

WISHES

Wellbeing Improvement Survey for Higher Education Settings

Sept 2024



ACTION
NETWORK FOR
EQUITABLE
WELLBEING

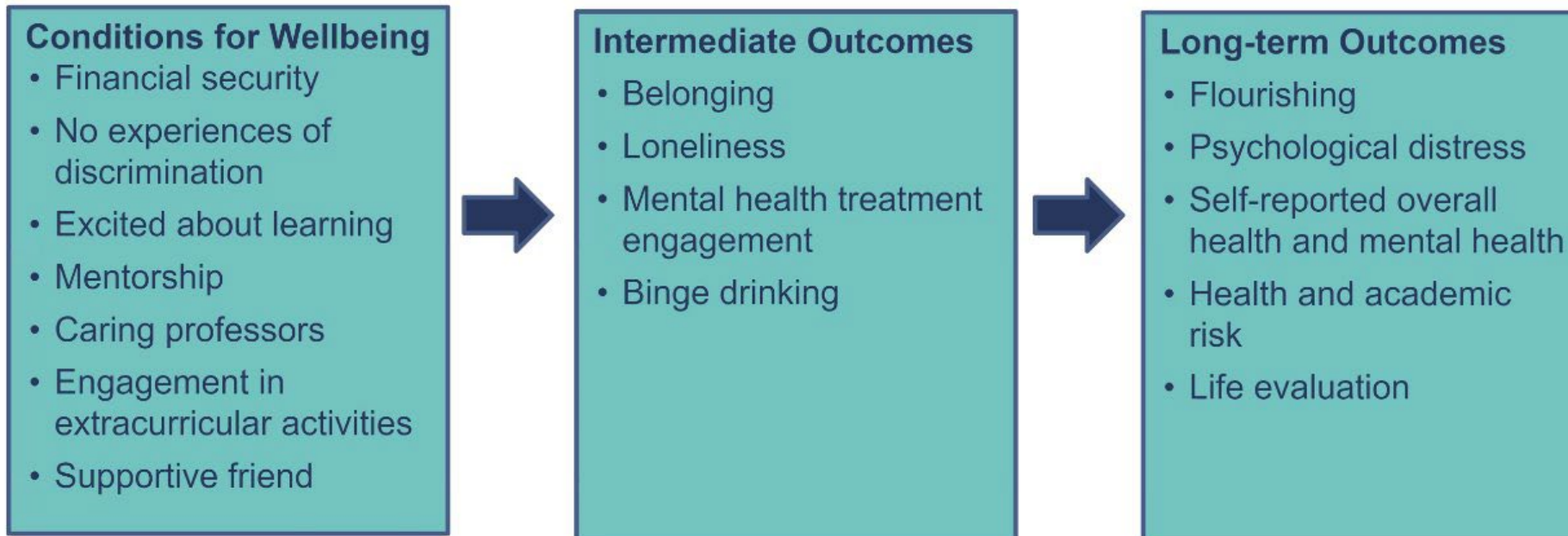
Reuben Parrish
Director, UH Wellness



Texas Higher Education
THE Collaborative
for Wellbeing

A brief survey that provides colleges and universities with timely and actionable data to adapt and improve institutional norms, structures, and processes to enable all students to thrive and flourish.

Wellbeing Improvement Survey for Higher Education Settings (WISHES) – 49 questions



Categories

Self-Reported Health Status

Psychological Distress

Mental Health Treatment Engagement

Suffering or Struggling

Financial Wellbeing

Flourishing

Belonging

Loneliness

Binge Drinking

Frequent Binge Drinking

Academic Risk

Health and Academic Risk

Supportive Friend

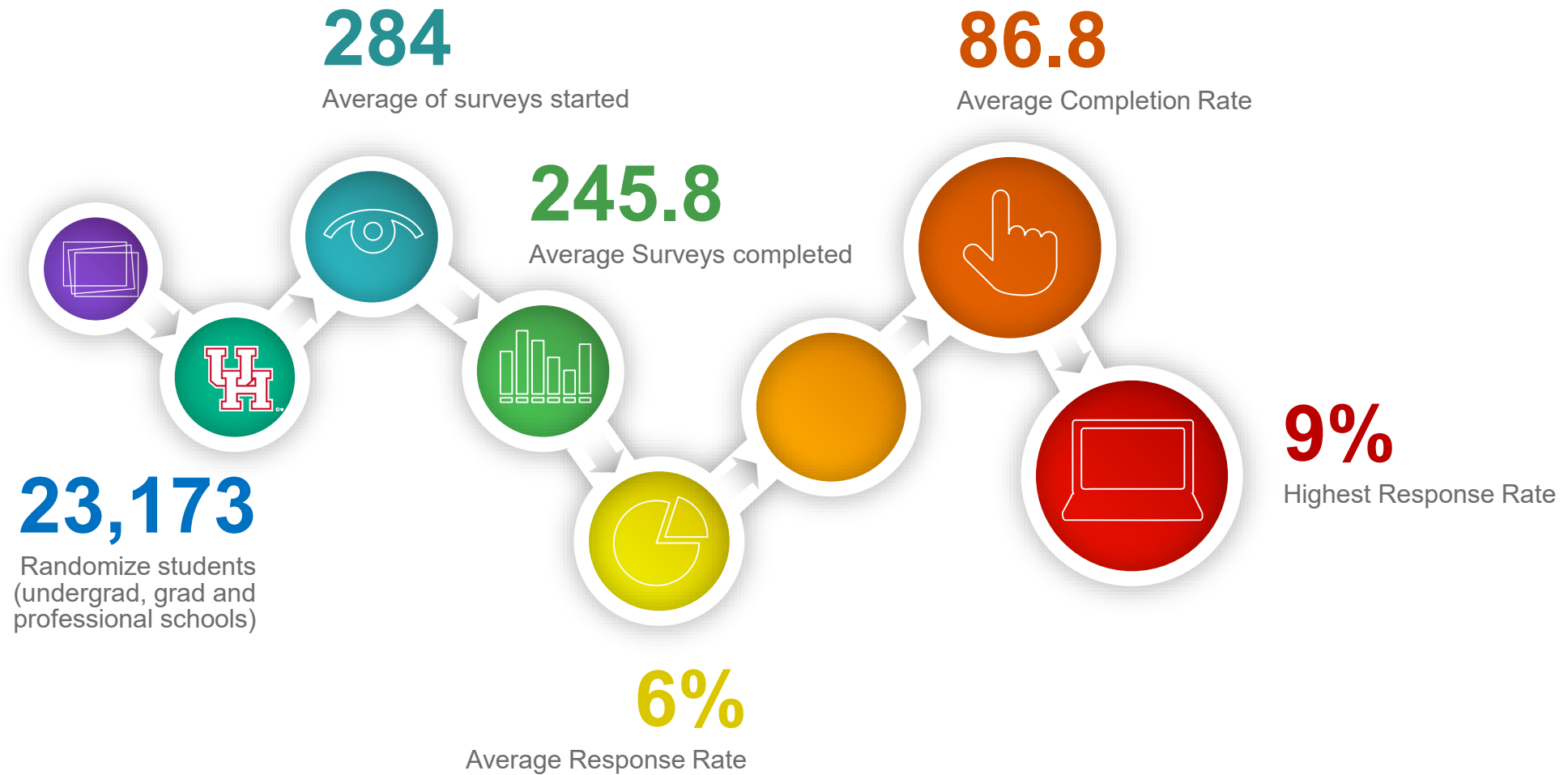
Excited about Learning

Engagement in Extracurricular Activities

Mentorship

Caring Professors

Discrimination



Gender

Cis Woman

60%

Cis Man

36%

Non-
Binary
*

3%

**Trans, Genderqueer, Genderfluid, intersex*

Degree Seeking

Undergraduate

77%

Graduate

21%

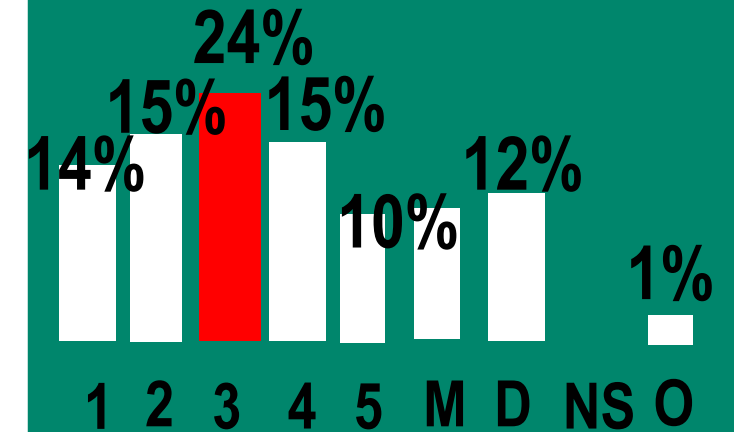
Not
Seeking
Degree

1%

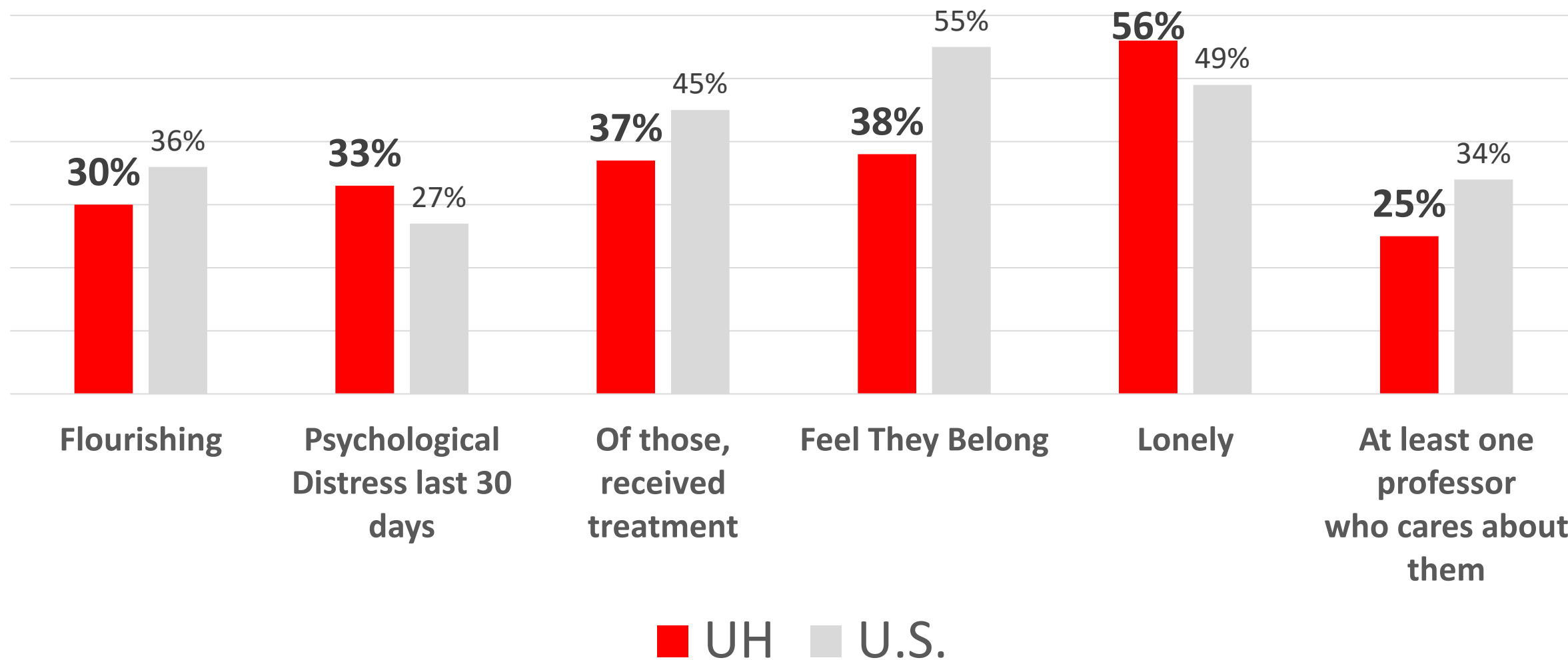
Other

1%

Classification



International Students 79%

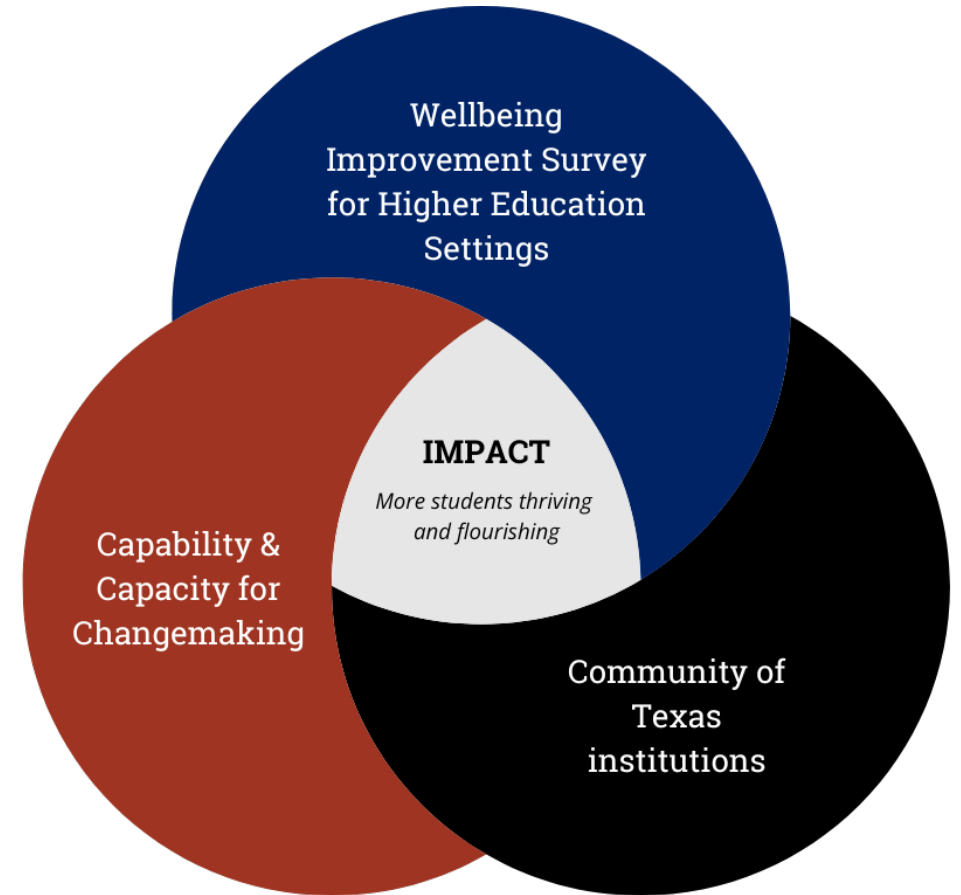


Our purpose is to accelerate large-scale impact across Texas colleges and universities to:

- improve student wellbeing now to improve lives for a lifetime
- remove wellbeing related barriers to learning, academic achievement, and overall student success
- narrow wellbeing disparities among students populations

THE Collaborative for Wellbeing catalyzes impact by focusing on:

- who** is involved in changemaking through unprecedented co-leadership, collaboration, and co-production of changes
- how** we create change through the use of improvement science, human-centered design, and innovation methods
- what** changes get made by addressing root causes and shifting to systems-based approaches



Mindfulness/Meditation/Break Spaces

College Specific Students Only

GCSW-

Architecture

Law

College of Medicine

Open to All

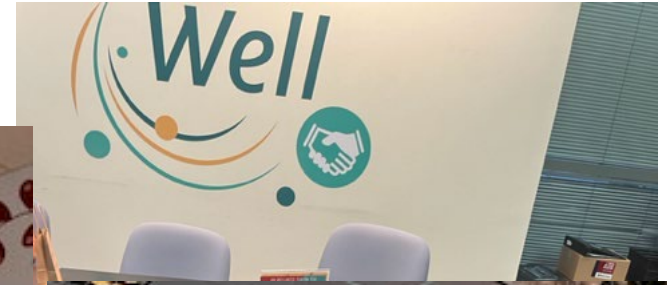
UH Wellness

Sugarland



UH Wellness

BEAUFER





HEALTH & WELLBEING



Need Help? Start Here



CoogsCARE



Need Support Now?

CAPS crisis support 24/7: 713-743-5454
Text 988, or CHAT 988LIFELINE.ORG

We've made all resources to support
your mental health and overall wellness
available at the CoogsCARE website.

UH.edu/coogs-care