



Belmont University
Quality Enhancement Plan Executive Summary
Be Well BU

Belmont University's QEP, Be Well BU, is designed to promote and enhance a holistic approach to wellness for students on campus. Integrated with the university's BELL Core (liberal arts curriculum) and WELL Core (co-curricular well-being programming), Be Well BU will act as a hub for linking students to curricular and co-curricular wellness services and activities.

Specifically, the QEP Committee has identified nine dimensions of wellness to promote and track in our campus community:

1. Intellectual Wellness
2. Emotional Wellness
3. Interpersonal (Social) Wellness
4. Spiritual Wellness
5. Financial Wellness
6. Occupational Wellness
7. Physical Wellness
8. Environmental Wellness
9. Cultural Wellness

These dimensions are congruent and promote Belmont University's Vision 2025 1st strategic priority *to attract, retain, and graduate extraordinary students, thereby adhering to our institutional mission to empower men and women of diverse backgrounds to engage and transform the world with disciplined intelligence, compassion, courage, and faith.*

To achieve the goals of the QEP, Be Well BU has established the following SLOs:

SLO 1 – Students will identify ways of living that reflect a greater knowledge of the purpose of their lives.

SLO 2 – Students will demonstrate awareness of practices that lead to better wellness.

SLO 3 – Students will identify ways their Belmont experience has helped them achieve wellness in various dimensions of human life.

Institutional Contact

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