/22%]
- Mental illness - What is it? How do I recognize it? Where can I seek help (for myself or a friend)? Perhaps addressing mental health vs. mental illness (It is important to help students clarify normal stress reactions/symptoms vs. maladaptive/abnormal symptoms) [5 votes/14%]
- Organization/Time management [5 votes/14%]
- GRIT/Resilience - dealing with challenges, criticism, negative situations [4 votes/11%]
- Practicing mindfulness/meditation [3 votes/8%]
- Decreasing stigma (around mental health/illness, counseling, asking for help) [2 votes/6%]
- Embracing a positive growth mindset [2 votes/6%]
- Goal setting/self talk [2 votes/6%]
- Gratitude [2 votes/6%]
- Healthy/Unhealthy uses of technology [1 vote/3%]

Wellness Dimension 3: Physical

- Nutrition (including timing of meals) [9 votes/25%]
- Sleep [9 votes/25%]
- Exercise [7 votes/19%]
- Avoiding/caring for injuries [5 votes/14%]
- Honesty about body/physical changes and how to adapt as a performer/professional [4 votes/11%]
- Drugs/Alcohol use [2 votes/6%]

*Total of 12 voters and 36 votes per domain

*Tied rankings listed alphabetically - for raw data, see screenshots of polls below

Top 3 topics for Relational dimension of well-being

Effective communication strategies and techniques 28% (10)

Conflict resolution skills 14% (5)

Personal and professional identity development 22% (8)

Financial skills - banking, budgeting, student loan management, etc. (affects relationships with parents, significant others, and friends) 17% (6)

Setting appropriate boundaries/proper assertiveness 19% (7)

Total votes: 36 Voters: 12

Top 3 topics for Emotional dimension of well-being

Healthy/Unhealthy uses of technology 3% (1)

Embracing a positive growth mindset 6% (2)

Coping strategies (including performance anxiety/general stress management) 22% (8)

Organization/Time management 14% (5)

Goal setting/self talk 6% (2)

Mental illness - What is it? How do I recognize it? Where can I seek help (for myself or a friend)? Perhaps addressing mental health vs. mental illness (It is important to help students clarify normal stress reactions/symptoms vs. maladaptive/abnormal symptoms) 14% (5)

Practicing mindfulness/meditation 8% (3)

GRIT/Resilience - dealing with challenges, criticism, negative situations 11% (4)

Gratitude 6% (2)

Decreasing stigma (around mental health/illness, counseling, asking for help) 6% (2)

Eating disorders/body image 6% (2)

Total votes: 36 Voters: 12

Top 3 topics for Physical dimension of well-being

Nutrition (including timing of meals) 25% (9)

Sleep 25% (9)

Exercise 19% (7)

Avoiding/caring for injuries 14% (5)

Drugs/Alcohol use 6% (2)

Honesty about body/physical changes and how to adapt as a performer/professional 11% (4)

Total votes: 36 Voters: 12

Additional recommendations emerged in discussion surrounding the development of the current “Health Issues for Artists” class (some overlap is evident), and are mentioned here for additional consideration:

- Self-Care: meditation/body work/body awareness,
- Body Image/Nutrition,
- Exercise Science/Fitness,
- Performance Anxiety,
- Emotional and spiritual Wellbeing,
- Mental health management & fitness,
- Life skills needed for a 21st century performing artist (i.e. Time, stress, money management, goal setting, prioritizing...etc),
- Communication skills: having difficult conversations,
- Financial Wellness