

BU|BeWell Dimension Implementation Development Guide

Intellectual

BU|BeWell is our foundation for a transformative and holistic Butler experience. Through BU|BeWell, we foster a positive environment that helps students, faculty, and staff grow, learn, and be the best version of themselves.

Dimension definition: Promoting wellbeing through personal growth in academics, lifelong learning, and engaging new ideas.

How to implement the Intellectual dimension into your work:

In courses

- 1) Utilize periodicals that are free of cost to faculty and students, encourage students to utilize these in and outside of class. Consider incorporating these into classroom activities.
- 2) Encourage students to participate in events at the [Butler Arts Center](#).
- 3) Encourage students to [study abroad](#) to expand their horizons and broaden their learning opportunities.
- 4) Incorporate events around campus into your classroom activities. Consider requiring a reflection or surveying the students as part of a class activity. The [BCR calendar](#) is a great place to find a comprehensive list of events on campus.
- 5) Incorporate activities that encourage a growth mindset in students into the classroom.
- 6) Incorporate a new activity into your classroom to encourage ongoing well-being.

In the workplace

- 1) Subscribe to [periodicals](#) that have free access for Butler faculty and staff.
- 2) For faculty- participate in [faculty development](#) opportunities that are available throughout the year
- 3) For staff- Participate in the [Staff Training and Enrichment Program](#) to support your growth and intellectual development.
- 4) Support and participate in [arts and intellectual activities](#) and presentations around campus in order to broaden your perspective!
- 5) Take advantage of the [Butler Community Arts School](#) for music lessons across a wide variety of instruments and abilities.

In programs/events

- 1) Create intentional learning outcomes for your event and tailor event content to the information you want attendees to gain as a result of participation.
- 2) Make overt connections between your event and classroom activities so students can see the importance of participation.
- 3) Empower students to get involved in running events or creating new opportunities across campus.

How to assess whether implementing this dimension has made an impact for our campus.

- 1) Collect satisfaction/knowledge information from your audiences (students, employees, colleagues before you implement any changes, then collect again after your changes have been implemented. Compare the before and after to see if your audience noticed the changes and how the changes affected their experiences. You can collect information via short surveys, focus groups, interviews, comment cards, etc. Pick a method that won't be a heavy lift for your audiences to complete or for you to analyze.
- 2) Keep track of attendance, usage, foot traffic, number of meetings, assignments, etc. Use these to demonstrate the scope of the Butler community who has been involved with your work in this dimension.
- 3) Create learning outcomes for programs, services, and courses that center this dimension of well-being, and assess to what degree your efforts have contributed to learning about the dimension.
- 4) For smaller groups, engage in writing impact statements that detail how the incorporation of this dimension has influenced their overall health or experience at Butler.