

Results from the LSUHSC Wellness Inventory for Students and Employees (WISE) 2025

LSUHSC Wellness Committee

June 9, 2025

WISE Survey 2025

- Survey developed to assess and identify opportunities for improvement of the current health and wellness offerings of LSUHSC.
- Administered from April 14 to May 4, 2025, to the faculty, staff, residents, and students of LSUHSC.
- This presentation contains a summary of results from 43 questions.
- Total number of respondents: 359
- Response rate: 359 / ~6,600 (5.4 %)
- Weighted score >3.5 
- Weighted score <2.5 

Demographics of Respondents

Age (n=359)		n	(%)	Race (n=357)		n	(%)
☐ 18-25		33	(9%)	☐ American Indian or Alaska Native		4	(1%)
☐ 26-35		85	(24%)	☐ Asian		16	(4%)
☐ 36-45		78	(22%)	☐ Black or African American		65	(18%)
☐ 46-55		67	(19%)	☐ Native Hawaiian/Pacific Islander		0	(0%)
☐ 56 or older		93	(26%)	☐ White		260	(73%)
Role (n=359)		n	(%)	☐ Other		5	(1%)
☐ Administration		58	(16%)	☐ Declined to Answer		17	(5%)
☐ Faculty member		78	(22%)	☐ American Indian or Alaska Native		4	(1%)
☐ Staff member		137	(38%)	Ethnicity (n=356)		n	(%)
☐ House Officer		19	(5%)	☐ Hispanic or Latino or Spanish Origin		23	(6%)
☐ Student		62	(17%)	☐ Not Hispanic or Latino or Spanish Origin		311	(87%)
☐ Other		1	(0%)	☐ Declined to Answer		22	(6%)
☐ Declined to Answer		4	(1%)				



Cafeteria Services (Quantitative)

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A	Total	Respondent Agreement	Weighted Average	
The cafeteria offers a wide variety of options for breakfast.	3%, 10	13%, 44	18%, 58	21%, 71	10%, 32	35%, 116	331	31%, 103	3.33%	
The cafeteria offers nutritious options for breakfast.	4%, 14	15%, 48	20%, 64	20%, 66	6%, 21	35%, 117	330	26%, 87	3.15%	
The cafeteria offers affordable options for breakfast.	2%, 6	2%, 6	10%, 34	19%, 62	32%, 105	35%, 117	330	51%, 167	4.19%	←
The cafeteria offers a wide variety of options for lunch.	5%, 15	10%, 34	14%, 45	33%, 109	16%, 52	22%, 73	328	49%, 161	3.58%	←
The cafeteria offers nutritious options for lunch.	4%, 14	14%, 47	19%, 61	31%, 102	10%, 32	22%, 71	327	41%, 134	3.38%	
The cafeteria offers affordable options for lunch.	4%, 13	5%, 17	13%, 41	32%, 106	24%, 79	22%, 72	328	56%, 185	3.86%	←
I know where to find the cafeteria's menu for meals.	4%, 14	8%, 25	4%, 13	26%, 85	43%, 139	15%, 50	326	69%, 224	4.12%	←
The vending machines around campus have healthy options.	13%, 41	26%, 85	25%, 80	11%, 37	4%, 13	21%, 70	326	15%, 50	2.59%	

Cafeteria Services (2024-2025 Comparison)

	2024 Agreement n=398	2025 Agreement n=332	Shift in Opinion ($\Delta\%$ weighted by number of respondents)
The cafeteria offers a wide variety of options for breakfast.	35%, 138	31%, 103	-4.95
The cafeteria offers nutritious options for breakfast.	27%, 108	26%, 87	-2.88
The cafeteria offers affordable options for breakfast.	51%, 201	51%, 167	-4.59
The cafeteria offers a wide variety of options for lunch.	53%, 208	49%, 161	-6.57
The cafeteria offers nutritious options for lunch.	41%, 162	41%, 134	-3.69
The cafeteria offers affordable options for lunch.	55%, 219	56%, 185	-4.5
I know where to find the cafeteria's menu for meals.	61%, 242	69%, 224	-1.89
The vending machines around campus have healthy options.	16%, 62	15%, 50	-1.89

Cafeteria Services (Qualitative, n=98)

Positive Comments	
Theme	Example Quotes
Quality of Staff	- Its great. Staff is lovely. Always a positive experience. - Very pleasant staff-professional, courteous and welcoming. - The staff at the cafeteria are always very kind and helpful!!
Quality/Variety of Food	- I love that you all try different things from time to time. I loved the taco salad with the shell. And apple pecan salad would be cool. I like the soups that are served from time to time, I like that you all offer different popular ones. - The cafeteria is a great option for lunch. - You can not find a meal as affordable any place else. There is a wide range of types of food available.

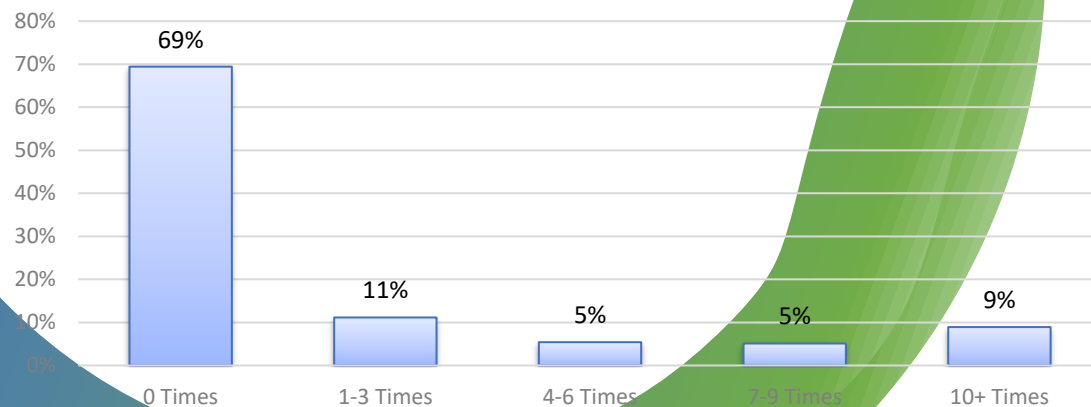
Most common themes
- Food quality and taste - Longer opening hours More healthy food options (salad bar / vegetarian and gluten free options / fruits)

Opportunities for Improvement	
Theme	Example Quotes
Quality of Food	- [...] The offerings have become more expensive for smaller portions and the quality to price is quite poor. - Most of the hot food for lunch isn't appealing and the vegetables are totally bland. Only the pre-made salads and salad bar are worth the price. - Improve the presentation of the food. [...] The meats looked like dog food. - The breakfast in the cafeteria does not taste good. Powdered eggs are not healthy. The grits lack flavor. The breakfast potatoes are greasy. The bacon also lacks flavor. [...]
Alternative/Healthier Food Options	- As a health care center we should set the example of healthy lifestyles and provide all on campus accessible means to promote healthy behaviors. - Not nutritious. Ingredients seem low quality. - Need a variety of healthy items to choose from. - Too much chicken, too much fried food. - Would like more hot vegetarian options, especially for lunch [...]. - Would like to see more Gluten Free items on the menu. - Better options for healthy snacks in vending machines.
Hours of Operation	- Opening hours are not sufficient. - Please change the hours!! I would go to the cafeteria more often but every time I go, it's closed. - It closes much too early. 1:30 is ridiculous.
Costs	- I work at Manning Family Children's but I still rarely go to the cafeteria because it is too expensive. - The food has been horrible ever since the switch on July 1st, please go back to the previous folks. Also everything costs more and our \$125 stipend does not cover enough for even 1 meal a day for the entire month.
Improved Menu	- The menus should be emailed to all staff weekly. - Have a different menu each week. Example: EVERY Friday is the same menu. [...] - It would be nice if the menu could change. Most of the menu is a repeat each week.



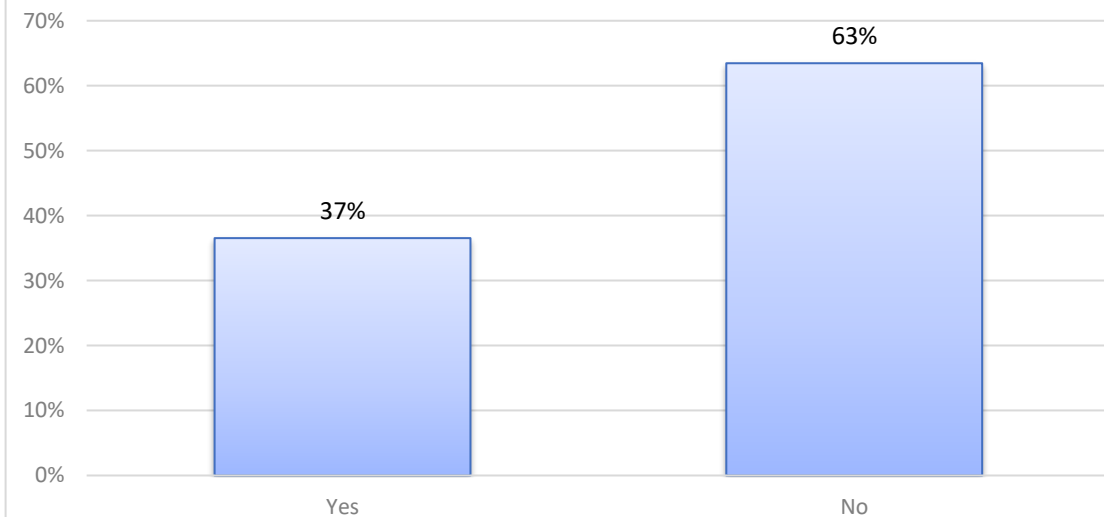
Wellness Center (Quantitative)

Reporting on your usual practices in the last 2-3 months, how often in one month do you typically go to the campus wellness center?



Total: 313

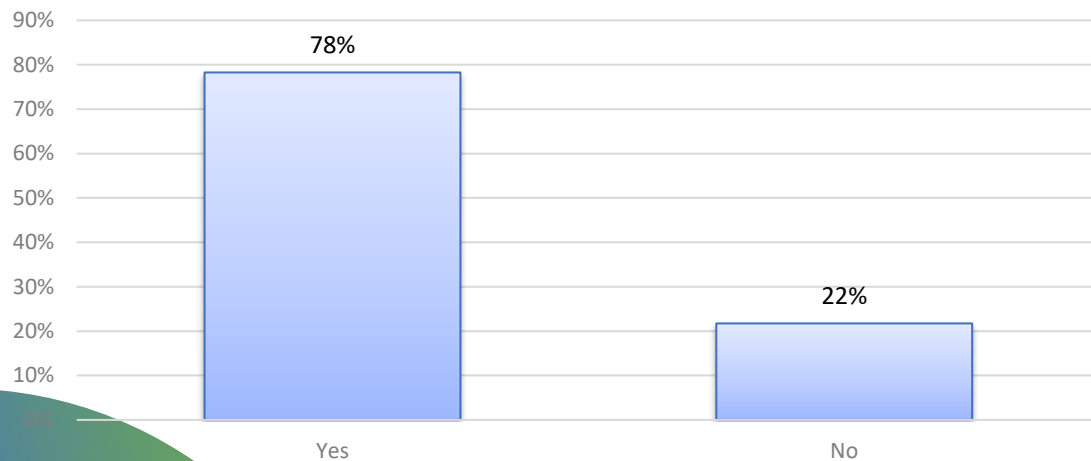
Do you use a wellness center not affiliated with LSUHSC



Total: 312

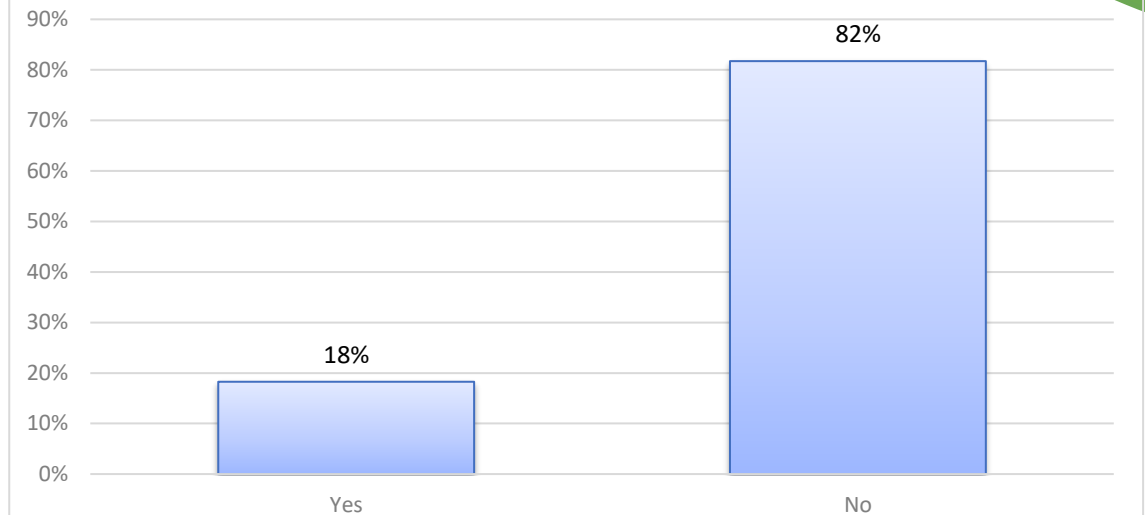
Wellness Center (Quantitative)

Are you aware that the wellness center has moved to the CALS building and increased their hours?



Total: 313

Have the hours and relocation of the new wellness center changed your usage?



Total: 312

Wellness Center (Quantitative)

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A	Total	Respondent Agreement	Weighted Average
I know that the campus wellness center offers fitness classes.	6%, 18	6%, 20	4%, 13	29%, 90	49%, 151	6%, 18	310	78%, 241	4.15
I know the campus wellness center's membership is free to all faculty, staff, house officers, students and family members 16 years of age and over.	3%, 9	6%, 18	3%, 10	24%, 73	58%, 179	6%, 19	308	82%, 252	4.37
I know that the campus wellness center offers free fitness assessments.	8%, 25	21%, 66	5%, 14	21%, 65	38%, 117	7%, 22	309	59%, 182	3.64
I know that the campus wellness center offers gym equipment for use.	3%, 10	2%, 7	2%, 7	25%, 78	62%, 191	5%, 17	310	87%, 269	4.48
The campus wellness center offers enough fitness classes.	5%, 16	11%, 33	23%, 72	19%, 60	20%, 62	21%, 66	309	39%, 122	3.49
The campus wellness center offers classes at convenient times.	7%, 23	11%, 33	25%, 78	17%, 53	15%, 47	24%, 74	308	32%, 100	3.29
The equipment at the campus wellness center is in good condition.	2%, 5	1%, 3	12%, 36	20%, 62	39%, 120	27%, 83	309	59%, 182	4.28
I have used the free fitness assessment at the wellness center and have found it to help my physical health.	11%, 33	11%, 33	11%, 35	8%, 26	9%, 29	50%, 153	309	17%, 55	2.90
I know that the wellness center offers Mindful/Yoga classes around campus.	9%, 29	20%, 63	9%, 28	25%, 78	23%, 72	13%, 39	309	48%, 150	3.37

Wellness Center (2024-2025 Comparison)

	2024 Agreement n=369	2025 Agreement n=310	Shift in Opinion (Δ% weighted by number of respondents)
I know that the campus wellness center offers fitness classes.	75%, 275	78%, 241	-5.03%
I know the campus wellness center's membership is free to all faculty, staff, house officers, students and family members 16 years of age and over.	79%, 293	82%, 252	-5.76%
I know that the campus wellness center offers free fitness assessments.	58%, 213	59%, 182	-4.77%
I know that the campus wellness center offers gym equipment for use.	84%, 308	87%, 269	-6.21%
The campus wellness center offers enough fitness classes.	36%, 132	39%, 122	-1.89%
The campus wellness center offers classes at convenient times.	25%, 91	32%, 100	0.9%
The equipment at the campus wellness center is in good condition.	59%, 217	59%, 182	-5.31%
I have used the free fitness assessment at the wellness center and have found it to help my physical health.	19%, 70	17%, 55	-2.61%
I know that the wellness center offers Mindful/Yoga classes around campus.	51%, 184	48%, 150	-5.94%

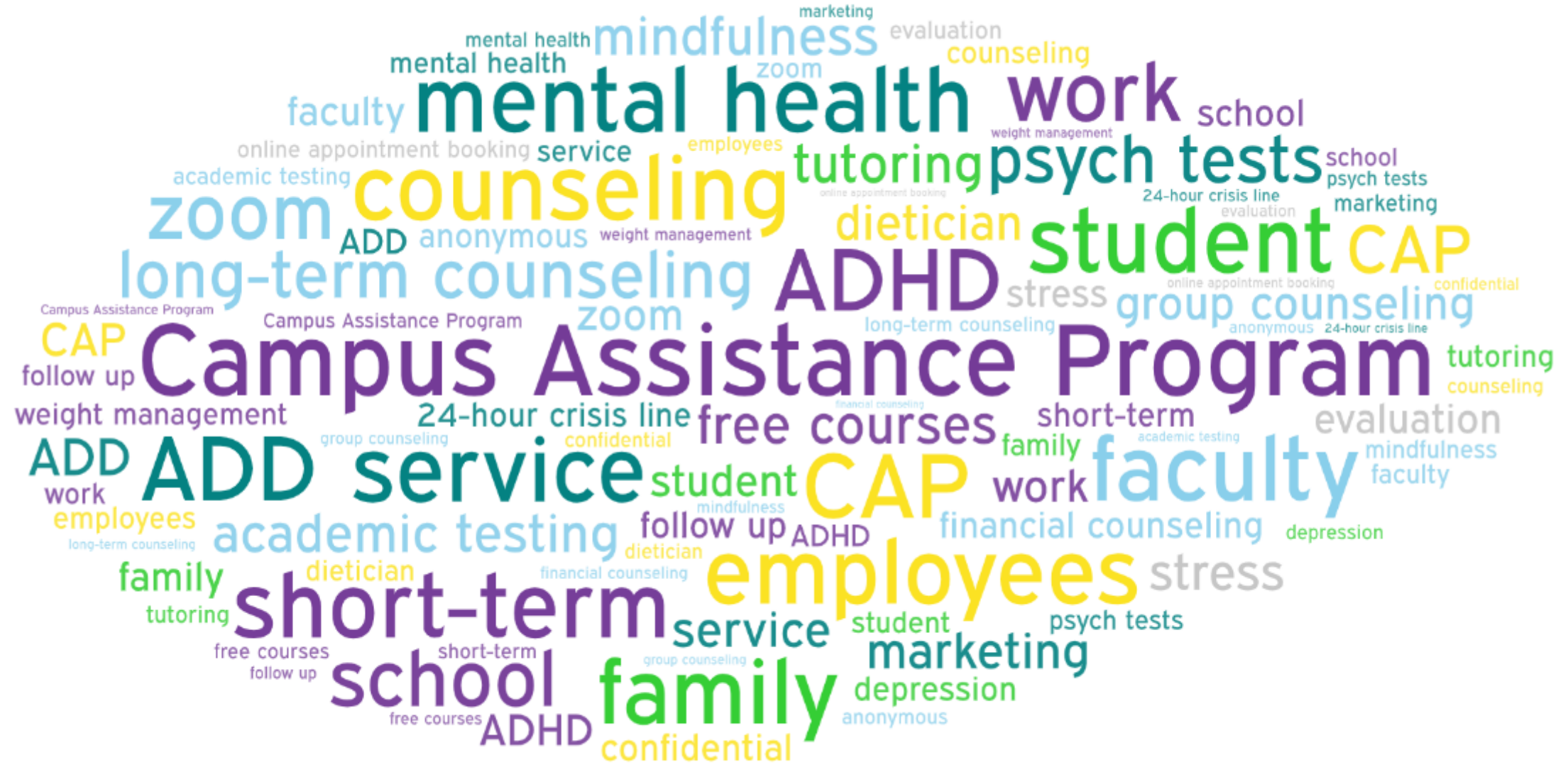


Wellness Center (Qualitative, n=77)

Positive Comments	
Theme	Example Quotes
Positive Feedback:	- I love utilizing the wellness center during the summer months when it's too hot to exercise outdoors. - Since being under Ray's leadership, there has been a complete turnaround! I've been there when every treadmill is in use now, and the variety of classes now offered is amazing. - The wellness center is very well maintained and accessible. - I love the Wellness Center! They're really doing a great job. - I think this is a fantastic resource on campus and appreciate how well staffed it is. I also appreciate that it is available to spouses and other family members. - LOVE IT !! - It is an awesome facility. So grateful we have access to it.

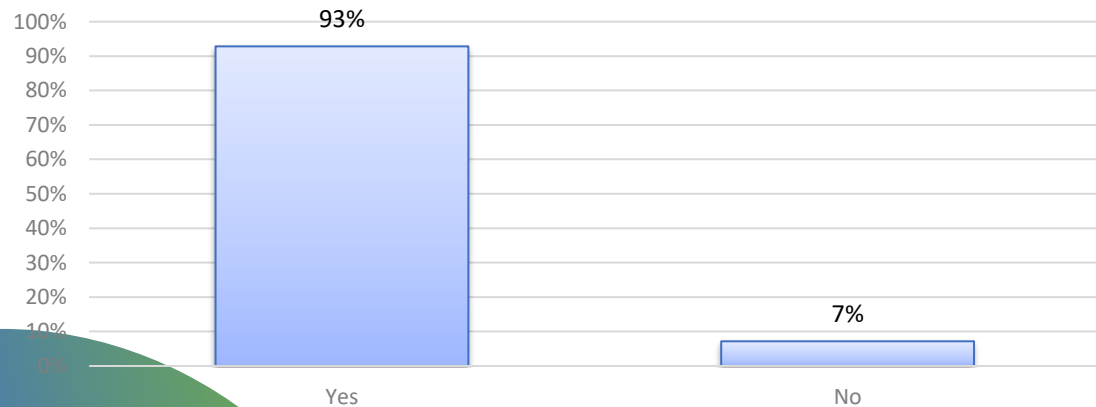
Most common themes	
- Extended business hours - No wellness center at other LSUHSC campuses available - More and/or bigger classes offered at later times	

Opportunities for Improvement	
Theme	Example Quotes
Classes / Class Times	- Offering more space or more classes to the reformer Pilates would be amazing! - The facilities look new and nice, but the classes are mostly cycling or Pilates classes. In Nov. 2023 I asked for self-defense classes, and an employee told me they would be offered soon.
Operating Hours	- If they opened at 5:00am, I would use it. - I wish there were more classes available in the 5pm time slot. - I appreciate the availability of the wellness center. I do wish there were a few class offerings that were later or earlier so I could go to them outside of my work hours. - Offer some of the fitness classes after 5pm such as cycling. - More afternoon classes would be nice.
Additional Comments	- It's annoying that the locker rooms are closed for cleaning during hours that the wellness center is open. This sometimes makes it so I can't change or use the showers after working out. Why can't you schedule the locker room cleanings for times when the wellness center is closed instead? - Parking is an issue. - Where is it? How do I access it? why isn't there any promo about it? Make the reservation for classes easy easier and more streamlined. - More announcements for fitness and yoga classes would be nice. - Retirees used to have access to the wellness center after retirement. I just found out that is no longer the case. Can this be changed back?
Comments of the community outside downtown campus:	- Please provide a space for wellness at the dental school! - Why is there not one at the dental school. - Too inconvenient to get to from the Dental School. - Inconvenient to dash over and get a workout in from the other campus.



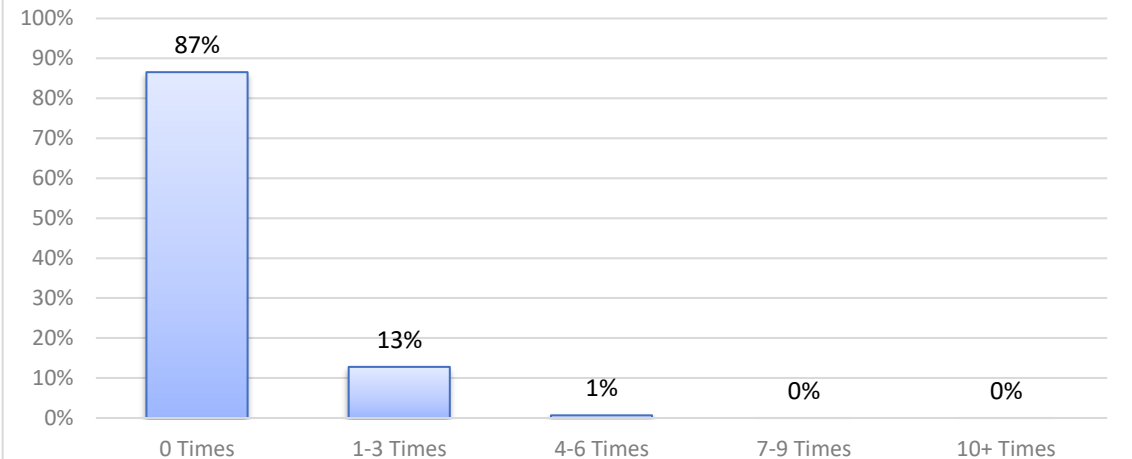
Campus Assistance Program (Quantitative)

Are you aware that LSUHSC offers a free Campus Assistance Program for all faculty, staff, residents, students and immediate family members?



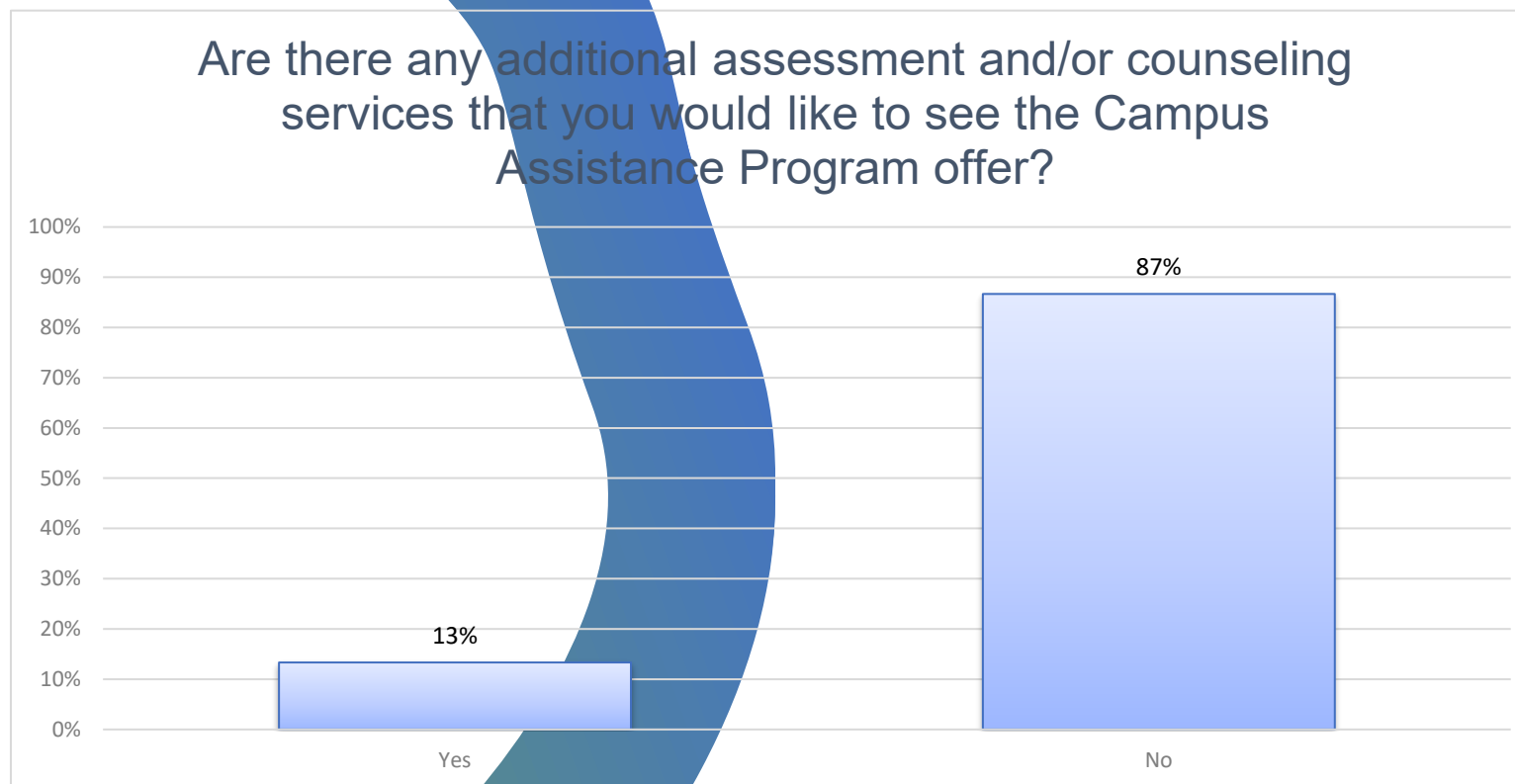
Total: 307

How many times in the last year have you initiated new contact with CAP (Not number of sessions)?



Total: 305

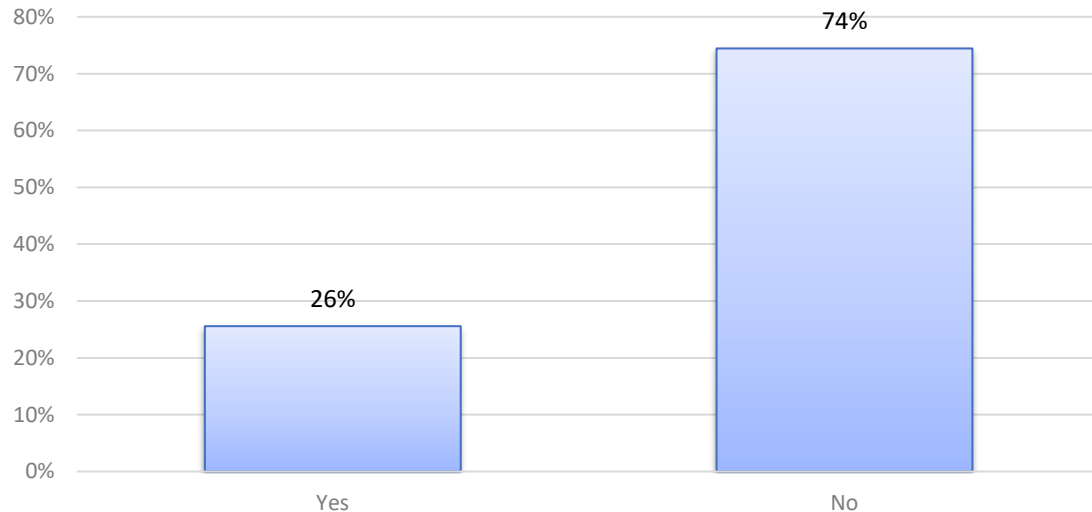
Campus Assistance Program (Quantitative & Qualitative)



Total: 300

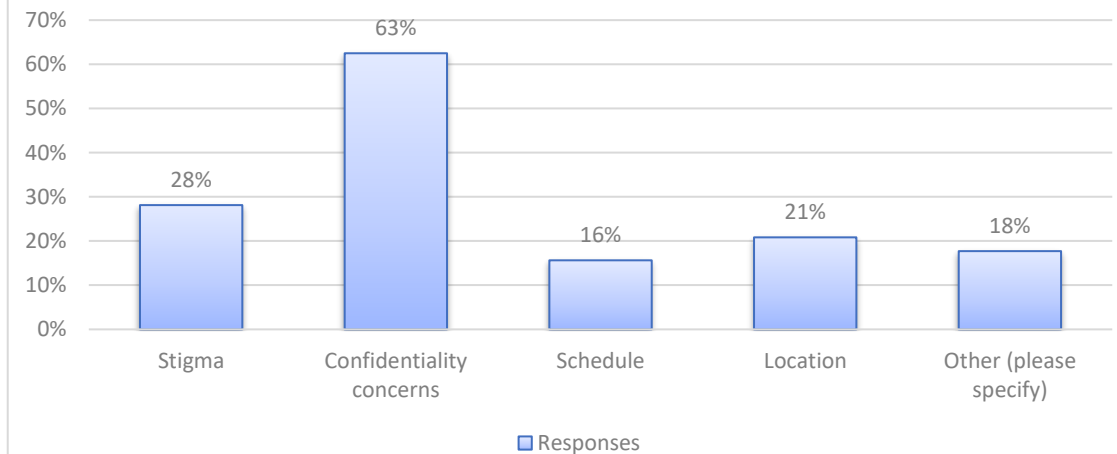
Campus Assistance Program (Quantitative)

Is there anything that may discourage you from utilizing CAP services?



Total: 305

If you answered yes to number 20, what would discourage you from utilizing CAP services?



Total: 96

Additional Comments:

- CONFIDENTIALITY
- Limited amount of sessions
- No long-term counseling

Campus Assistance Program (Quantitative)

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A	Total	Respondent Agreement	Weighted Average	
I know the Campus Assistance Program can assist me in identifying options to resolve personal problems that may be impacting my performance at work/school.	2%, 6	3%, 8	12%, 35	42%, 127	41%, 125	0%, 1	302	83%, 252	4.19	←
I know that the Campus Assistance Program has a 24-hour crisis line in the event I am in a crisis after hours.	4%, 11	13%, 39	10%, 29	36%, 109	38%, 114	0%, 1	303	74%, 223	3.91	←
I know that the Campus Assistance Program has an anonymous stress and depression screening tool on their website.	4%, 13	15%, 46	10%, 31	32%, 96	38%, 114	0%, 1	301	70%, 210	3.84	←
I know my contact with the Campus Assistance Program is confidential.	3%, 9	4%, 13	13%, 40	37%, 111	42%, 125	1%, 2	300	79%, 236	4.11	←

Campus Assistance Program (2024-2025 Comparison)

	2024 Agreement n=359	2025 Agreement n=303	Shift in Opinion ($\Delta\%$ weighted by number of respondents)
I know the Campus Assistance Program can assist me in identifying options to resolve personal problems that may be impacting my performance at work/school.	79%, 282	83%, 252	-3.77
I know that the Campus Assistance Program has a 24-hour crisis line in the event I am in a crisis after hours.	73%, 259	74%, 223	-4.72
I know that the Campus Assistance Program has an anonymous stress and depression screening tool on their website.	61%, 218	70%, 210	-0.21
I know my contact with the Campus Assistance Program is confidential.	76%, 272	79%, 236	-4.02

Campus Assistance Program (Qualitative, n=29)

Positive Comments	
Theme	Example Quotes
Positive Comments	- They're great. Thank you so much for offering this service to our students and staff. - Great program. - I regularly refer students to CAP when they are struggling. - CAP is awesome! I'm so thankful we have it as a resource. - When I needed them they were there. That is all you can ask for. - I love the CAP.

Most common themes
- Confidentiality concerns - Less or no Knowledge about CAP and it's accessibility - Counseling services on other campuses

Opportunities for Improvement	
Theme	Example Quotes
Additional Services	- ADD or ADHD testing would be great. - Long term counseling. - Creating an affiliation with a learning coach to be able to support students who have difficulty with test-taking in their respective career pursuits. - I think it would be helpful for CAP to hold routine seminars for managing stress, academic tools for success, etc. These seminars could be similar to the ones that HR does regarding leadership and career development.
Confidentiality	- I don't trust that it is confidential. If I did, I might use it. - Doesn't seem confidential. - No matter how confidential you make it, I would still be telling my business to someone in this organization. I prefer to go to a private counselor. - The online screening tool still requires you to log in just to access it. - Confidentiality concerns are with people seeing where I go. I am confident the employees will hold my concerns confidentially. - Because CAPs is overseen by people in the psychiatry/social work departments, there are concerns about confidentiality.
Accessibility/Awareness	- Weekly/monthly emails should be sent to all faculty and staff of LSU as reminders. - outstanding programming - best kept secrets on campus. - I don't know what it is or what it does. - It would be nice to have assistance available for family members as well.
	- I wish there was online scheduling options. - Having the option for offsite contracts for counseling may reduce hesitancy in residents seeking therapy at the institution that also evaluates their performance. - The BR Campus needs this. Most people here do not realize this is available here via zoom. Please work towards having a BR physical cap office. - There is no CAP on the LSUSD campus. Students have nowhere to go if in crisis. 20



Off-Campus Counseling (Quantitative)

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A	Total	Respondent Agreement	Weighted Average
I know LSUHSC contracts with an outside professional counselor to provide confidential counseling as a benefit to our students.	11%, 32	25%, 72	16%, 47	27%, 79	20%, 79	1%, 4	292	47%, 158	3.20
I know the outside professional counselor provides up to 6 sessions at no cost.	11%, 33	27%, 80	18%, 53	23%, 68	18%, 53	1%, 4	291	41%, 121	3.10
I know I can contact the outside professional counselor to assist with stress, time management, anxiety, etc.	9%, 27	23%, 67	17%, 48	29%, 83	21%, 60	2%, 5	290	50%, 143	3.29

Off-Campus Counseling (2024-2025 Comparison)

	2024 Agreement n=350	2025 Agreement n=292	Shift in Opinion (Δ% weighted by number of respondents)
I know LSUHSC contracts with an outside professional counselor to provide confidential counseling as a benefit to our students.	43%, 149	47%, 158	-2.05
I know the outside professional counselor provides up to 6 sessions at no cost. (<i>adjusted</i>)	35%, 122	41%, 121	-0.42
I know I can contact the outside professional counselor to assist with stress, time management, anxiety, etc.	40%, 139	50%, 143	0.94



Off-Campus Counseling (Qualitative, n=23)

Opportunities for Improvement	
Theme	Example Quotes
Awareness	- I'm not aware of the LSUHSC outside contracts and specifics. - Can Student Worker qualify for counseling? Can a family member qualify for counseling? - I did not know these things. Those are great benefits. - I had no idea about this. - I wasn't aware of this. - I do not know anything about the off campus professional counseling. - I didn't know we had this. - I didn't know this! - I was not aware of this. - I didn't know this. - Did not know about this resource. - I think I knew of the possibility of outside counseling, however no details. - Is this even available in BR?
Misinformation	- Why is this not offered for residents or staff? - Offer to employees as well. - Not that easy and not paid for and if it was it wasn't offered to me. - Did not know this. Back when I used CAP they helped me locate counselors but I had to pay and the ones I wanted were backed up like six to eight weeks.
Long-term counseling	- Limiting sessions to 6 discourages people from utilizing the service as they do not want to begin a therapeutic relationship with such a short time program. - Due to the increased cost and limited insurance coverage for mental health services, the amount of session should not be limited. This deters students from utilizing CAP at all since their assistance will be ended if they cannot afford it.

Most common themes	
- No Knowledge about Off-Campus Counseling Options - Limited amount of sessions (no long-term counseling)	



Smoke-Free Campus (Quantitative)

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A	Total	Respondent Agreement	Weighted Average
I know that LSUHSC is a smoke-free campus.	0%, 1	2%, 6	2%, 7	31%, 70	64%, 193	0%, 0	301	95%, 263	4.57
I am aware that University Medical Center currently offers free behavioral counseling sessions towards smoking cessation for LSUHSC staff and students?	8%, 23	29%, 87	14%, 42	23%, 70	25%, 76	0%, 1	299	48%, 146	3.30
I know that the State has a Tobacco Quit-line phone number. 1-800-QUIT-NOW	8%, 23	18%, 55	15%, 45	25%, 75	33%, 99	0%, 1	298	58%, 174	3.58

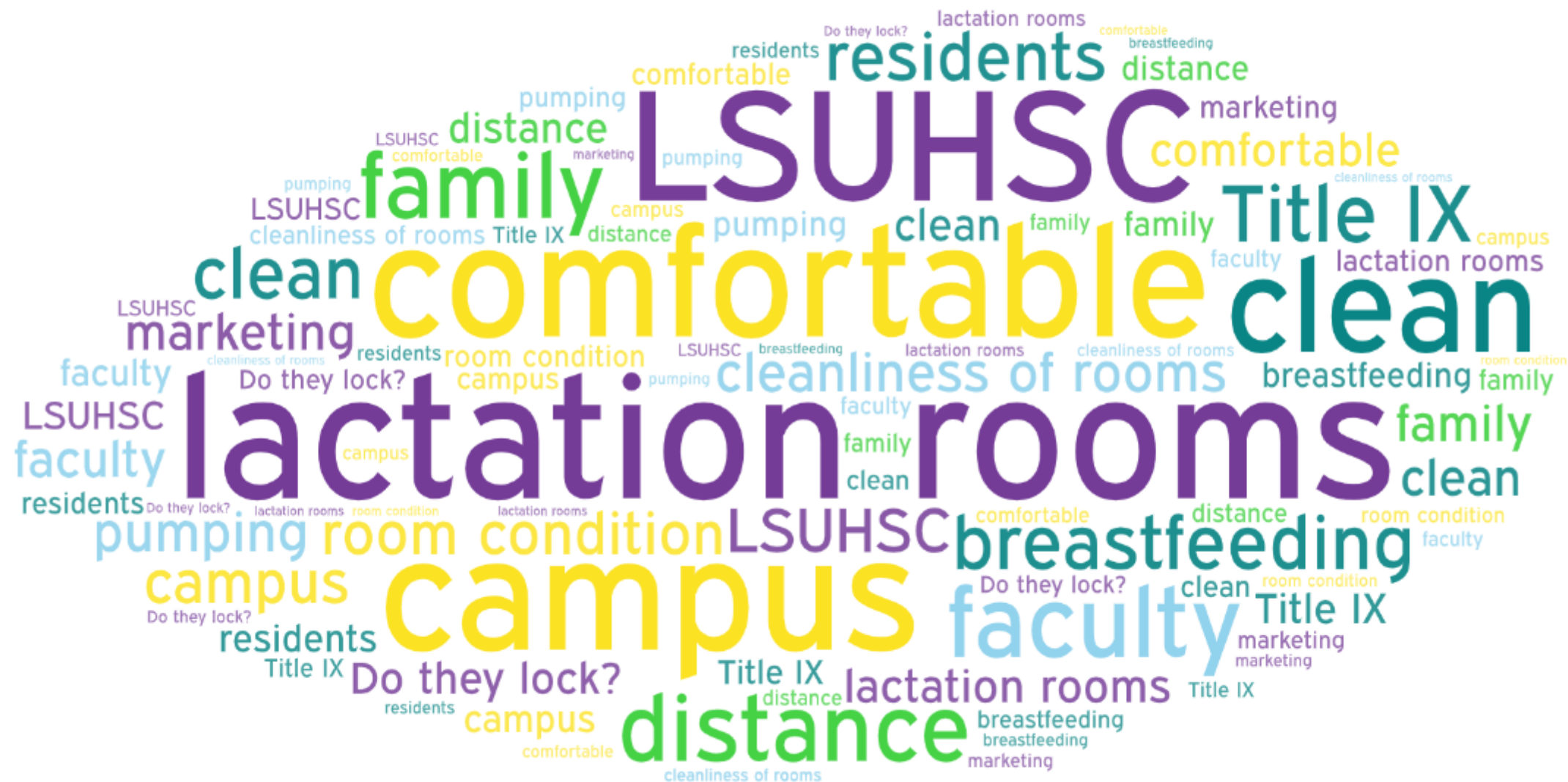
Smoke-Free Campus (2020-2024 Comparison)

	2024 Agreement n=353	2025 Agreement n=301	Shift in Opinion (Δ% weighted by number of respondents)
I know that LSUHSC is a smoke-free campus.	93%, 330	95%, 263	-5.59
I am aware that University Medical Center currently offers free behavioral counseling sessions towards smoking cessation for LSUHSC staff and students?	38%, 134	48%, 146	1.94 
I know that the State has a Tobacco Quit-line phone number. 1-800-QUIT-NOW.	55%, 194	58%, 174	-2.47

Smoke-Free Campus (Qualitative, n=15)

Positive Comments	
Theme	Example Quotes
Counseling Service	- Love that you included this most people don't realize the impact of smoking.
Most common themes	
- "No smoking" is not enforced enough. - The program needs more promotion	

Opportunities for Improvement	
Theme	Example Quotes
Enforcement	- So many people still vape though. its gross. - Although the campus is "tobacco free" I see many individuals smoking around campus (contractors and workers). - I still see people smoking on campus outside, probably are not LSU employees but still annoying. - Smoke-free campus is not enforced. We regularly have faculty and staff smoking on the other side of the street from campus or on the upper floors of the Roman Parking garage. - Too many are not following these rules.
Awareness	- Be more present on campus. - I did not know about UMC's counseling sessions. - Didn't know about this but I think it's great. - Didn't know any of this! - Did not know but do not need this resource
Other Campuses:	- Anything in BR? - No information on this subject is posted anywhere on campus at LSUSD. There are staff members that could use this service but I don't think they know about it. - Dental campus: Not sure if Tobacco Cessation is still available.



Campus Lactation Rooms (Quantitative)

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A	Total	Respondent Agreement	Weighted Average
I am aware that LSUHSC offers lactation rooms on campus.	5%, 16	17%, 50	12%, 35	33%, 96	33%, 96	0%, 1	294	66%, 192	3.70
I am currently breastfeeding and feel comfortable using the lactation rooms.	22%, 56	9%, 22	52%, 134	4%, 9	3%, 7	11%, 29	257	7%, 16	2.51
I am not currently breastfeeding but would feel comfortable using the lactation rooms.	6%, 16	5%, 13	33%, 94	28%, 80	24%, 69	4%, 10	282	52%, 149	3.64
I know I can find a list of all lactation rooms on the LSUHSC Title IX webpage.	13%, 37	24%, 71	23%, 68	21%, 60	17%, 49	2%, 5	290	38%, 109	3.05

Campus Lactation Rooms (2024-2025 Comparison)

	2024 Agreement n=350	2025 Agreement n=294	Shift in Opinion (Δ% weighted by number of respondents)	
I am aware that LSUHSC offers lactation rooms on campus.	48%, 169	66%, 192	4.44	←
I am currently breastfeeding and feel comfortable using the lactation rooms.	3%, 11	7%, 16	1.63	
I am not currently breastfeeding but would feel comfortable using the lactation rooms.	33%, 116	52%, 149	6.43	←
I know I can find a list of all lactation rooms on the LSUHSC Title IX webpage	17%, 41	38%, 109	8.47	←

Campus Lactation Rooms (Qualitative, n=23)

Positive Comments	
Theme	Example Quotes
Lactation Rooms	- Wonderful resource on campus!!!! - Thank you for providing this! I used during my times of breast feeding.

Most common themes
- Condition and functionality of the rooms - Quantity of the rooms - Location and existence unknown

Opportunities for Improvement	
Theme	Example Quotes
Condition and functionality of the rooms	- As a mom who formerly breastfed 5 children while working full-time in hospital settings, there should be lactation rooms in each building (ideally even multiple in each building). Pumping to maintain lactation is already a time-intensive process, so one of the barriers is having to walk a far distance to where the lactation room(s) are across campus. - There are not many lactation rooms around campus for the amount of woman that work here. I'm not sure whether these first come first serve basis, must be scheduled, or are even private. My office is in MEB where there currently is not a lactation room so it would be very inconvenient to walk to another building for this purpose. - There should be a lactation room in the Lion's building as well. - The lactation room I went to did not look like one-seemed like it was being used for storage. Was not comfortable. - There should be one in the libraries. - Some of them are not very accessible, one of my friends is breastfeeding and she said the fridge in the lactation room is broken at UMC I believe.
Awareness	- Why is there not a "pregnancy packet" provided by HR with all of this information? There should be a maternity/paternity web page with the same information. Why are lactation spaces communicated through Title IX when it should be part of the packet from HR? - Didn't know we had these. Didn't know this! Did not know but do not need. - I was not aware of how to identify the location of lactation rooms. I am aware of unfinished lactation rooms on campus.
Other Comments	- Why are lactation room sites listed on Title IX? Can we offer a new parents support group thru CAP? - You should probably have an N/A option for these questions. hard to figure out how to answer if you don't have the equipment to lactate.
Other Campuses	- The lactation room at the dental school is not great. - Again, Baton Rouge?



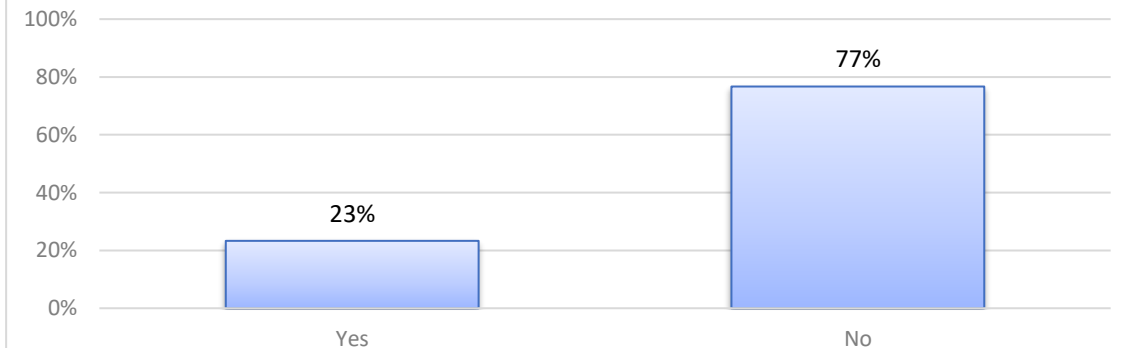
Hunger Free Campus

While an employee or student with LSUHSC - NO did you ever eat less than you felt you should or skipped meals because there wasn't enough money for food?



Total: 295

While an employee or student with LSUHSC - NO have you ever eliminated more nutritional foods (fruits and vegetables) because you could not afford them?

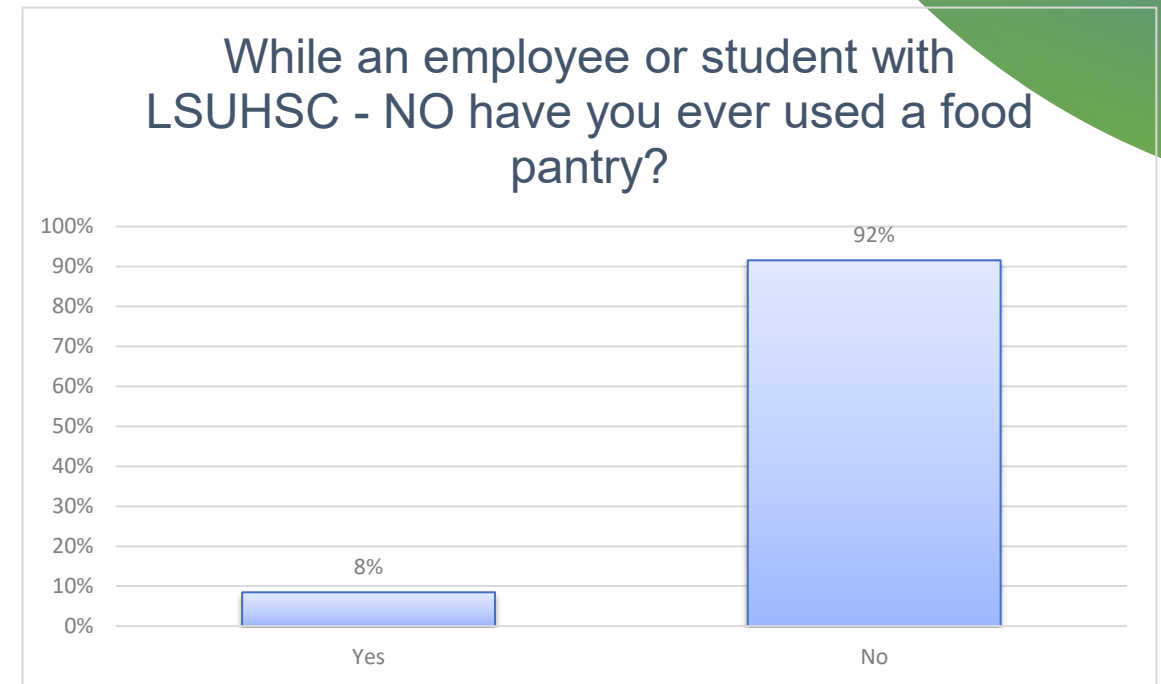


Total: 296

Hunger Free Campus



Total: 296

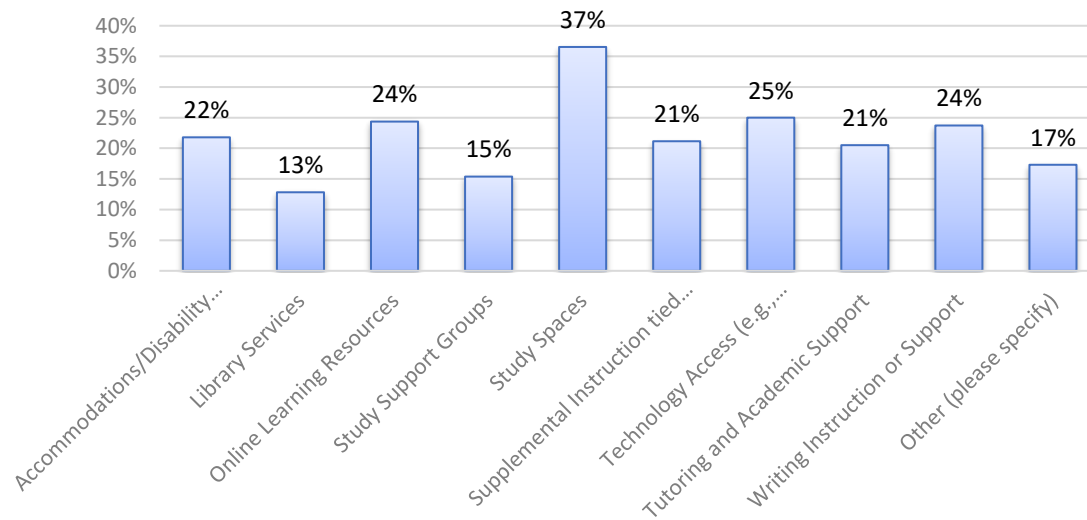


Total: 296



Student Success (Quantitative & Qualitative)

What academic resources do you believe need improvement? (Select all that apply)



Total: 156

27 comments:

- Career advising | Career Services
- Student affairs and student health should be more streamlined with clear directions and proper notification, and there should be more career preparation assistance before final semesters in class.
- Research services, specifically IRB approval times. | Research services.
- Offering long term mental health services.
- Faculty understanding of accommodations/disability services and required expectations for implementation.
- Personal Finances (Debt Management, Financial Counseling, Financial Planning, etc.).

Equipment and IT:

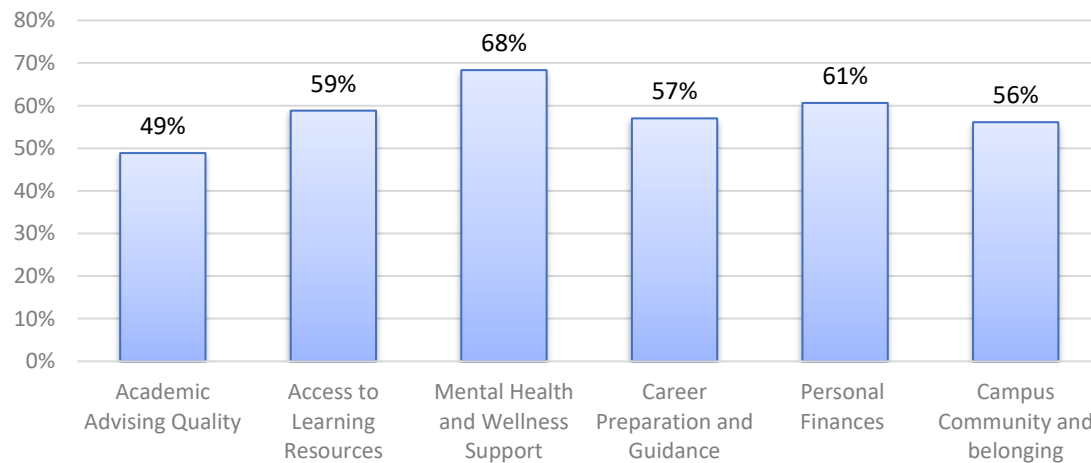
- Please improve the WiFi. | Bad wifi occasionally.
- We had issues with past surgery chair and the deans office was not helpful.
- Easier access to printers and ability to print from personal computers. | Printers.
- Study rooms for nursing.

Staff and Faculty:

- I think that there should be more opportunities for employees to further their education in a meaningful way. For instance, it should be easier for an employee to get a BA, MA, PhD etc. Getting a degree is time-consuming and takes time away from work, but the benefit to LSU in the long-term is huge.
- More access to classes at no charge for administration staff regardless of if its related to their current job role or not.
- Faculty and staff support groups... why are all the services targeted to students?
- Resources for staff and admin employees.

Student Success (Quantitative & Qualitative)

What factors do you believe most significantly impact student success?
(Select all that apply)



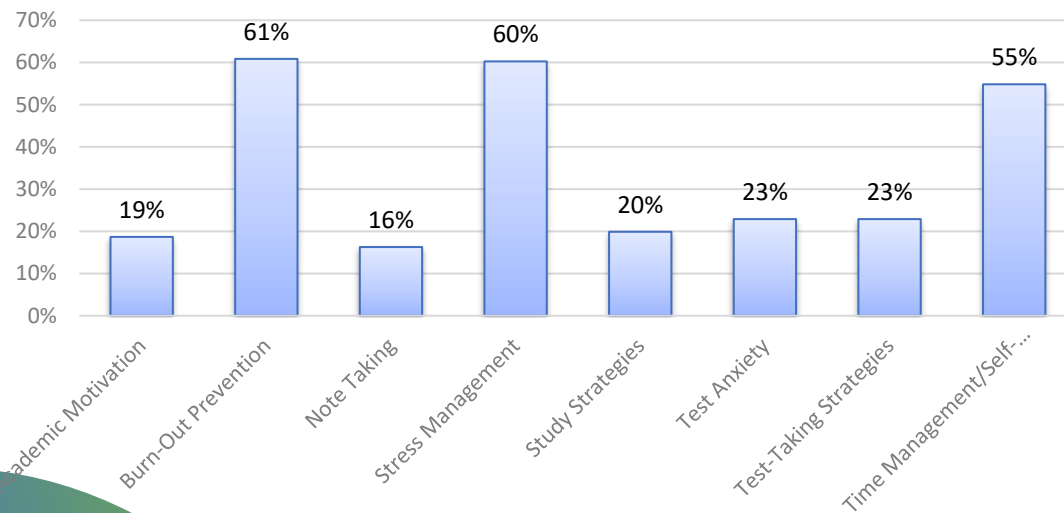
Total: 221

16 comments:

- Knowledge about early learning center on campus.
- I believe some students just aren't receiving and or understanding the onboarding process.
- Availability of study areas and study groups.
- Clinical experience!
- In person instructor rather than remote/ zoom or asynchronous.
- Quality Of faculty/instructors.
- Personal habits developed before they enter a program for an advanced degree; being responsible and accountable.
- Our ability to study on campus (very limited, especially with the cal's debrief rooms on the first floor being closed now).

Student Success (Quantitative & Qualitative)

What academic resources do you believe need improvement? (Select all that apply)



Total: 166

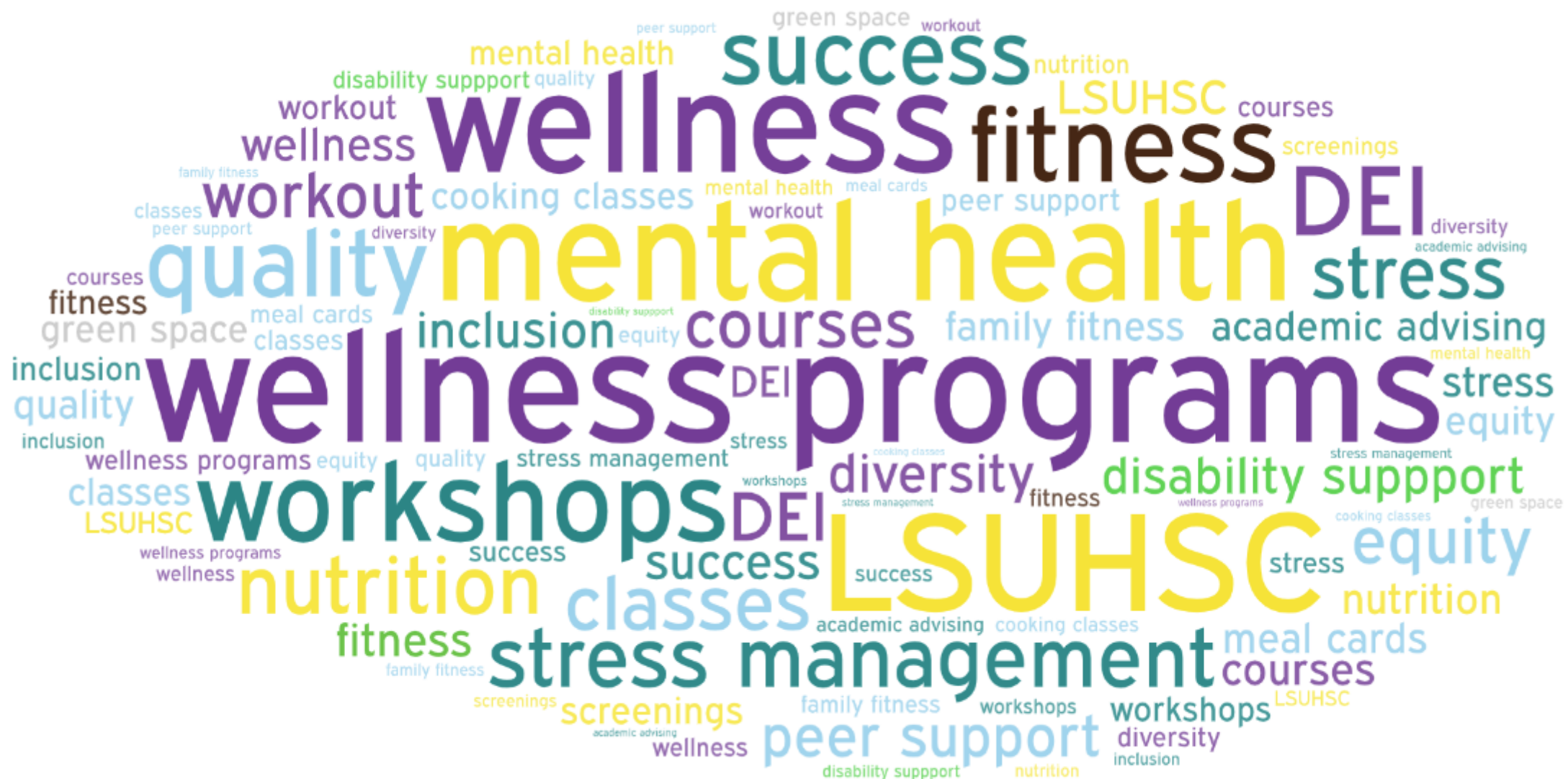
What additional physical, mental, financial, or academic programs do you think would benefit students? (25 comments)

- Programs in my neighborhood Kenner, even an LSU walking group.
- We dont get any financial advice. we should.
- Financial Support Programs.
- Personal finance management.
- Clinical experience.
- Support for employee degree attainment.
- Intramural sports need to make a "comeback".
- Anything in BR would be nice.

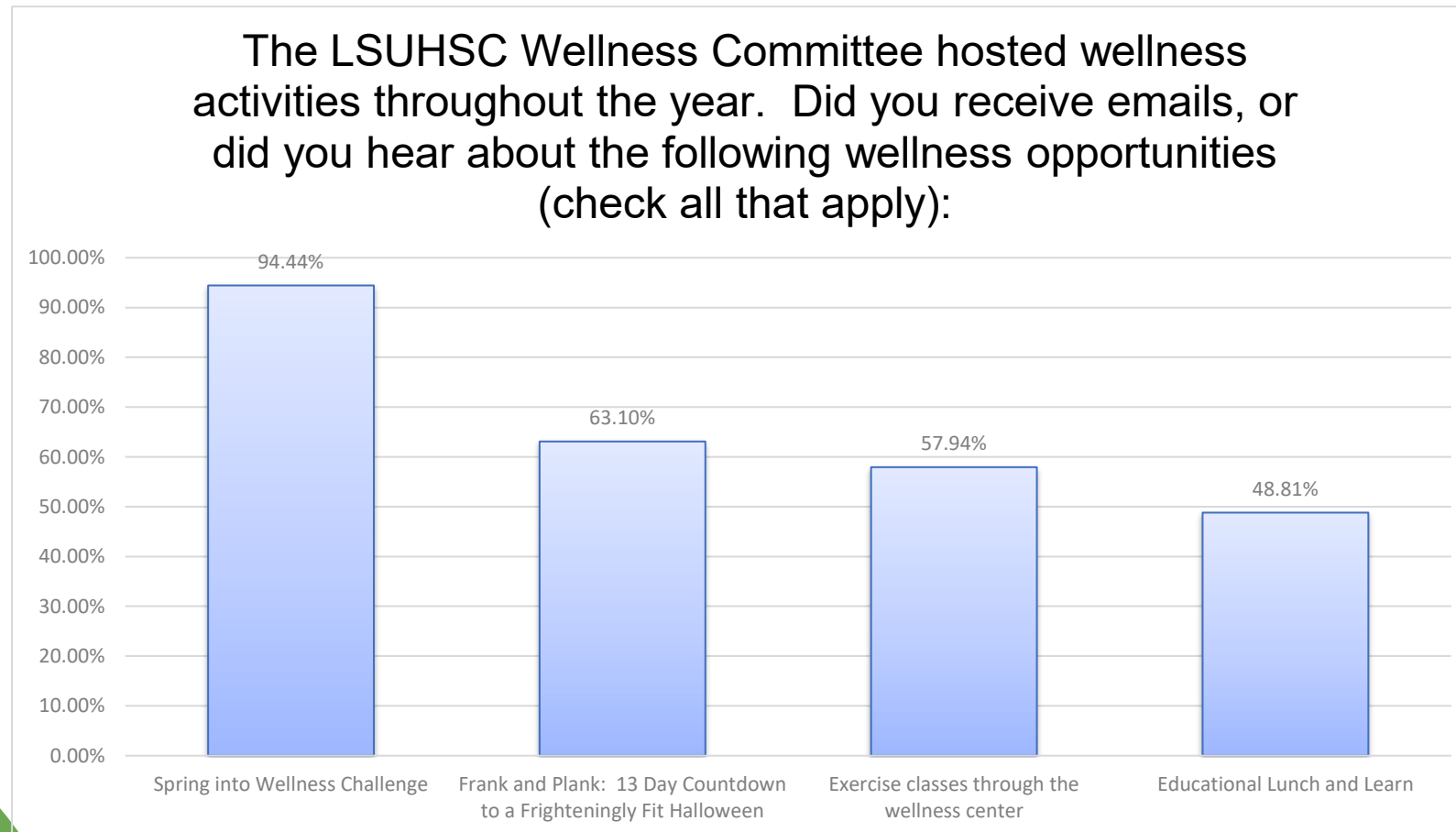
What additional physical, mental, financial, or academic programs do you think would benefit students?

Opportunities for Improvement (n=25)

Theme	Example Quotes
Academic Health	• There's needs to be 1-on-1 tutoring services from highly qualified tutors for struggling students. Not tutoring from random senior medical students, or "learning specialists". I had to utilize this outside of the LSUHSC network at my own expense after negative experiences working with LSU faculty and students. • Some sort of affiliation with a learning coach. • Schwartz Rounds. • Career application and preparation such as resumes, headshots, and the application/onboarding processes. • We as students need more outdoor study spaces. Not just tables along the road but clean set-aside places with outlets outdoors. There is so much green space across from CALS and so many spots but they're not conducive to studying. • Frequently a "one size fits all" course will be offered for students. This type of intervention, may fail to recognize the social & emotional underpinnings of a student's academic difficulty. • Increased faculty mentoring to include academic support could address some students' needs.
Financial Health	• Financial planning. • Financial advice not for debt and loans. for receiving paychecks. for investing. for retirement. • Alumni often report wishing they had guidance on finances and business management.
Mental and physical Health	• Small wellness center at dental school. • Classes outlining successful ways for obtaining a healthy work life balance. • Incorporate Sound baths. • Housing at the dorms, Perdido Place. Student wellness should include where they live. Perdido Place is not up to the standards of other schools.
Other	• Happy faculty = happy students, means support faculty and staff. • Addressing comparing yourself to others in med school. • Diversity, mindfulness, and managing finances.



Wellness Programs (Quantitative & Qualitative)



Total: 252

Is there anything you would like LSUHSC to address on campus as it related to wellness?

Opportunities for Improvement (n=43)	
Theme	Example Quotes
Physical Health	- Regular Self-defense class. - Allow retirees to continue accessing the wellness center after retirement. - Add classes especially for the older generation on campus. It was great when we had Pilates classes. Wish a new instructor could be hired and the older machines could be refreshed. - Weight loss programs.
Mental Health	- This campus would benefit from more outdoor spaces specifically structured for students to study and/or hold class in when the weather is nice. - At least two retreats a year for the staff would be nice. - The physical plant environment in some of the buildings is really depressing. Like Lions. It's prison gray with nothing on the walls. - Yes- campus beautification. So much of the school is gray, and there is no art, at least in the parts of campus I am in. - Mental health options online -- coverage through insurance (better help etc.).
Food related	- Providing free meals for students, not just snacks, every so often would go a long way. - Offer a cafe with coffee, coffee alternative drinks, smoothies, and breakfast and lunch food options in the CALS building. Could be as simple as grab and go.
Other Comments	- Better promotion of the services available. - The campus continues to lag in its efforts to address access to individuals with disabilities and chronic illnesses. - Adding things to increase "wellness" while doing nothing to correct the systematic problems on campus that are a detriment to wellbeing (such as antiquated business processes and increasing workloads) is just saying you're increasing wellness without actually doing something concrete that will increase wellness. - LSUHSC needs to implement employee recognition from the top down.

Is there anything you would like LSUHSC to address on campus as it related to wellness?

Opportunities for Improvement (n=43)	
Theme	Example Quotes
Other Campuses	• Extend services to the Dental School - make it physically convenient for dental school employees and students to participate in these initiatives. We are too far removed to attend some of these initiatives or facilities. • Offer things in BR. Lsuhscc should be embarrassed about neglected thumis Campus feels particularly when it comes to wellness resources. • LSUSD is in need of a gym. [...] This was a great stress relief for all and so convenient. • Off campus opportunities for those not in New Orleans (faculty across the state including Baton Rouge). Access to workout facility or classes in BR • Dental campus: Wellness Center needed on campus!! • We have many employees, interns, etc. in Baton Rouge, but no real wellness resources to speak of. Seems like we could coordinate something with BRGH or the Lake on Bluebonnet since we have a large presence there. • More involvement at Manning Family Children's. • Small wellness center at dental school. • Provide financial incentives for wellness memberships for those who neither work nor live near the downtown campus.

How to enhance our campus culture where students, residents and staff can speak up **before** it's too late?

"I think we really need to talk about suicide - explicitly and proactively. If we don't, the conversation will happen in the aftermath of a tragedy. Some of my classmates have made worrying comments, and I find myself in a dilemma. Reporting these comments might worsen their isolation or add to the overwhelming stress they're carrying, or it might provide them with the help they need. I shouldn't be put in that position because I half-heard someone mumbling between breaths - and my classmates shouldn't feel like no one can help them. If open conversations about mental health and suicidal thoughts were normalized on campus, perhaps more students would feel safe seeking help before reaching a crisis point. We need a culture where speaking up isn't stigmatized, but supported. I fear my classmates are keeping these feelings to themselves because they don't believe support is truly available - we believe that LSU admins have their own interests in mind before students'."

A large, stylized circular graphic composed of concentric, overlapping bands in shades of blue and green, framing the central text.

How can we
continue to improve
upon the programs
here
at LSUHSC
to enhance campus
health and wellness?

Possible Actions

CAFETERIA

Extended opening hours, elevated food consistency and freshness, a varied menu, and more healthy food options (incl. vegetarian/vegan/gluten-free) can help enhance the cafeteria's offerings.

WELLNESS CENTER

The introduction of new fitness classes, especially after 5 PM, and extended opening hours can enhance the offerings of the existing Wellness Center. There is high demand for Wellness Centers on campuses outside of New Orleans.

ON- AND OFF-CAMPUS COUNSELING

Educating the campus of CAP's policy as well as increased communication about CAP services can help address the confidentiality concerns of potential clients. At the same time, there is significant demand for counseling services at campuses other than the downtown location. Increased promotion of both CAP services and off-campus counseling and their counseling options via Zoom should be implemented to enhance awareness.

SMOKE-FREE CAMPUS

Raise awareness of the smoke-free campus through signs and displays as well as initiating an event on the Great American Smoke-out day (Nov. 16, 2024) together with the ATC.

Possible Actions

LACTATION ROOMS

To increase the visibility of the lactation rooms, LSUHSC could enhance communication by promoting the existence, accessibility and locations of lactation rooms during the hiring process and in general through campus maps, signages, and digital channels. It should be examined whether it is possible to increase the number of lactation rooms in order to provide one per building as possible and to reduce walking distances. Additionally, regularly maintaining the rooms to ensure cleanliness, comfort, and functionality would support a more welcoming environment.

STUDENT SUCCESS

To enhance student success on campus, a continued communication about the existing study spaces can help students find the right environment to learn. Additionally, offering regular mental health and wellness classes focused on burnout prevention, test taking strategies as well as stress and time management would provide students with valuable tools to maintain balance and academic focus.

HUNGER FREE CAMPUS

Continue offering and promoting on-campus food pantries, as well as providing meal vouchers or dining hall credits to students. Additional helpful measures for students in need could include partnering with local food banks, nonprofits, and community organizations, and offering financial aid counseling. Run awareness campaigns to inform students about available resources and reduce the stigma associated with seeking help.

Thank You!