

# HEALTH & WELL-BEING

## ANNUAL REPORT 2022-23

### BASIC NEEDS INSECURITY

UNC Greensboro participated in the Hope4College Capacity Building Cohort in 21-22. As a part of that process, the Hope4College Survey was administered in Spring 2022. The survey found that the basic needs of students has increased to 35% of students experiencing all three food insecurity markers and 45% experienced at least one marker. This trend increased in 22-23 with the Spartan Open Pantry experiencing its highest engagement to date. There were 45,141 pounds of food distributed (7% increase) to 4037 users (8% increase). There were also 3,362 to-go meals provided.

### SUPPORTING STUDENTS' WELL-BEING

The Culture of Care represents Student Affairs' approach to supporting students' overall health and well-being. In 2022-2023, the Culture of Care became a focus point in the new website design for prospective students. It highlights the eight dimensions of wellness and provides students with an overview of campus support for each dimension. In addition, well-being became the focus for the Quality Enhancement Plan associated with UNCG's 10th year reaccreditation.

UNCG also added a professional and peer coaching program in 2022. Through a UNC system office grant and private donor, a full-time coach and peer guides were hired to support students' subclinical mental health needs. As a result of this programs, students can receive guided coaching to support their social and emotional development. The program was developed in Fall 2022 and implemented beginning Spring 2023. A yearlong pilot will commence in 2023-2024.

### ESPORTS

The Esports arena officially opened August 2022. Since launching, it has supported four weeks of Esports Summer camps in July & August 2022 and two E2 weekend tournaments and Unreal Engine trainings in October 2022 and February 2023. Esports hosted 30+ events in the Esports arena that ranged from intramural tournaments to state-wide esports competitions. There was 30+ college and high school visits/field trips to the Esports arena. One of the areas of focus for the arena is connections to academic programs. Through this focus, the arena hosted academic course instruction from faculty in Religious Studies, Bryan School of Business, and the Grogan Residential College. All intramural gaming events were scheduled to be held in the Esports arena with only one not being able to be supported due to a conflict. Finally, a gaming & Esports Club was added to the Club Sports Program.

The Gaming and Esports Engagement Assessment was administered in April and May 2023. The assessment received 115 responses. Key findings:

- 87% of students felt that being a part of the gaming community at UNCG has helped them fit in socially.
- 88% of students felt that their participation at the Esports Arena has improved their connection to the gaming community at UNCG and enhanced their sense of belonging on campus.

Student Quote: "I like the sense of community that comes with having a physical gaming space. I would not have been able to meet some of the friends I have met and gotten in touch with other competitive teams if there was no physical arena. I'm not really a social person over Discord or other social media, so having a physical space where I can interact with other gamers has truly helped me in developing my social skills and stepping out of my comfort zone to talk to people."