INTRODUCTION:
Kent State of Wellness is the university-level initiative to create a healthy campus. All programs seek to provide opportunities for students to take action to improve health and well-being through lifestyle, behaviors and choices.

PROGRAM OUTCOMES:
1. 100% of KSoW Student Ambassadors felt connected, engaged and built leadership skills through the program.
2. 100% of Koru participants would recommend to others.
3. 95% of meditation participants felt that their stress level reduced through practice.
4. Regional campus involvement increased significantly in 2019-2020 through SOW.

INSIGHTS:
Students took more ownership whenever they accepted more responsibility; which in turn created better engagement.

OUTCOMES:
1. 75% of Seeds of Wellness (SOW) grants supported regional campus programs.
2. KSoW Student Ambassadors took on responsibility for social media and the newsletter, which improved student engagement.
3. Moving Koru and Meditation Across Campus virtually increased participation and helped maintain connection.

ASSESSMENT METHODS:
All programs use pre and post surveys with the addition of open-ended questions at the conclusion for free response. These open-ended responses have provided the most valuable insights.

ACTION PLAN:
1. All programs must have a virtual component.
2. Students will take a greater role in directing and leading in all aspects of the initiative moving forward.
3. KSoW Student Ambassadors will play an important role in any peer program.

CONCLUSIONS:
Students are hungry for connection and opportunities to make meaning for themselves and impact for their community. "I absolutely love this program, by being apart of it my college experience has been expanded and it feels as if I am making an even bigger impact on my campus than I could've ever imagined. Not only has the program lead me to see all of the different resources that our campus offers but it gave me a new group of friends that I am able to go to for help with issues or even to celebrate small victories inside and outside of classwork."

Meditation not only helps reduce stress, it also creates support and connection. "Every day has been so stressful, uncertain and just chaos - I often feel alone but our Zoom sessions calm me down and fill me with a sense of hope. I look forward to the sessions every week."