

Student Wellbeing Report

Division of Mission & Student Development • Academic Year 2025–26

SCOPE OF WORK

Together We Rise and a Community of Care

FOOD FOR THOUGHT

8.48 /10

Average student confidence in applying nutritional wellness skills.

ACADEMIC SUPPORT

92%

Students who report faculty are supportive of their wellbeing.

PEER CONNECTEDNESS

4.5 /5

Ambassador year-end connection rating.

OUTDOOR OASIS

100%

Reported mood improvement from outdoor equipment.

New & Evolving Strategic Initiatives

1. Nutrition & Produce Pop-Ups

Launched a Produce Pop-up outside of Boulder Dining. Facilitated by student health and dining services with a collaborative kitchen demo focus, reinforcing the direct link between fresh food and positive emotional health.

2. WellFest & Healthy Hounds Alignment

Unified the planning committees under interdepartmental wellness coordinators. Bridges wellness related offices and student groups across campus to amplify high-impact, single-point campus mobilization.

3. Greyhound Wellbeing Network

Peer Ambassadors co-chaired by the Counseling Center and Student Support & Wellbeing Promotion (SSWP). Built intentional training touchpoints with RecWell, CC, and Res Life to establish early peer detection and authentic connection across campus.

4. Student Wellbeing Action Group

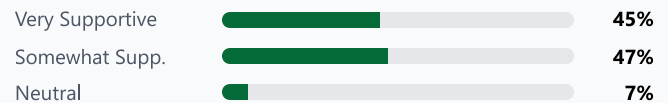
Broadened focus to initiatives around the 8 Dimensions of Wellbeing, standardizing communication via structural "Healthy Hounds Monthly" bathroom walls.

5. Outdoor & Environmental Wellness

Installed additional Adirondack chairs, hammocks, outdoor games, and a reflective walking path. Added a beautiful new Baltimore-themed mural outside Champion Hall and celebrated a major \$1 million gift from generous donors to establish an Outdoor Reflection Space.

Survey Insights & Community Voices

Faculty Supportiveness of Student Wellbeing



"Eating healthy is essential to your mood, eating healthy can also improve gut health which is linked to less stress."

— FOOD FOR THOUGHT PARTICIPANT

"Flexibility when I express I am dealing with a lot of stress... showing genuine care and availability for support, relating to and understanding students."

— STUDENT ACADEMIC WELLNESS SURVEY

"It made me step out of my comfort zone... I have something I can be involved in to make my stay at Loyola feel purposeful."

— GREYHOUND WELLBEING NETWORK AMBASSADOR

FACULTY ENGAGEMENT

Cultivating Academic Wellbeing

Through faculty workshops, identification and dissemination of best practices, and syllabus statements, Loyola is moving upstream to support academic wellbeing inside the classroom.

 **72% of Faculty Surveyed**

Already integrate wellbeing practices into syllabus design and class structures.

 **Strengthening the Support Network**

Active

Implementing Moodle and Inside Loyola resources linking directly to the CARE Team and Student Care Network.

Department-Specific Impact

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Impact Report

Counseling Center

Defying national declines in group counseling participation, Loyola maintained a vibrant and highly active therapeutic group network.

Group Contacts
345 across 5 core workshops

Athletics: 50+ coaches trained on Motivational Interviewing.

Nourish & Rise: Open space for women of color (MOSAIC partnership).

Student Health Center

Ensuring student safety, immunization, and high-quality clinical healthcare while driving preventative health operations.

Preventative Care Focus
100% Adherence on critical health protocols

Emergency Care: Comprehensive Epi-pen administration training completed for campus police officers.

Nutritional Safety: Integrated safe-dining allergen policies across dining halls.

Campus Ministry

Deepening spiritual exploration and emotional alignment through robust retreats designed to meet diverse student needs, alongside newly established spaces.

Retreat Highlights
Ignite, Interfaith & Queer Spirituality

Interfaith Space: A beautiful new interfaith space was created in the Humanities Building.

Reflective Spaces: Peer dialogues supporting spiritual and mental growth.

Recreation & Wellness

Encouraging active, healthy lifestyles and physical wellbeing while serving as one of the largest student employers on campus.

Student Development
200+ Students employed in our facility operations

Campus Engagement: Facilitating high-impact recreation, wellness challenges, and fitness routines inside the Fitness and Aquatic Center (FAC).

McAuley Women's Center

The Ambassador and Peer Connector programs completed another highly successful year, bridging social support and leadership development.

BELONGING **100%** | **LEADERSHIP PRACTICE** **92%**

"The Women's Center feels like a breath of fresh air during a crazy time of the school year."
— Student Member

Mental Health First Aid

Equipping student leaders, faculty, and employees with essential skills to recognize signs of mental distress and provide supportive connection to care providers.

Training Accomplishments
262 campus community members certified this year.

"MHFA gave me concrete strategies to support friends in distress. The green bandana on my backpack is a clear invitation." — Student Leader

Disability Support Services (DAS) & Neurodivergence

DAS piloted the "Landing at Loyola" pre-fall transition program under the LENS initiative (Loyola Educating Neurodivergent Students).

"The peer mentoring support group was an absolute life saver... It gave me a break to spend time with like-minded people."
— STUDENT MENTEE, CLASS OF '29

ACADEMIC YEAR	UNIQUE DAS STUDENTS	% OF STUDENT BODY	FACULTY LETTERS SENT	SPRING AVERAGE GPA
2023-24	710	14%	447 (63%)	2.45
2024-25	795	16%	516 (65%)	3.06
2025-26	913	18%	585 (64%)	3.03

* Data demonstrates substantial growth in student registration and proactive disclosure matching increased overall academic performance (GPA).

ADDITIONAL DIVISIONAL TOUCHPOINTS

Culture of Care

Broad support via the Campus-wide Green Bandana Brigade.

Messina Curriculum

Dedicated mindfulness and digital detoxification modules.

Sustainability

Audio Arboretum tour to promote active nature walking.

Family Connection

Educating on wellness strategies in the Campus ESP portal.