

Restorative Summer & a Student Well-Being Task Force Update

provost@slu.edu

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To our Saint Louis University community,

As our traditional academic year comes to an end, the energy on campus is palpable. There's a feeling of hope that comes with warmer weather, summer vacations and new dolphin ponds. But there's also a sense of accomplishment and, frankly, exhaustion as we process not just the most recent academic year but all of our time working, learning and living during a pandemic.

We see it in meetings, in engagement and on faces — everyone has used up their energy to finish the year strong.

It is time for rest.

Please make the time and space this summer to engage with something that feels restorative for your mind, body and spirit. That looks different to everyone, but all of us need it. Bringing the best versions of ourselves back to our community this fall requires it.

Student Well-Being Task Force update

Few things have highlighted the need for this restorative time quite like the work of the Student Well-Being Task Force this year. We continue to feel immense gratitude to that team and to the hundreds of community members who participated in listening sessions and provided feedback on the draft recommendations. A [summary of that feedback](#) has been added to [the Task Force website](#) for your review.

While the Task Force is still revising and refining the recommended actions, and prioritizing starting points, it is important to know that the work to enact the recommendations can begin as early as this summer with special emphasis on actions that benefit all students and strengthen our ability to respond to crises in ways that align with our Jesuit values. We are committed to seeing this work through and will provide additional updates in the fall, so the community understands the actions being taken as a result of these recommendations.

It is important to know that we have continued to work on enhancing support for student well-being even as the Task Force has done its work. We've added wellness days into next year's academic calendar. We're prioritizing well-being in our Academic Strategic Plan. We're reviewing the University's crisis response plans. We're working to expand Mental Health First Aid Training for faculty and staff. We're exploring new partnerships that will enhance student support and suicide prevention and education.

We will do incredible things together this coming academic year. But for now, we rest and reflect on all we've accomplished.

Sincerely,

Mike Lewis, Ph.D.
Provost

Sarah Cunningham, Ed.D.
Vice President for Student Development