

UTAH VALLEY UNIVERSITY

# Student Life Annual Report 2019-2020



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# Dean's Message



Reflecting on 2019-2020 has provided an opportunity to identify the great work our UVU Student Life departments continue to do, even amidst COVID-19. In spring 2020, all Student Life programming and resources were moved to a virtual platform. Yet, the Student Life teams continued to provide exceptional care to our students.

Student Life departments helped 332 students graduate, whether that was through a leadership position offered by UVUSA or through accommodations granted by the Office of Accessibility Services. In fact, the more students who visited the Student Life and Wellness Center, there was a greater impact on persistence rates — and notably, the strongest effect was for those students who visit the SLWC at least 20 times, with an increase in persistence rates of nearly 3%.

Student Life departments also led the way in addressing students' basic needs. Through the [CARE Task Force](#), over \$65,000 were distributed to students through the [Student Emergency Scholarship Fund](#). These funds were donated and provided to students who were experiencing an emergency. The Center for Social Impact provided food through the food pantry to 1,013 individuals. Additionally, 693 on-campus food vouchers (about \$3,465) were provided to students in need.

Student Life addressed student mental health issues through the [Mental Health Task Force](#), which partnered with the JED Foundation to develop a long-term approach to student well-being. This is a comprehensive public health framework that will have a far-reaching impact throughout the entire campus. Now, more than ever, we must connect with each other and address mental health — check out the Student Life [Check Five Campaign](#).

I invite you to review the annual report and recognize the important work we are doing in Student Life.

Sincerely,  
Alexis Palmer  
Associate Vice President of Student Life  
Dean of Students

A handwritten signature in black ink that reads "Alexis Palmer". The signature is written in a cursive, flowing style.



# Office of Accessibility Services

[uvu.edu/accessibility-services](http://uvu.edu/accessibility-services)

Instagram: @uvuaccessibility

## 802

Number of new students seeking accommodations

## 904

Credit hours of peer note-taking utilized during all three semesters

## 13,695

Hours provided by DHH interpreters and transcribers

## 233

Student participants graduated



## “

I've been getting accommodations from the Office of Accessibility Services since I first started coming to UVU in 2015. I knew I'd need them because I have dyslexia, and I've struggled in school before. I love how helpful the OAS has been! When I first applied, I remember the staff walking me through how to take an accommodative test at the testing center, and even practicing being a reader for me so I could get used to the process. Working with the OAS has taught me that speaking out and seeking help doesn't make me any less smart, it just gives me better tactics for learning. I would definitely recommend it to any other student who needs it!"

—Brynn Carlson, senior, humanities

### Program Highlights

- Deaf and Hard of Hearing programs have adapted processes to minimize the impact of additional persons in the classroom. Transcribers and students have been trained on how to provide/receive services remotely to limit the additional persons needed in the classroom.
- The process for applying for and renewing accommodations was moved to a remote format so that students could apply and upload documentation online.
- Students are offered options for appointments including phone, video conference, and in person.
- Video conferencing is offered as an option to any additional participants and/or a conference room is used for in-person student appointments that include parents.

# Center for Advancement of Leadership

<https://www.uvu.edu/getinvolved/lead/>

<https://www.uvu.edu/getinvolved/nsls/>

Instagram: @uvunsls @lead\_aviation @lead\_uvu

## 100

Student scholarships awarded

## 135

Student participants in the LEAD program

## 303

Student participants in the NSLS program

## 64

Events hosted

## 11,295

Hands-on leadership hours offered

## 3.56

Average GPA of participants

## 215

Students graduated

## 6

Mediums used by department to connect with students during COVID-19

# “

I chose to attend UVU because I felt like they valued their students. When I toured other colleges, everyone spoke about their cool programs and UVU talked about their amazing students. I wanted to go to a school that cared about me and my success rather than promoting themselves. I originally started in the I Am First LEAD cohort. I met some great people there that helped me get to where I am now. After completing that program, I moved on to the general CAL program.” — KodiLynn Perry, English, writing studies concentration



### Program Highlights

- We were able to interview and continue growing the program utilizing Microsoft Teams meetings.
- We were able to successfully make the move from The Center for the Advancement of Leadership to Student Leadership & Involvement with little face-to-face contact.
- Prior to COVID-19, launched an online cohort for the LEAD program for completely online students.
- Started a Trailblazer track for the LEAD program that has been developed for non-traditional students and is also completely online.
- With the help of the Faculty Senate president, we brought back the Tech Management Cohort of the LEAD Program.

# Center for Social Impact

uvu.edu/socialimpact  
Instagram: @uvusocialimpact

10

Student scholarships awarded

132

Events

17,851

Social impact hours facilitated  
for students

8

New partnerships formed

3.56

Average GPA of organization's  
participants

6

Programs/ events adapted for  
COVID-19 protocols



## Program Highlights

- Transitioned the Service Council to become Impact Fellows in alignment with our strategic framework.
- Adapted the UVU Food Pantry to an online ordering system to serve food-insecure students with dignity during the pandemic.
- Formed new partnerships with UVU's Entrepreneurship Institute, UVU's College of Science, Anou, Smith Preserve, Rural Utah Project, Rise and Build, Camp Kesem, and UVU's Sustainability Committee.
- Secured \$8,000 in on-campus meal vouchers to distribute to food-insecure students.
- Competed as a global finalist in Oxford's Map the System competition.
- Hired four interns to work with an Ashoka Fellow and a Moroccan community partner, Anou.

“

The Center for Social Impact elevated my experience at UVU. The people working there and the values of the center highly embody what UVU strives to do. As a first-generation Latina student, I have had a difficult time feeling seen, welcomed, and wanted at the university. When I joined the Center for Social Impact, they welcomed me and my experiences and gave me the tools and space to allow me to learn more about myself and my identity. More importantly, the importance of empathizing with those around me and understanding the systems we live in. My mentors and advisors were always there to support me and remind me that my academics were my main priority. They personally worked with me to ensure that I got my assignments completed and with good grades. Prior to all of this, I was worried I would not graduate. With their support, I am now graduating with a GPA above a 3.0!"

—Vanessa Bocanegra, business management & entrepreneurship



# Clubs

[uvu.edu/clubs](http://uvu.edu/clubs)

Instagram: @uvuclubs

## 142

Clubs in operation

## 27

New clubs in 2020

## 3,170

Students who participated in a UVU club

## 796

Club-sponsored events hosted

## 3.6

Average GPA of club presidents

## 48

Club presidents graduated



## “

The Clubs organization has helped me be more involved at UVU as it has given me the opportunity to interact with so many unique and incredible people who are passionate about doing what they love. They have helped me find new passions, develop new insights, and understand what UVU really has to offer. This organization has helped me understand the importance of leadership, culture, having an open mind, and it was the bridge to involving me in student leadership in the very beginning of my collegiate career. It gave me purpose, a broader understanding and viewpoints in a variety of ways, and helped me to apply leadership and communication principles that I was learning in my classes.” — Kelsey Bingham, communication studies

### Program Highlights

- All clubs moved to a virtual format, which includes clubs engaging their members by hosting virtual events, monthly ICC meetings, and the Ambassador selection process.
- Club updates, emotional well-being, interviews, training, and celebrating individual achievements all done following pandemic guidelines.
- This was the first year the Clubs Office was its own organization and we had a successful virtual Clubs Closing Ceremony.

# Club Sports

[uvu.edu/recsports](http://uvu.edu/recsports)

## Program Highlights

- Men's Volleyball was ranked 6th nationally.
- Men's Lacrosse was ranked as high as 15th nationally.
- Women's Lacrosse was ranked 25th.
- Women's Volleyball was ranked 19th.
- Rocket League was ranked in national eSports Top 10.

## 220

Students participating in a club sport

## 13

Club sports offered

## 2x weekly

Frequency of contact with students during COVID-19

“

Being involved with Clubs was the best fit for me, being close to home but still being able to have a college experience. To this day, the best decision of my life. I enjoy the sense of family that I get from the other students. It makes me feel like I have a home even when my traditional home sometimes may not feel like one. I have somewhere I can go and be accepted. Also, I really like the parties, especially the ones with food. I started playing lacrosse when I was a freshman and then later became captain. The following year I was asked to come back as a captain and president of the organization. I started going to more activities and parties that the school put on. I then later became a math mentor, and am able to help students succeed. Little by little I became more involved in ways I never thought I would be. In a blink of an eye I was part of student life and I love it.”

— Alexis Coca, Behavioral Science & Sociology



# Housing & Residence Life

[uvu.edu/housing](http://uvu.edu/housing)

Instagram: @uvuhousing



## Program Highlights

- Promoted more than 100 Student Life, Academic, and Athletic events through biweekly fridge flyers.
- Promoted campus resources at every event to enhance the student experience and promote student success.

“

Being a part of the RCL program has been a great way to be involved with a program designed to help off-campus students be connected to UVU. The RCL program has provided me a supportive network to lean on when things get stressful! It is nice to have friends to talk about shared classes with and awesome to have leaders who care about my success. I feel more accountable and supported as a result of this program. This organization made me realize how much UVU has to offer its students, and how much it cares!"

– Jonathan Marquez, marketing

9

Local apartment complexes participating in the Residential Community Leadership program

18

Residential Community Leaders

110

Events hosted

6,375

Students attending events

3.71

Average GPA of RCL's

10

Programs/events adapted to meet distancing protocols

729

Students engaged with these altered programs



# Intramurals

uvu.edu/intramurals  
Instagram: @uvuintramurals

## Program Highlights

- UVU leaders volunteered to be on the host committee for the NIRSA Region 6 conference, a professional development and networking opportunity for students and professionals.
- We were able to allow some students from UVU to attend Region 6 convention and get better ideas for Campus Recreation and related fields and network with students from around the region.



“Working in intramurals has given me the opportunity to network and work with people with similar interests and much more experience. I have succeeded because it is a great atmosphere and the bosses that we have go out of their way to help you in work, school, and personal life.” — Noah Wilson, biology

20

Intramural sports offered

60

Leagues Offered

24,346  
Total participants

3,585

Unique participants in leagues

223

Events were hosted

1,185  
Games played

10

Events moved online

# Ombuds

[uvu.edu/ombuds](http://uvu.edu/ombuds)



## Program Highlights

- We support students using the technology with which they are comfortable.
- Our department reached out to students to inform them about CARE Act funds and invite them to apply.
- We created flexibility to work beyond work hours in order to speak with, support, or respond to students at the time that worked for them.

“

A UVU student approached the Ombuds office in the middle of Fall 2019, and looked lost. The student was in the middle of a grade dispute with one of their instructors and they were also experiencing some difficulties with their roommates. On top of all, they had already started to make plans to graduate in the following Spring and were under the pressure of wanting to keep their GPA where it was so that they could have better chances of being accepted into a graduate. Things were so hard that the student said they were considering dropping their classes. We supported the student by reaching out to their instructor and the department in order to resolve the grade issue. After clarifying some misunderstandings, the department worked promptly to get the issue resolved. So as a result, the student's GPA was not going to be negatively impacted.

We also contacted the student's roommates and asked them if they were interested in mediating the issues they were all facing. The roommates agreed and it turned out that miscommunication was the main cause of the problem. Despite the additional challenges brought by COVID-19 to our entire campus community since mid-March, the student stayed on track and graduated." — *Ombuds staff member*

**621**

Student complaints regarding instructors/classroom issues

**97**

Student complaints regarding grades and grade appeals

**86**

Faculty/staff consultation

**43**

Housing issues handled

**191**

Students engaged through distance contacting

# Outdoor Adventure Center

uvu.edu/oac

Instagram: @uvuoac

4

Scholarships awarded

14,747

Student participants in OAC events and activities

83

Events were hosted

5,699

Leadership/engagement hours

6

Student trip leaders and scholarship recipients graduated

16

Department programs adapted for social distancing protocols

64

Student engaged with altered programs

5

Different mediums of contact with students during COVID-19



“

The Outdoor Adventure Center helped me meet my current best friends and it opened up opportunities to do a lot of adventures I wouldn't have been able to do otherwise, and I even got named student of the week once. It's what kept me at UVU. I would've left for another university if I didn't get involved.”— *Ryan de Vries, computer science*

## Program Highlights

- Conducted a Peak a Week series, with students completing a different hike each week and tracking efforts on a fitness app.
- Partnered with the biology department to offer the first marine biology field excursion at the Oregon Institute of Marine Biology. Unfortunately, the excursion was canceled due to COVID-19.
- Worked with Hike with Sherpa, an international guiding association in organizing a trip to Everest Base Camp. This trip was planned for May of 2020 and had to be canceled.
- Joined the Climbing Wall Association and registered for the Association of Outdoor Recreation and Education conference.
- Partnered with Up With Wellness in offering a mindfulness workshop at the Capitol Reef Field Station, introducing students with various ways to meditate, take care of the body, and lessen impact on the environment.



# Reflection Center

[uvu.edu/ethics/reflectioncenter](http://uvu.edu/ethics/reflectioncenter)

Instagram: @interfaithuvu

## 6

Worldview clubs in operation

## 127

Events hosted in the Reflection Center

## 108

Number of Foundations of Inclusion, Inter-religious, Interfaith, and Worldview Workshop participants

## 23

Campus and community collaboration partners

## 3

Interfaith Student Council members graduated

## Daily

Frequency of reaching out to students during COVID-19

### Program Highlights

- Maintained the Reflection Center Guides (work-study students) employment through the end of the semester.
- Reflection Center Coordinator Ellie Thompson received the UVU Global Engagement 2019 Atlas Award from Global Engagement at UVU.
- Formed ties with the United Nations Civil Society group and participated in 68th Annual United Nation's Civil Society Conference.
- Performed service project with A Common Word Among the Youth.
- Collaborated with A Common Word Among the Youth on a service project to celebrate Better Together Days.
- Held excursions to Tibetan Buddhist Temple, Utah Valley Islamic Center, Hare Krishna Temple, and Baha'i holiday celebration
- Fall retreat included visits with 8 Houses of Worship in 3 days.

## “

This is my third year involved, and my second year as a member of the Interfaith Student Council. Being involved in interfaith activities on campus has helped me make more friendships and networking connections. It has given me the opportunity to plan and organize events on campus. It has opened up more opportunities to engage in events on campus. It has helped give me valuable skills that will help make me a greater asset to society. It has allowed me to learn things and have experiences I wouldn't otherwise have. It has also helped me to develop meaningful relationships. At our service project last year, we had people discuss their world views while helping each other make blankets for refugees. It allowed many people from very different backgrounds to come together in the shared value of service for those in need. Watching people put aside their ideological differences to make a difference for those in need gives me a lot of hope for a pluralistic society."

— Payden Alder, philosophy



## 24

Student participants

## 6

Rodeos participated in

## 6

UVU students qualifying for College National Finals Rodeo

## 40

Total students engaged with altered programs

# “

This department has helped me to become more involved at UVU by allowing me to represent them at rodeo competitions as well as getting to know my fellow students. Rodeo has helped me to progress towards graduation by helping me to pay my tuition which has allowed me to have more time to focus on my studies and complete my courses on time to graduate. I have not only grown as a person, but also have gotten to know new people and that has led me to have experiences that I would not have had if I had not joined the rodeo team. This past year, I was lucky enough to help win the women's team championship with my fellow teammates even though our season was cut short.”

— Emmalee Dubois, business management

### Program Highlights

- We have still been able to raise scholarship money, though it has been a lot harder and we have had to be more creative.
- Women's team won the Rocky Mountain Region.
- Emmalee Dubois won the goat tying for third year in a row; Jaicee Bastian, Maddie Roche, Amanda Butler, Kaycie Ahlstrom, Wyatt Ahlstrom all placed in region in women's events.
- Men's team took third place in region.
- Hosted Utah Valley University College Rodeo, competing against 12 teams in our region.



# Sorensen Student Center

[uvu.edu/studentcenter](http://uvu.edu/studentcenter)

Instagram: @uvucc



## Program Highlights

- Departments adapted to meet the social distancing protocols. Campus Connection moved student IDs online along with other services.
- Event Services had to change the way all events were scheduled and set up so they met social distancing guidelines.
- Staff disinfects all equipment, chairs, and tables before and after each event.
- Were able to keep all of services up and running during the university shutdown.

**1,750**  
UVU events hosted

**\$53,600**  
Total sales, post office

**10,153**  
IDs created, Campus Connection

**\$710,000**  
Revenue from even tickets sold

**91,820**  
Pounds of paper collected for  
the recycling program



# Student Conduct & Conflict Resolution

[uvu.edu/studentconduct](http://uvu.edu/studentconduct)



**106**

Academic misconduct cases

**46**

General misconduct cases

**57**

Behavioral concerns handled

**4**

Sexual misconduct cases sanctioned

“

I was sent to the Student Conduct Office after a professor had reported me for disruptive behavior in the classroom. I expected to be going there just to get into trouble, however, it ended up being a positive, life-changing experience for me. I learned how to become more aware of how my actions affected other people and how I needed to be more responsible for having better communication with my professors. I am thankful for the learning experience but also for the support of the Student Conduct Office and feeling like someone on campus cared about me. I have now graduated and gone on to land a job in my chosen field.” — *Anonymous*

# Spirit Squad

[uvu.edu/spiritsquad](http://uvu.edu/spiritsquad)

Instagram: @uvucheer, @uvudanceteam, @uvugreenmangroup



## 66

Student leaders

## 100+

Total appearances and performances

## 3.47

Average cumulative GPA

## 8

Student leaders graduated



## “

I have gone to athletic events, ground-breaking ceremonies, ribbon cuttings, fundraisers, and many school events throughout the past four years. Being on the dance team has pushed me to be a more involved student in and out of the classroom, which has helped my overall GPA and involvement with the university. I have been a part of and participated in so many events at the university from being on the dance team, it gives me a better understanding of how amazing our school really is and I have so much pride in the fact that I am a Wolverine! And because of that, it reflects in the classroom, as well.” — *Samantha Taylor, deaf studies*



# Student Action Learning

[uvu.edu/actionlearning](http://uvu.edu/actionlearning)  
Instagram: @uvuactionlearning

22

Student leaders

26,936

Students participating in a  
ZONE activity

210

ZONE activities hosted  
each semester

9

Action Learning expeditions  
undertaken

94

Expedition participants

39

Professional partnerships

3.48

Average GPA of ZONE student  
managers

## Program Highlights

- We continue to build learning in the area of interest to students, often in the area of their academic study, and build a sense of community and school spirit and belonging.
- Action Learning students completed a third live-interactive broadcast from Scotland sharing with junior high students the story of the Scottish Enlightenment. Students created the scripts, pulled together all the necessary technical knowledge and equipment, and completed all the research to complete the broadcasts.
- Action Learning students were the primary support for US STRAT, a UX professional design conference hosted in Amsterdam, Netherlands.
- Action Learning students provided "soft" security and track support for the March 2020 NASCAR race at the Las Vegas Motor Speedway. More than 20 students volunteered. Through our volunteer efforts over the past 10 years, our students have helped pioneer a high-level professional relationship with motor sports companies in many parts of the US.





# Student Government

uvu.edu/uvusa

Instagram: @uvustudents

## Program Highlights

- Adapted to COVID-19 restrictions as successfully as possible. Working together as team to offer support, gave students opportunities to be involved, got creative to ensure students had resources and activities to use/participate in.
- Learned new technologies, unique team-building exercises, building trust within team during unknown.
- We collaborated with many departments, among them BSU, MSS, MLK committee.
- Student Government learned to adapt on the fly, create good content for students to utilize, events for students to remain engaged and involved, to keep students informed, and working together as a team
- Prepared for the new Fall Semester more organized, excited, and ready for the new challenge.

# 25

Student trainings held

# 59

Events hosted

# 23,005

Number of event participants

# 3.39

Average GPA of student council members

# “

I have met some of the most incredible individuals that have become some of my strongest allies, greatest advocates, most admirable role models, hardest critics, and some of my deepest, closest friends. They have all literally changed my life for the better. I am overwhelmed by the number of people that have come into my life from the opportunity I have had serving on the UVUSA council. I am so grateful for those memories that have made my higher education so positive. I have loved and enjoyed so much getting to know myself and watching myself grow and change and improve and become such a better version of myself. I am most definitely not the same person I was when I applied to be on UVUSA for the first time. I have loved watching myself set goals and accomplish them, put myself in uncomfortable situations that have expanded my world view and perspective, I have loved watching myself interact with individuals I maybe wouldn't have. What I love about the student life program at UVU is that there really is a place for everyone. Whatever interest you have there is something that you can get involved with that will help you to meet new friends, gain experiences you wouldn't have otherwise, and grow yourself. There are so many positive good things that come from getting involved I honestly don't understand why you wouldn't."

— Brylee Bromley, art & design; digital media

# 23

Programs and events adapted to meet social distancing protocols

# Daily

Frequency of reaching out during COVID-19



# Student Health Services

uvu.edu/studenthealth

Instagram: @uvuhealthservices @uvumentalhealth

## 4,467

Students seen by Medical Services

## 536

Students in crisis seen

## 265

Hours of campus/community coordination

## 1,328

Group therapy attendance

## 10,644

Student outreach recipients

## 39

QPR suicide prevention trainings hosted

## 2-3

Frequency of outreach during COVID-19

## 7,418

Therapy visits



### Program Highlights

- Medical, therapy, and crisis remote services established within 24 hours of presidential request during pandemic.
- Teletherapy, individual and group Telemedicine visits, over-the-phone crisis support, and social media messages established.
- Diversity committee and trainings established.

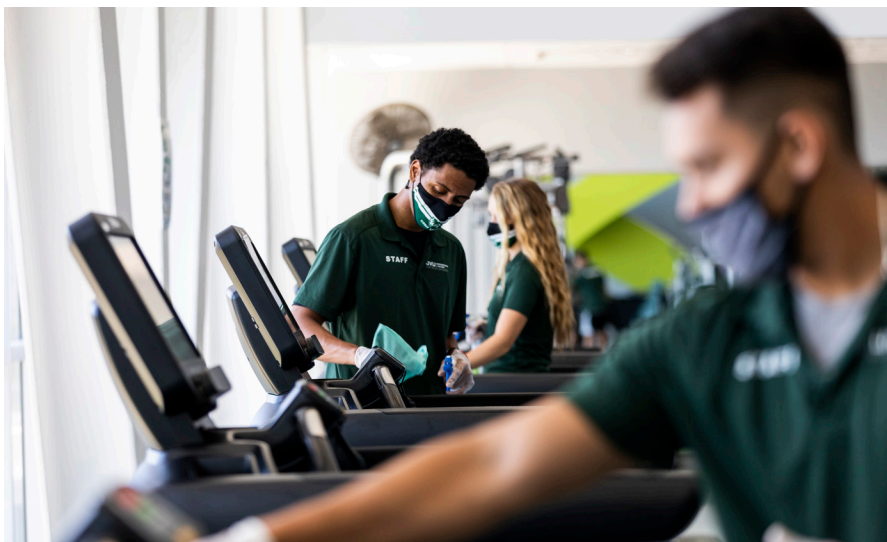
“

I was working full-time while attending master's classes at UVU. Without Student Health Services, I would not have had the time to do everything required of me. It makes the difference for many students in their ability to successfully complete their degree I'm so grateful to have such high-quality care at my university. It has taken away a lot of unnecessary stress.”

— Anonymous

# Student Life & Wellness Center

[uvu.edu/campusrec/slwc](http://uvu.edu/campusrec/slwc)  
Instagram: @uvucampusrec



“ Having the opportunity to build great relationships has been one of the most rewarding and positive experiences I've had here at the SLWC. Throughout my time here, I have been able to learn and grow helping me to feel more prepared for my future. I have learned to be mindful and observant, and to be a problem solver. I've noticed that not all guests are comfortable with asking for assistance but as a mindful and observant employee, it makes the guest's experience at the SLWC pleasant and comfortable when you are willing to put yourself out there and offer the help they need. Quick problem solving is also a helpful skill in handling any situation. These concepts not only apply to the job at the SLWC, it can apply to many situations outside of this job.”  
— Nicole Veras, senior, sociology

46,231  
People with SLWC memberships

1,219  
Events, classes, and activities hosted

16,765  
Bowling customers

11,104  
Gaming customers

4  
Different mediums used to connect with students during COVID-19

2-4  
Weekly frequency of reaching out during COVID-19





# Student Media

[uvu.edu/studentmedia](http://uvu.edu/studentmedia)

Instagram: @uvureview



**70**

Students contributing to student media

**1,000**

Average number reading the UVU Review each week

**5,500**

Average number of weekly visitors to website

**10%**

Increase in social media followers

**4**

UVU Review staff members graduated

**2-4**

Weekly frequency of reaching out during COVID-19

## Program Highlights

- Awarded First Place in the Best Video Package category at the Associated Collegiate Press national convention in San Francisco in February.
- Hosted the Utah High School Media Symposium, exposing Utah high school students to college and industry-level newsroom practices.
- Review students presented at these conferences, as well as networked with journalism professionals.

# Wasatch Campus Student Life

[uvu.edu/wasatch](http://uvu.edu/wasatch)

Instagram: @uvuwasatch



7

Student life representatives  
at Wasatch Campus

15

Events hosted

493

Event participants

1,061

Service/ engagement hours  
performed by student  
leaders

3.4

Average GPA of student  
representatives

“ My students really struggled during the end of spring semester due to Covid-19. They leaned on each other and it lifted their spirits. Here are some messages which were sent between the student reps during some text check-ins: "It was fun to see everyone and spend time with you. It helped lift my spirits so much. "If this semester has taught us one thing, it's how to adapt, overcome and then improvise!" There were also many instances when students would randomly check in and ask "How is everyone doing?" They would send uplifting and sometimes silly messages to each other to lift their spirits."

— Wasatch Campus Adviser



# Wellness Programs

uvu.edu/wellness  
Instagram: @uvuwellness



335

Events hosted

25,882

Total event participants

13

Student leaders graduated

20+

Department programs/events  
that were adapted to meet social  
distancing protocols

“

I had the privilege of being a Wellness Intern for UVU Wellness Programs for the 2019-2020 school year. I loved it! I loved the staff! I loved my fellow interns! I loved the work culture! I loved helping students and employees on their wellness journey. The internship provided so many opportunities for putting my knowledge of health education and promotion into practice. I feel like I grew so much in my abilities as a health educator through wellness coaching, being a peer leader/educator for the Body Project program, being a guest presenter, and for creating and implementing so many valuable wellness activities.”

— Katrina Navarro

## Program Highlights

- Awarded the Worksite Wellness Award.
- Coordinated with DoTerra and the UVU Women's Volleyball team to create female hygiene kits to go to Cambodia.
- Continued partnership with G2G bars. They donated more than \$3,000 worth of G2G bars to UVU Wellness Programs.
- Established The Body Project to help prevent eating disorders among female participants.



