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University of North Texas Health Science Center at Fort Worth  
Quality Enhancement Plan Executive Summary

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**QEP TITLE:** Be|Well

**INSTITUTION:** University of North Texas Health Science Center at Fort Worth

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## EXECUTIVE SUMMARY

Be|Well is a Quality Enhancement Plan designed to improve the overall wellbeing of students at the University of North Texas Health Science Center at Fort Worth (HSC) on their journey to becoming healthcare professionals and providers of the future. The goal is to create a culture of student wellbeing through teaching students the concepts and skills to enhance their wellbeing and consequently prepare them to successfully manage the challenges of their future work environments.

The topic of wellbeing was selected using input from multiple campus stakeholders, who explored various wellbeing models and programs to ensure relevance to HSC students. Be|Well is aligned with the mission of the HSC to “Create solutions for a healthier community” and builds off the foundation of systematically designed wellbeing programming within the Office of Care and Civility and the emotional intelligence (EI) curriculum existing within select HSC academic programs.

Be|Well prioritizes three student-learning outcomes (SLOs):

- 1) Students will identify concepts associated with wellbeing, emotional intelligence, and resilience.
- 2) Students will create a stress management growth plan as a part of the emotional intelligence pathway program.
- 3) Students will develop capacities for resilience to support their success in school and future professions.

During AY20-21, the planning committee focused on piloting components of Be|Well to ensure the program was ready to launch. During spring 2021, the team developed a wellbeing model which encompasses four domains (Knowing Yourself, Working with Others, Navigating Individual Needs, and Community Belonging) which serves as a framework for student to develop capacities for resilience. An Assistant Director was also hired to have the primary responsibility for leading this QEP.

Be|Well is composed of activities designed to engage student both in the curriculum and the co-curriculum. Students are first exposed to Be|Well during new student orientation. Then during the first few weeks of their semester students complete an online module which introduces students to key concepts and resources surrounding wellbeing, the opportunity to put EI concepts into practice, and the HSC Wellbeing Model. Students engage with faculty and staff through their academic career at HSC developing their ability to manage stress and finding ways to be more resilient through the HSC Wellbeing Model.

Be|Well successfully launched at the beginning of AY20-21 and a Be|Well Week is planned for February 14-18, 2022 to reinforce the domains of the HSC Wellbeing Model. Be|Well is implemented through curricular and co-curricular activities, which are supported by faculty and staff Wellbeing and Emotional Intelligence Champions to foster a holistic wellness promotion program. The Champions integrate each of these activities into the culture of the HSC student experience, working to create a comprehensive model of care as HSC students navigate rigorous academic graduate programs.