



Wellness Day 2026 Run of Show

March 3, 2026

Assessment Morning: 9:00-12:00

Students will receive an email with their assigned reporting time and location and instructions to bring a laptop or device for taking the surveys. Proctors will record student attendance in the

classrooms. Students will be directed to access their assigned surveys from their e-mail. While students take their surveys, proctors will be asked to take the Healthy Minds Faculty and Staff survey. All rooms will display a slide directing students to attend Wellness Day on Front Campus beginning at 11:00 or at the conclusion of their survey period.

Surveys:

- National Survey of Student Engagement (NSSE): Measures how students spend their time and what they gain from attending college, with peer and national benchmarking on 10 engagement indicators, 6 HIPs, and all survey items
- Healthy Minds Study (HMS): Measures student mental health, service utilization, and campus climate around health, with national benchmarking; key assessment instrument of Bobcats FIRST
- CORE Impacts Survey: Measures the extent to which courses help students develop in the seven career competencies; required of all USG institutions

9:00 – 10:00	GC1Y Cohorts report to classrooms NSSE and Healthy Minds
9:00 – 10:00	GC2Y Cohorts report to Russell Aud. Healthy Minds and CORE Impacts
10:00 – 11:00	“Other” Cohort 1* report to classrooms 2 of 3: Healthy Minds, CORE Impacts, NSSE
10:30 – 11:30	Capstone Cohorts report to classrooms NSSE and Healthy Minds
11:00 – 12:00	“Other” Cohort 2* report to classrooms 2 of 3: Healthy Minds, CORE Impacts, NSSE

**Students who are not enrolled in GC1Y, GC2Y, or a senior capstone course.*

Fresh Check Day: 11:00 – 2:00 (Front Campus)

Students will check in to receive their passport card. There are 12 interactive booths to visit. Students who visit 8 booths may redeem their passport for lunch and a t-shirt or Build a Bobcat.

Welcome to **freshcheckday**

an uplifting & engaging mental health promotion event

- Step 1:** Visit at least **8** interactive booths
Step 2: Get this card marked for each booth you visit
Step 3: When you have at least **8** squares marked, scan the QR code on the back to complete a survey
Step 4: Fill out and detach the contact details portion of this card and turn it in at Registration for a chance to win prizes!
Step 5: Share your photos & videos on social media!

1	2	3	4	5
6	7	8	9	10

**fresh
check
day**

Fill out this portion and detach to enter a prize drawing!

NAME: _____
 PHONE: _____
 EMAIL: _____

Booth	Learning Objective	Activity	Booth Facilitator
9 Out of 10 (Suicide Prevention)	Recognize the warning signs of suicide in their peers and themselves	Mental Health quiz game, sign the campus pledge	CARE Team
YOUUnique (Body Image)	Promote positive body image, bring awareness to disordered eating and how to help a friend who is struggling	“Trash Your Insecurities”, positivity mirror	The Body Project/ School of Health & Human Performance
Ubelong (Belonging)	Importance of belonging and sense of community; empower students to challenge stereotypes about themselves and others	“I Am, But I Am Not” activity	Academic Advising
Elephant in the Room (Stigma)	Increase help-seeking behavior by raising consciousness and challenging stigma and shame associated with mental health	“Elephant in the Room” display	Student Health Services
Boost (Physical Movement)	Demonstrate how physical movement improves wellbeing, encourage a movement routine	Obstacle course, Exercise is Medicine consultations	Wellness & Recreation
Check In and Chill Out (Coping)	Increase help-seeking and raise awareness of early indicators of mental health distress	Mental health screening, Goat Yoga	Department of Psychological Science
Follow Your Art (NeuroArt)	Introduce the therapeutic benefits of artistic expression	Community mural, screen printing	Department of Art
Mood Matters (Anxiety & Mood Disorders)	Educate and decrease stigma about anxiety and mood disorders, increase help-seeking	Jeopardy quiz game	Counseling Services

Subsense (Substance Use)	Facts and statistics about drugs and alcohol	“The Bar Exam” pour test and impairment goggles Jenga	College of Business
Thrive (Positivity)	Effects of mindfulness and resilience on emotional wellbeing	Gratitude postcards to someone on campus	College of Education
It Takes a Village (Social Connection)	Recognize how service to others is beneficial for wellbeing	Mini service project for local community members	Center for Health and Social Issues
Uplift (Coping)	Develop positive life skills for coping with adversity	“Wear What You Need” bracelet making and positivity sculptures	School of Nursing

Other Activities:

- Build a Bobcat
- Boxed lunch and ice cream bar
- Health screenings with the Mobile Health Unit
- Nutritionist consultations
- "Share a Coke with a Colleague" faculty and staff zone

Where to Find More Information

- Public website with FAQs: <https://www.gcsu.edu/wellbeing/gcsu-wellness-day>
- MyGCSU intranet site with FAQs and documents: <https://my.gcsu.edu/wellness-day/overview> or visit MyGCSU >> Departmental Content >> search “Wellness Day”
- Questions? Contact emily.jarvis@gcsu.edu (x 8566) or cara.smith@gcsu.edu (x 3530)