

CASE STUDY: STUDENT WELLNESS CARD SORT

Marshall University Wellness Center

MARSHALL UNIVERSITY

OBJECTIVE

To offer MU students the opportunity to create self-directed, individualized wellness plans & connect with relevant wellness resources.

IMPLEMENTATION STRATEGIES

- Embedded digital Student Wellness Card Sort into MU's University Studies (UNI 100) courses as key assignment, with follow-up, in-person class discussions & wellness goal check-ins
- Offered in conjunction with BetterYou App for habit & goal tracking
- Offered to MU Counseling Center to use in sessions, as appropriate & used in individualized wellness support sessions
- Required as homework for students attending BASICS sessions
- Worked with: Student Success, Counseling, Accessibility & Accommodations, Student Affairs & UNI 100 instructors

MU - AT A GLANCE

- **Location:** Huntington, WV
- **Total Enrollment:** 12,862
- **Campus Lead:** Kaye Godbey, Coordinator of Wellness Programs
- **Contact:**
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In addition to giving students autonomy in their wellness journey, this program elevated staff and faculties view on how they might encourage and facilitate the wellbeing of students.

Kaye Godbey
Coordinator of Wellness Programs,
MU Wellness Center



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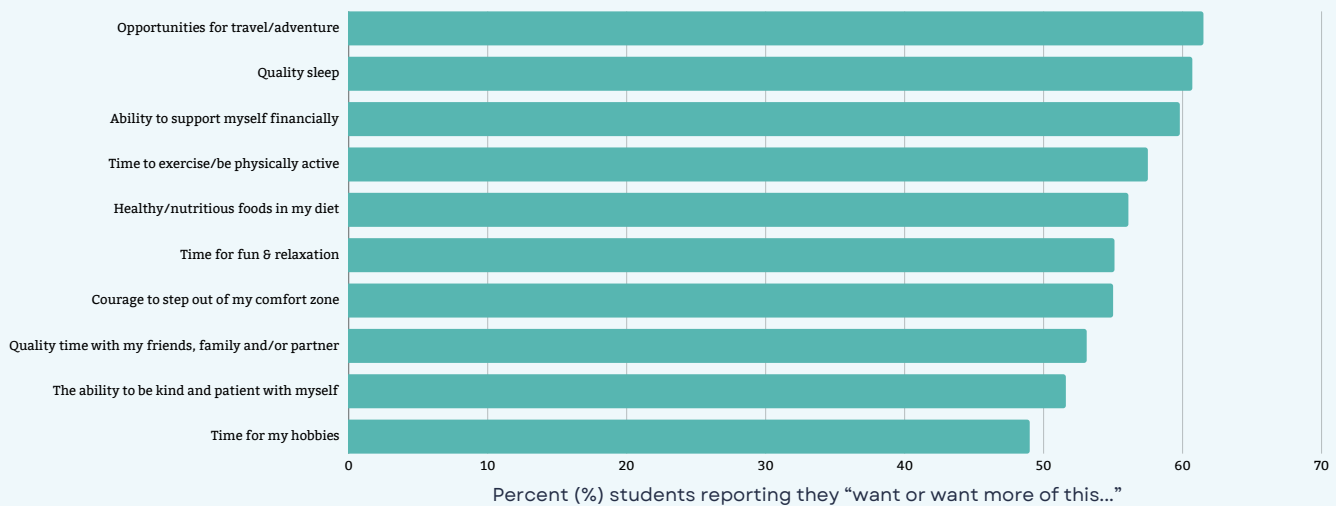
DATA INSIGHTS



1,030

FIRST YEAR STUDENTS COMPLETED THE DIGITAL CARD SORT (approximately 61% of UNI students)

Top Ten Student-Reported Wellness Priorities, Student Wellness Card Sort, Marshall University, July - November 2023



SUCCESSSES, CHALLENGES & LESSONS LEARNED

- Wellness Center seeing uptick in students requesting follow-up wellness counseling sessions after completing the card sort & are using the tool to help students work on areas of focus
- Not all UNI instructors opted to include the card sort as mandatory in their classes. Further research on why this may have been the case is needed.

NEXT STEPS

- Wellness Center will utilize Data Insights Reports to inform upcoming wellness programs and interventions for MU students
- Additional training will be provided for UNI instructors to increase buy-in & uptake from instructors & students
- Wellness Center staff will continue to raise awareness about card sort activity as a valuable resource across departments, including Counseling Center & Student Affairs