

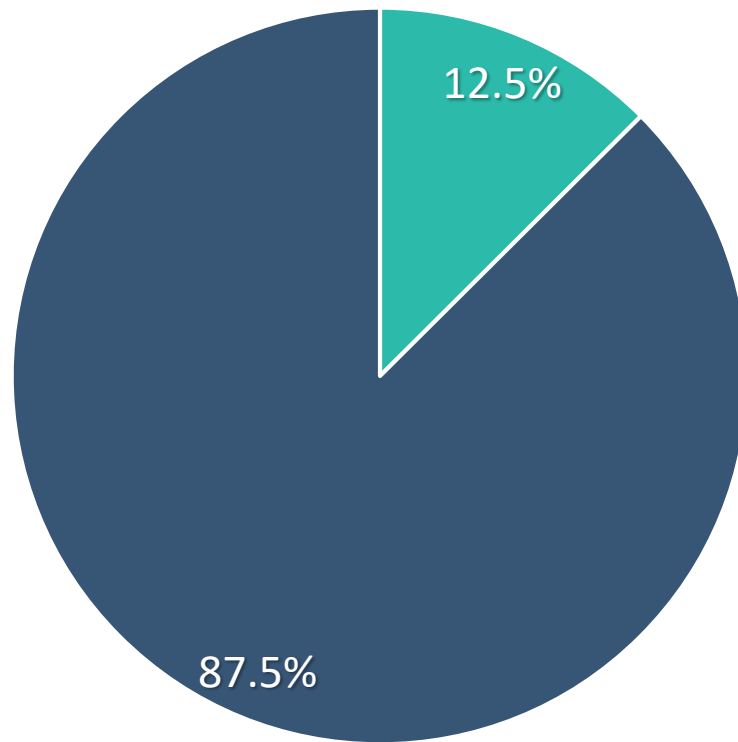
Wellness Days

Fall 2022 Experience

NORTHHEASTERN •

Eligible Students Who Took Wellness Day

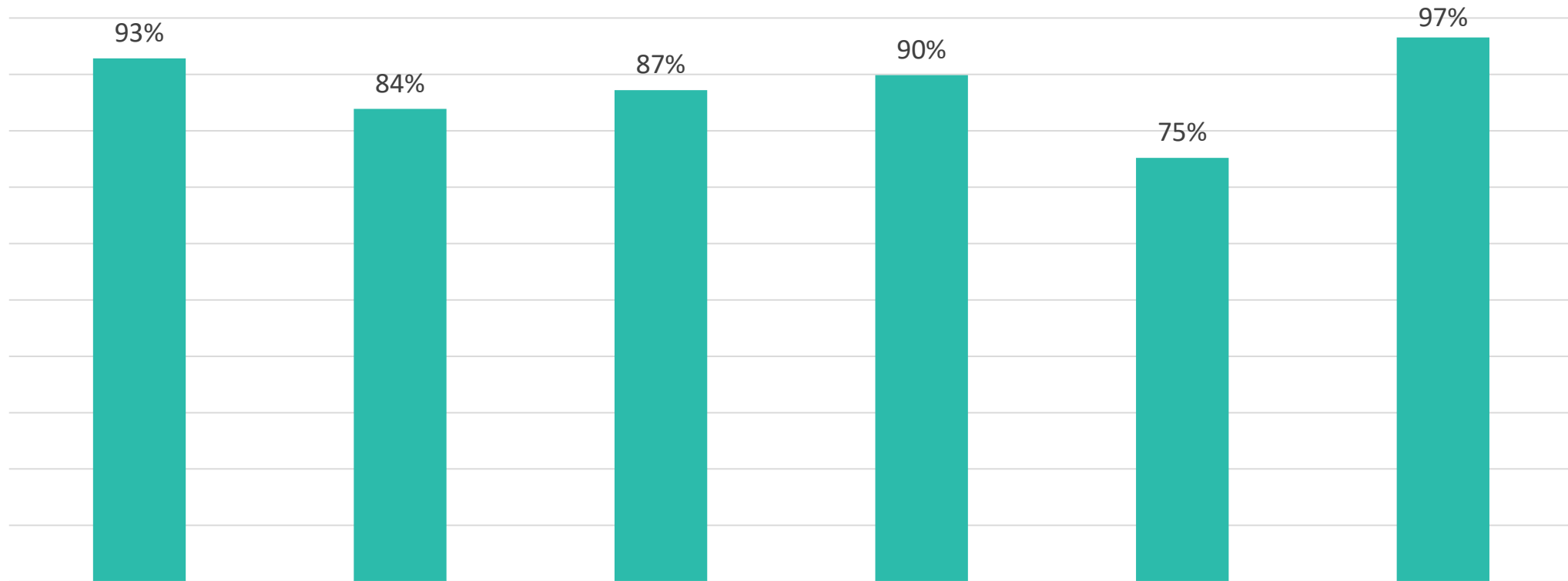
Fall 2022 semester (n = 16,784)



Wellness Day No Wellness Day



Majority of students agree or strongly agree:



My Wellness Day was useful for managing things going on in my personal life.

My Wellness Day was useful for managing my academics.

The process of using my Wellness Day was easy.

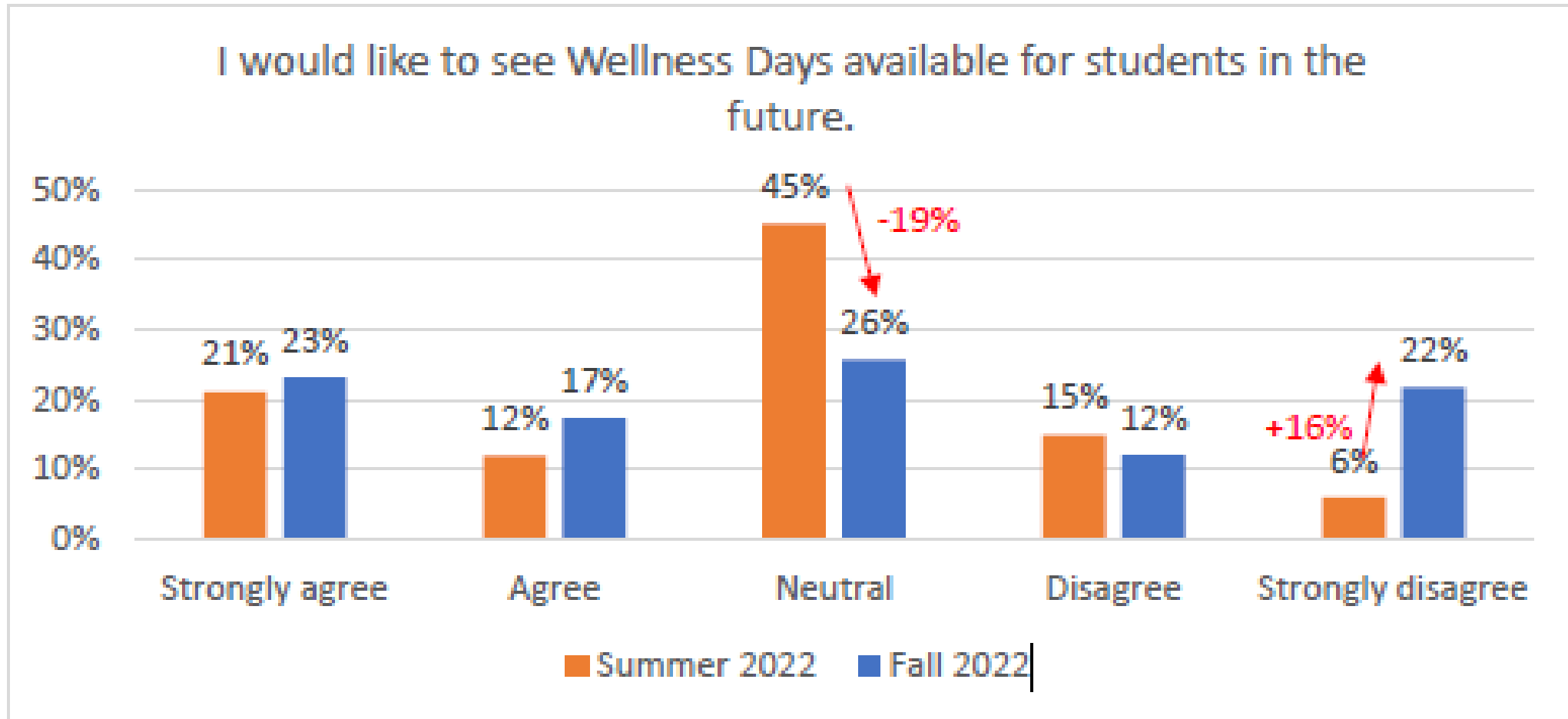
The process of using my Wellness Day was simple.

My professors were accommodating of my Wellness Day.

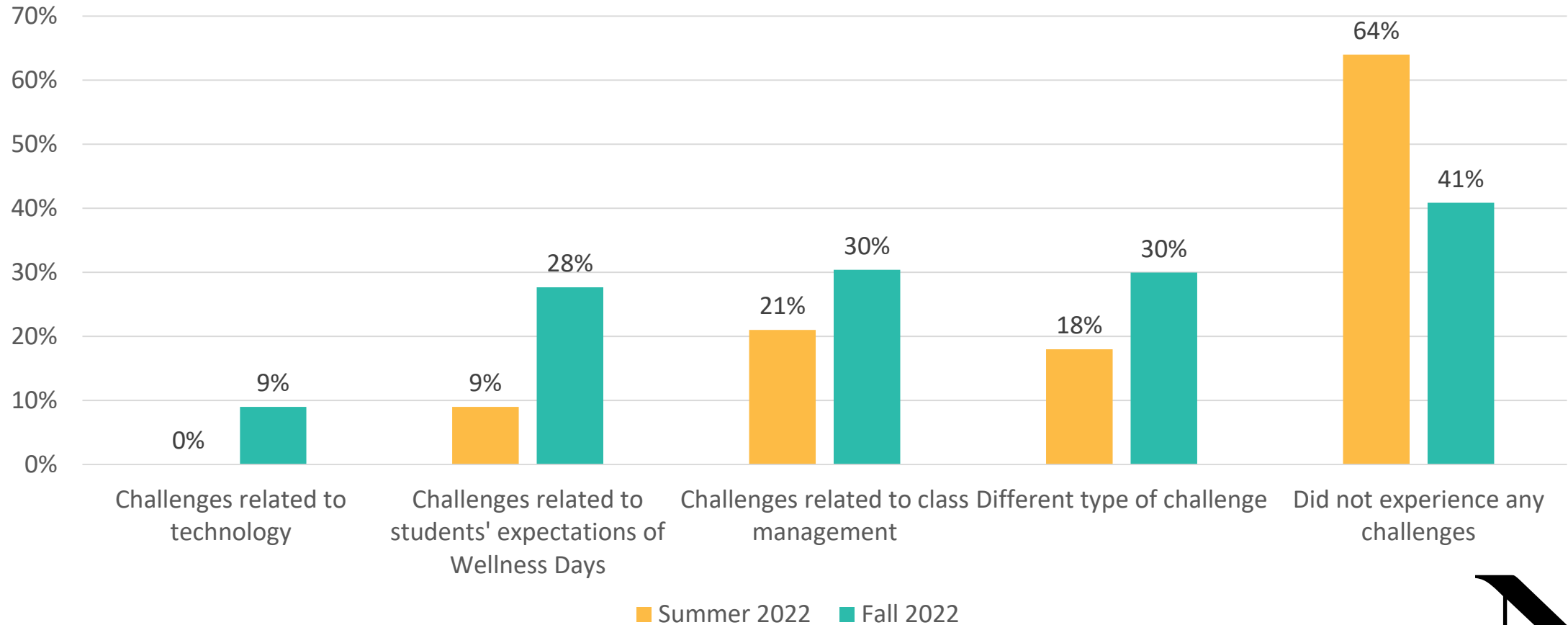
I would likely use another Wellness Day in the future if the option were available.



Faculty Reaction Was More Mixed & Polarized



Faculty Experienced Challenges



*Participants could select more than one response if they indicated they experienced challenges.



Challenges Experienced

- A greater proportion of Faculty experienced issues with the program than last term
- Faculty reported students took Wellness Days in violation of the program's guidelines
- Depending on class structure, Faculty reported that Wellness Days can be inconvenient or difficult to take and accommodate
- In particular, Faculty teaching courses that meet once a week were concerned by how much material students miss with Wellness Days



Enhancements added for Spring 2023

- Blackout dates for the day before and day after university holidays
- New student user experience that blocks attempts to take third day
- Changes to attestation including an understanding that a Wellness Day cannot be cancelled, rescheduled or taken mid-day.
- “Wellness Days cannot be used consecutively or on days of scheduled exams, presentations or labs and are not travel days.”



Communication Enhancements

- Adjust Faculty notifications to include section identification – and/or course name, number, date and time – in lieu of CRNs.
- Investigating concurrent notifications to section/lab teaching assistants.
- Reinforce expectation for making up missed classwork/assignments and provide self-care resources.
- Add count of student's remaining Wellness Days in notifications to student and to instructor.
- Limit number of days for courses that meet once a week.
- Conduct referrals can be made to OSCCR.

