

Community Wellness Hours Quarterly Report

Fall Quarter 2022

The Community + Values Team in the Office of the Provost, an [initiative](#) that seeks to serve, guide, connect, and support the DU community (students, faculty, staff, alumni, parents/families, and beyond) to create greater senses of belonging and address complex problems. Through community-based events, collaborations, and projects, we aim to amplify experiences, successes, needs, and ideas and to address roadblocks to a deeper sense of community and belonging at DU.

Community Wellness Hours Overview :

Each week we planned an activity to engage with community members alternating between fun activities and more in-depth questions focused on what our community needs to thrive (see p. 6, Appendix A for activities).

*Beginning in the Winter 2023 Quarter, we will hold Wellness Hour on the same days and time. However, on Tuesdays we will now be on the first floor of the Community Commons at the Global Kitchen across from Room 1700

Intentions

The main takeaways and themes of the responses are summarized here:

1) Community :

- Creating a welcoming and accepting environment for all
- A place that lacks judgement
- A place for growth
- Expressing yourself freely
- Inclusivity and diversity in people and thought

2) Ideas and Requests:

- More events for Graduate Students
- More Themed Nights (Movie Nights/Game Nights/Dance+Music Nights/Art Nights)
- Create "Community Hour Fridays" (h)

3. Looking towards the Future:

Our goals for the Winter Quarter and beyond based on internal assessment and community feedback:

- Introducing non-perishable food/items :
Although we enjoyed handing out healthy snacks this quarter, we have run into some obstacles regarding allergies, food preferences, and costs. Thus, we are currently working on switching to non-perishable food/items to hand out at one of our weekly Wellness Hours.
- Introducing 'quick story sharing':
To increase our collection of community voices and more frequently interact with community members, we will be implementing a 'story-sharing corner' at our Wellness Hours in which anyone can record a short video, record a voice message, or write a short excerpt on either their experiences or reflections on the week's activity
- Increasing the amount of Pop-Up Hours to increase collaboration and interactions with other DU offices and student organizations
- Committing to Quarterly Reports like this one to increase transparency and track progress, changes, and goals

Contact Information

Thank you for taking the time and energy to read this C+V report. If you have any ideas, concerns, or are interested in collaborating in the future, please reach out Chase McNamee, Sr. Project Manager in the Office of the Provost at

Appendix A: Fall Quarter C+V Wellness Hour Activities:

Joint Vision Board Activity: "What does Community mean to you?"

What element do you most identify with (water, earth, air, fire)?

Joint Vision Board Activity: "What do you need to thrive?"

Video Activity: "What is your Hidden Talent?"

Joint Vision Board Activity: What is your favorite movie, show, or book?

Joint Vision Board Activity: "What makes you feel welcomed?" (in collaboration with the BFA DEI Team)

Community Activity: Ask community members to add songs to [Community Playlist](#) (free to be used by everyone)

Joint Vision Board Activity: What is the biggest area of growth at DU?

Joint Vision Board Activity: What is your favorite restaurant in Denver?