Jenny Larson, Karen Wright & Corie Baldwin
Recreation & Wellness

WHY WE EXIST

At Recreation and Wellness – we know wellness is so much more than physical health. We want to shape the whole person and our community. We celebrate movement, team sports, outdoor pursuits, and the joy of learning. We provide opportunities to unplug, have fun, try something new, and take a break from the worries of life. We have a passion for working with students and while we lead with an entrepreneurial spirit, we are not a business. We are in the business of changing lives.
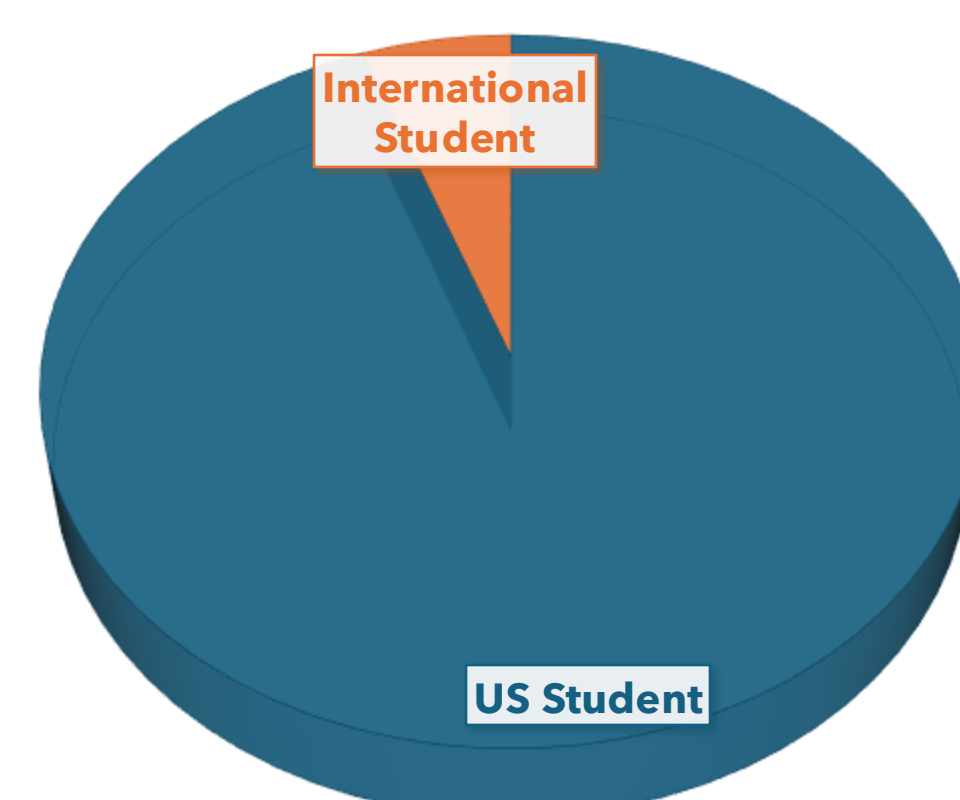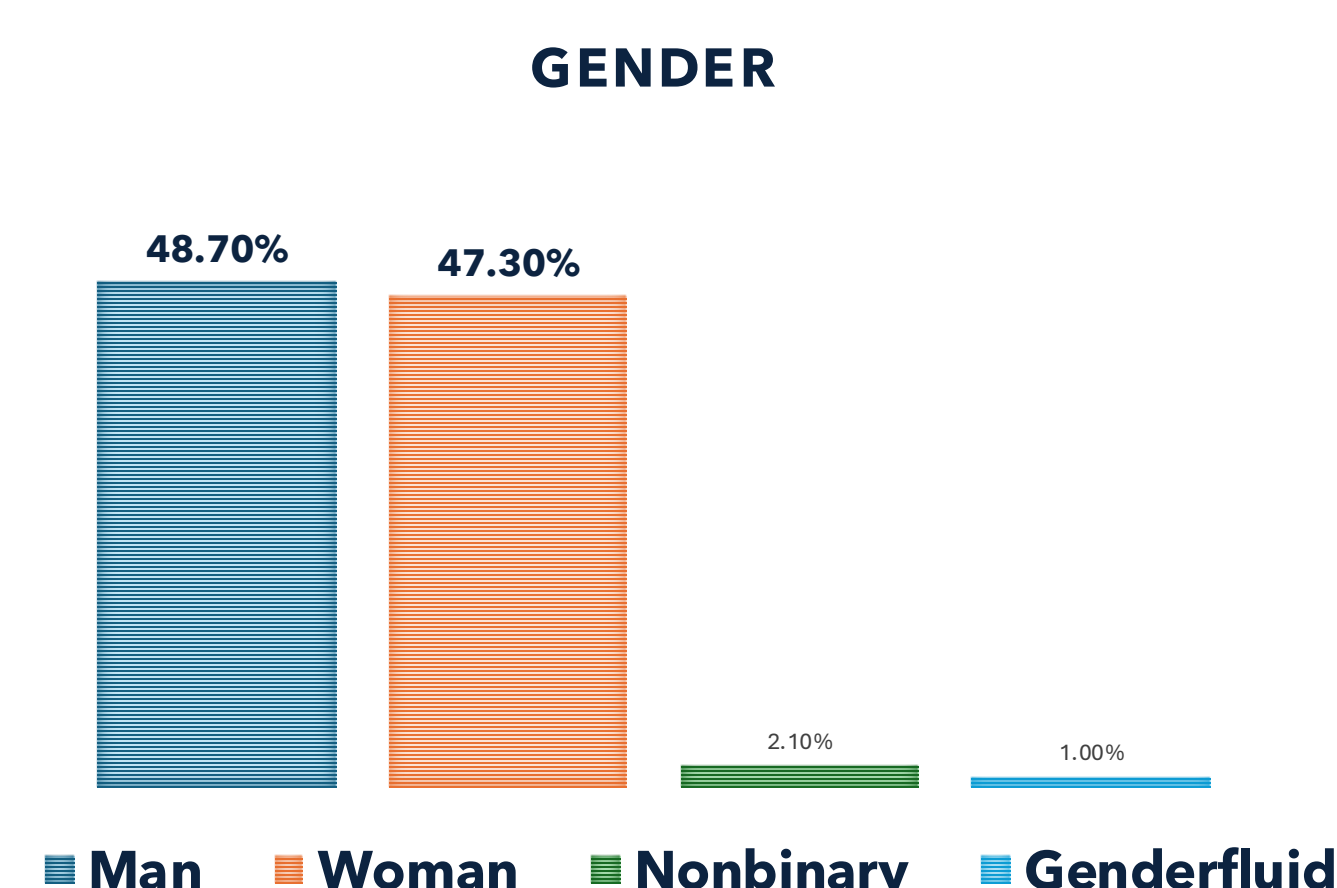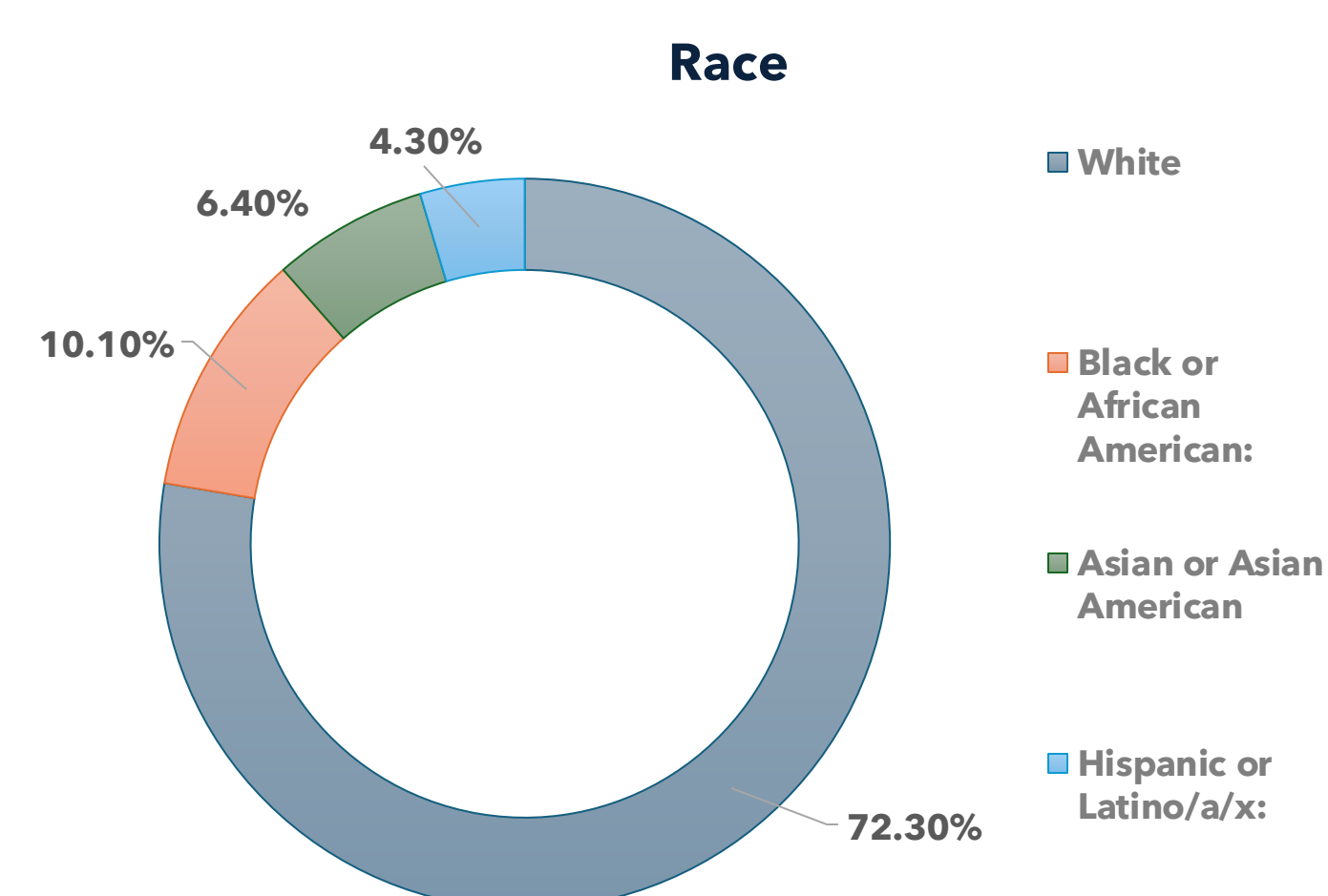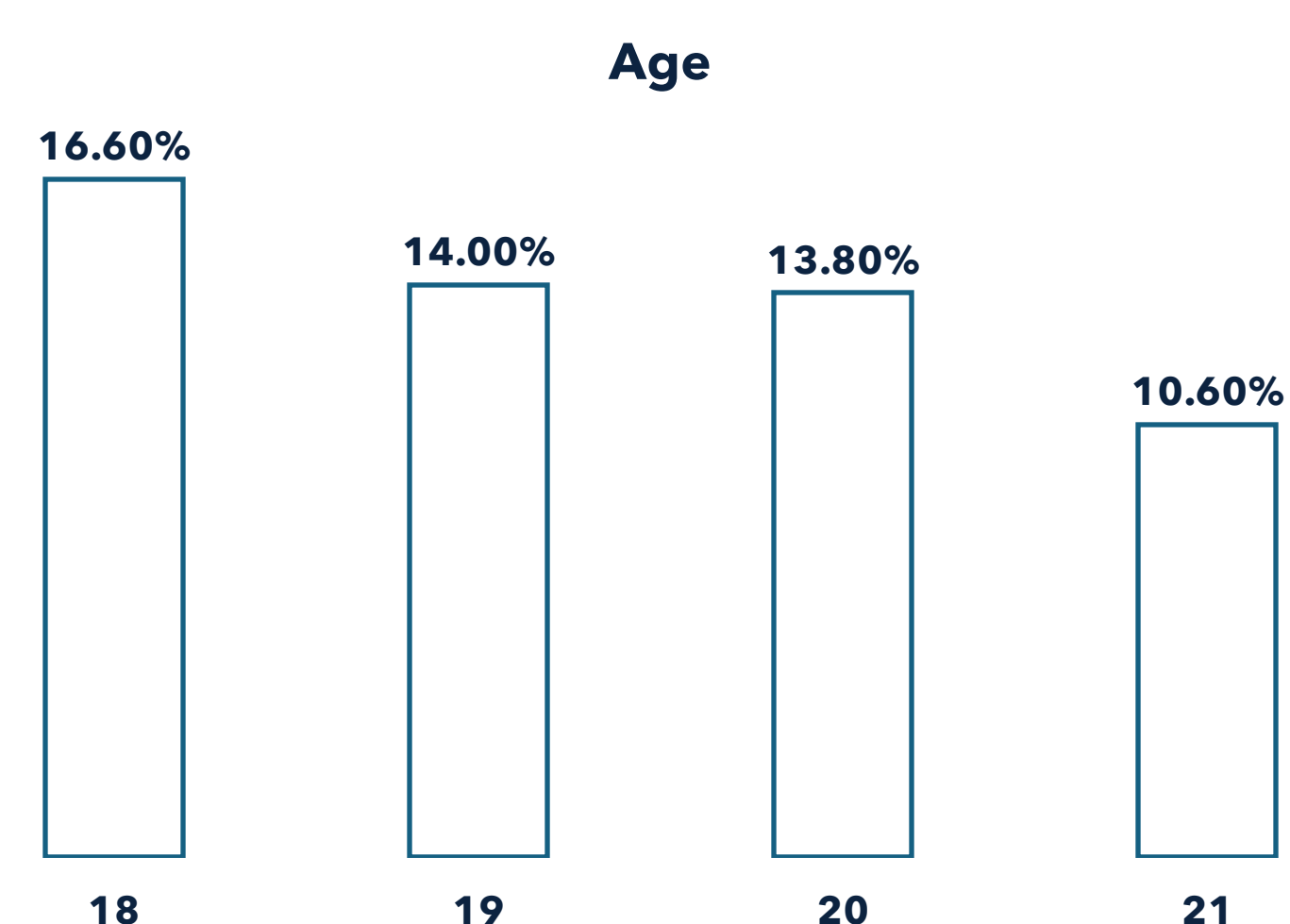
ABOUT WISHES

The Wellbeing Improvement Survey for Higher Education Settings (WISHES) is a brief survey developed by the Actionable Network for Equitable Wellbeing (ANEW) that provides colleges and universities data that allows them to adapt and improve institutional norms, structures, and processes to enable all students to thrive and flourish. The survey covered topics such as overall health, psychological distress, suffering or struggling, flourishing, belonging at Auburn University, resilience, binge drinking, health and academic risks, engagement in extracurricular activities, having a friend or a mentor, and professors who make them excited about learning and care for them. Total respondents were 1, 149 students from Auburn University
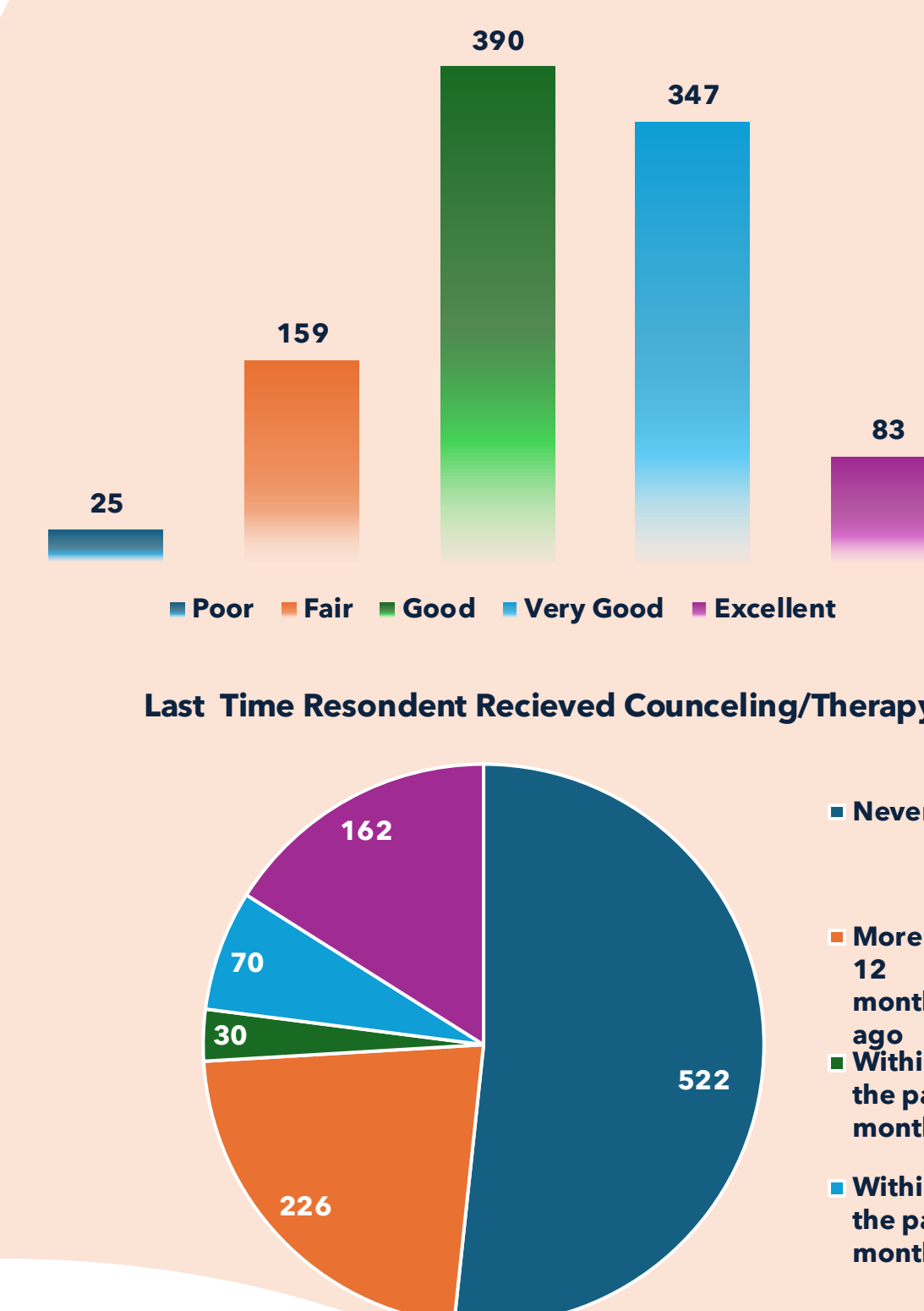
PURPOSE OF WISHES

The purpose of this initiative is to assess and enhance student wellbeing by leveraging provided data. By capturing student voices across multiple dimensions of wellness, the survey helps identify strengths, gaps, and opportunities for improvement within campus programs and services. Findings from WISHES are used to inform strategic planning, support data-driven decision-making, and strengthen efforts to foster a more supportive, inclusive, and health-promoting campus environment.
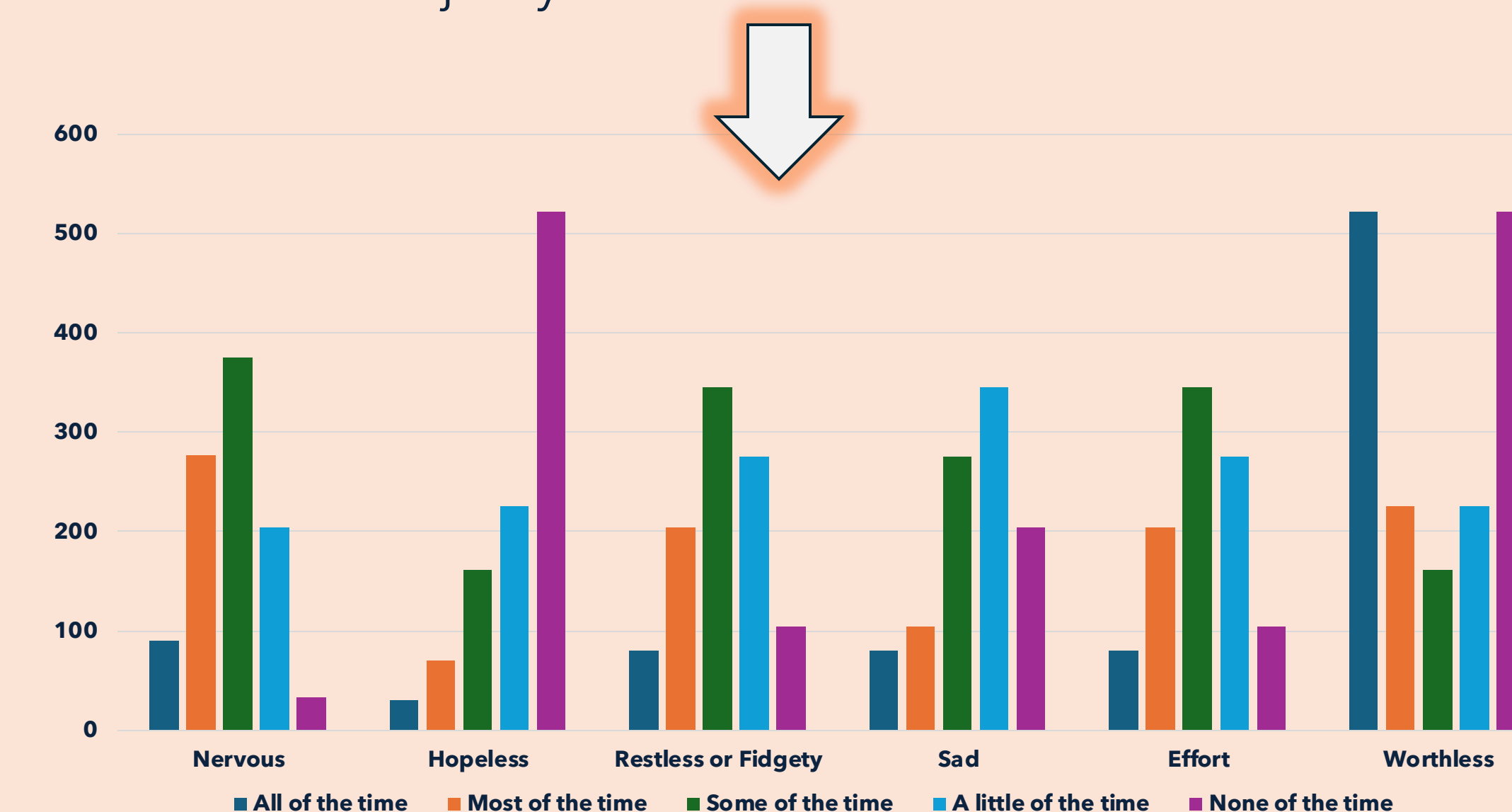
DEMOGRAPHICS

Age

- 18: 16.60%
- 19: 14.00%
- 20: 13.80%
- 21: 10.60%

Race

- White: 72.30%
- Black or African American: 10.10%
- Asian or Asian American: 6.40%
- Hispanic or Latino/a/x: 4.30%

GENDER

- Man: 48.70%
- Woman: 47.30%
- Nonbinary: 2.10%
- Genderfluid: 1.00%

International Student / US Student

HEALTH STATUS

- Poor: 25
- Fair: 159
- Good: 390
- Very Good: 347
- Excellent: 83

Last Time Resondent Recieved Counceling/Therapy

- Never: 522
- More than 12 months ago: 226
- Within the past 6 months: 30
- Within the past 3 months: 70
- (162)

Most respondents rated their current life satisfaction between 6 and 8 with an average of 7 indicating optimism about the future

FINANCIAL STRESS

- Low: 345
- Moderate: 276
- Severe: 204
- Overwhelming: 105

ALCOHOL CONSUMPTION

- Never: 522
- Once: 226
- 2-4 times: 162
- 4-5 times: 70
- 6 or more times: 30

MENTAL HEALTH AND EMOTIONAL WELL-BEING

Nervous: Most respondents feel nervous "Some of the time."
Hopeless: The majority feel hopeless "None of the time."
Restless or Fidgety: Many feel restless "A little of the time."
Sad: Most feel sad "A little of the time."
Effort: Many feel that everything is an effort "Some of the time."
**Worthless:** The majority feel worthless "None of the time."

Legend: All of the time, Most of the time, Some of the time, A little of the time, None of the time
Categories: Nervous, Hopeless, Restless or Fidgety, Sad, Effort, Worthless
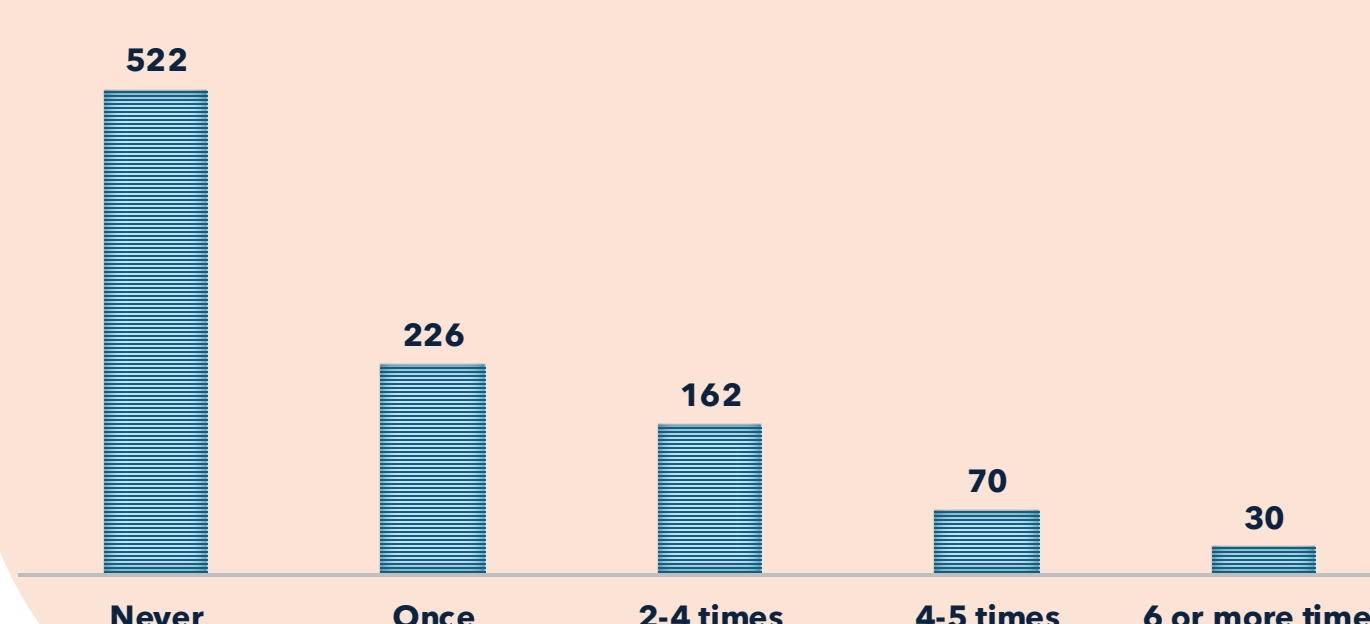
SENCE OF BELONGING

570 Agree or strongly agree that their social relationships are supportive and rewarding are engaged and interested in their daily activities
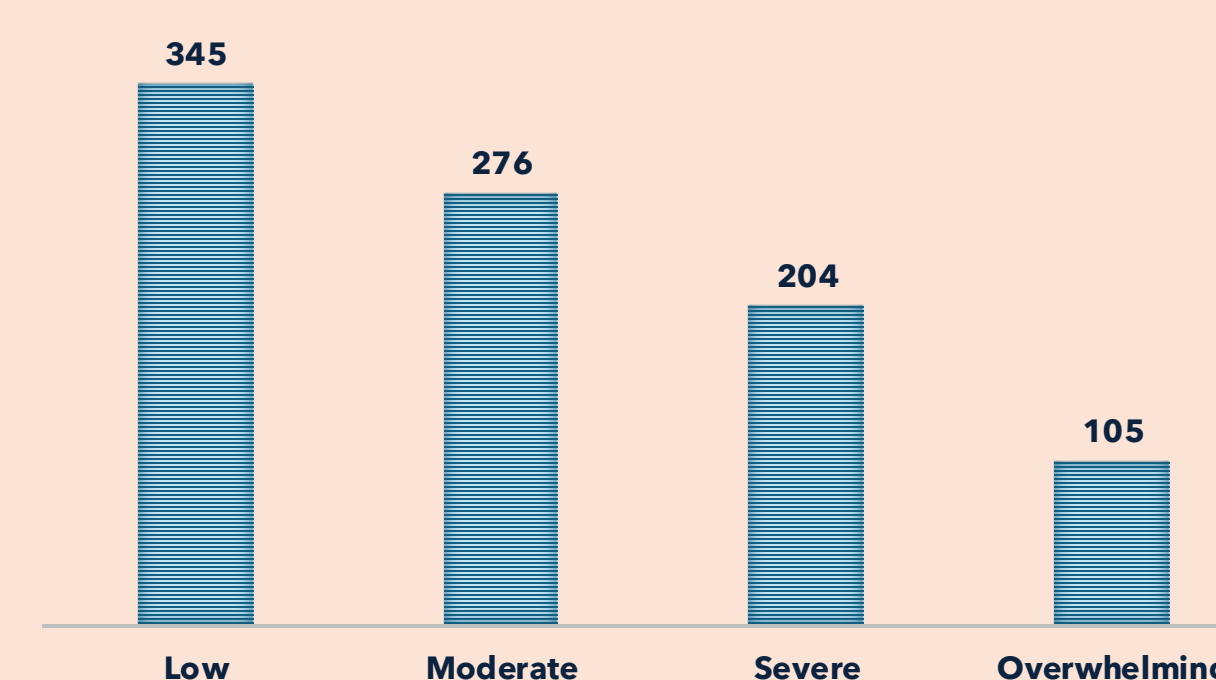
SUPPORT SYSTEMS & ENGAGEMENT

Most respondents have a friend they can count on, and many have at least one professor or faculty member who makes them excited about learning. Engagement in activities such as General Gym Use, Intramurals, and Special Events is common among respondents

DISCRIMINATION & INCLUSION

748 never/hardly experience discrimination

100 Often/always experience discrimination

345 Believe they experience discrimination due to rave/ethnicity

480 Believe they experience discrimination due to gender identity/sexual orientation

CONCLUSION

Findings highlight both the progress made and the continued need for intentional efforts to support student wellbeing. While many students reported positive experiences in areas such as social connection and campus involvement, challenges remain. These insights underscore the importance of a holistic approach to student support, one that integrates physical, emotional, and academic wellbeing. Moving forward, results from WISHES will guide strategic enhancements across Student Affairs, helping to shape policies, programs, and services that promote a healthier, more inclusive campus environment for all students.