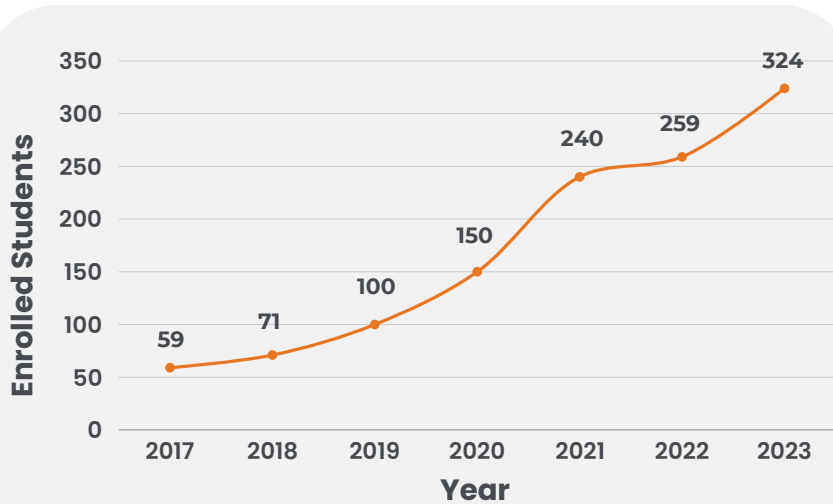


AT A GLANCE 2023

ENROLLMENT



● **1203** students enrolled since 2017

STUDENT TESTIMONIALS

"ASHF taught me valuable skills that go beyond the classroom and gave me tools to support my mental health and well-being during my transition to college. I was inspired to connect with my community through purposeful action by leading efforts to increase mental health awareness and eliminate stigma within on-campus student organizations."

- Katherine Zimmerman, Psychology & Sociology, Class of 2024

"I didn't realize what an impact this course would have on me. It really makes you look at your life and be introspective about your own wellbeing and your community's wellbeing. The class also helped facilitate difficult discussions that we don't often have in everyday life."

- Stella Olson, Biomedical Engineering, Class of 2025

"The Art and Science of Human Flourishing (ASHF) course is unlike any other at UW-Madison. It has given me the knowledge and skills to better care for myself and for those around me. College is a vital time for learning and growing as a human being, and I recommend the ASHF course to all students at UW. It has changed my life."

- Liam O'Connor, Psychology and Environmental Studies, Class of 2026

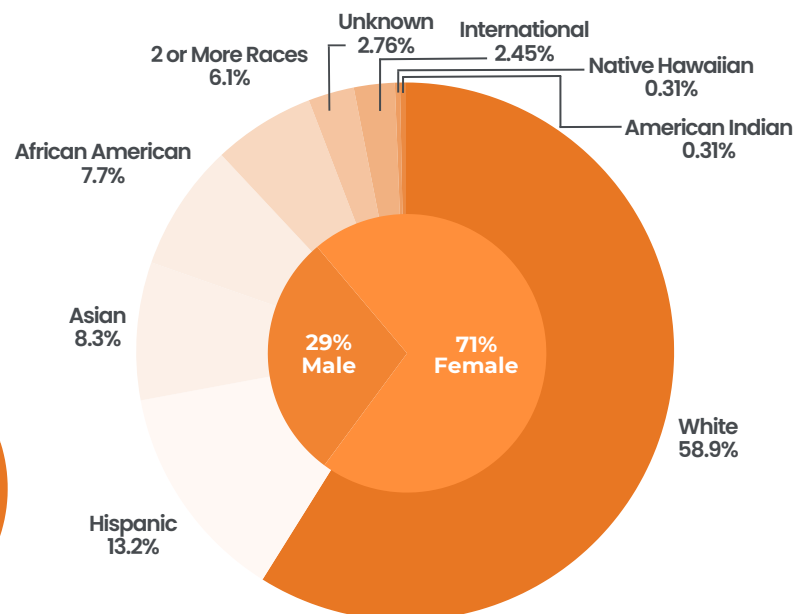
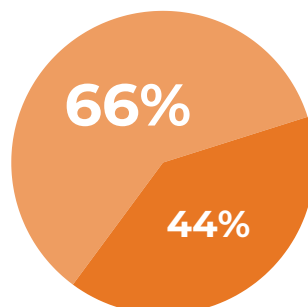
2023 STUDENT DEMOGRAPHICS

HIGHLIGHTS

- 20% first-generation students
- 14 discussion sections including:
 - 2 under-represented students' sections
 - 2 FIG sections
 - 1 Honors section

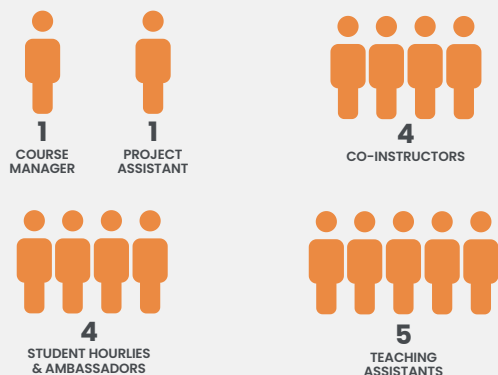
ENROLLMENT BY COLLEGE

- College of Letters & Science (Psychology, ALC)
- School of Education (Counseling Psychology, Educational Psychology)



ASHF: AT A GLANCE 2023

STUDENT FLOURISHING TEAM



TA & PA FUNDING

- 3 TAs supported by the Dean of L&S
- 1 TA supported by Department of Counseling Psychology
- 1 TA supported by Department of Psychology
- 1 PA supported by the Division of Teaching and Learning

STUDENT FLOURISHING TEACHING WORKSHOP



126 Participants / 38 Universities
across the US, Canada, Germany, India and Spain in 2021 (online) and 2022 + 2023 (in-person)

14 UW Collaborators

- Center for Academic Excellence
- College of Letters & Science
- Dept of Asian Languages and Cultures
- Dept of Counseling Psychology
- Dept of Educational Psychology
- Dept of Psychology
- Division of Diversity, Equity and Educational Achievement (DDEA)
- Division of Teaching and Learning
- L&S Honor's Program
- Office of Undergraduate Advising
- University Health Services
- University Housing
- UW Recreation and Well-being
- First-Year Interest Group Program (FIG)

RESEARCH OUTCOMES

Compared to the control, ASHF students had...



Greater compassion towards roommates



Improvements in attention regulation



Decreases in anxiety



Positive effect against depression



Increased ability to see other perspectives



More mindfulness, self-compassion, and a sense of connection

WORKSHOP TESTIMONIALS

"It was a room filled with incredible minds that are all passionate about improving the lives and wellness of students. You were able to leave the workshop with tangible strategies and teaching tools to implement aspects of this program into your own curriculum."

- Katie Pavek, UW-Madison School of Nursing

"The 'Art and Science of Human Flourishing' course is an extraordinary gift for everyone in higher education. It has been transformative not only for my students, but also for me as an educator."

- Kate Mondloch, University of Oregon

RECENT ASHF + BELONGING-RELATED PRESENTATIONS

- Five UW Badger Talks on Belonging
- DDEA Advisors Half-day Program at CHM
- Terrific Tuesday Advisor presentation
- L&S Elevate Podcast
- CHM Equity Advisory Board
- Fostering Belonging - DT&L Campus Symposium
- College of Letters and Science Exchange podcast

Upcoming for 2024

- Association of American Colleges and Universities
- University of Oregon