

SHO TIME:

Reprogrammed for Students

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Table of Contents

Executive Summary.....	3
Schreyer Honors College Mission and Vision	4
Strategic Plan Value Statement.....	5
Introduction.....	6
Supporting Elements.....	8
Thematic Priorities.....	13
Implementation.....	16
Evaluation.....	22
Conclusion.....	23
Works Cited.....	24

Executive Summary

The Schreyer Honors College's strategic plan will take action within the next two calendar years beginning in August of 2021. This strategic plan seeks to enhance the student experience at the Schreyer Honors College orientation (SHO TIME) in order to increase Scholars' wellness at the beginning of their journey at Penn State. SHO TIME will become a time for future Scholars to create a foundation for their physical, mental and social well being.

Within the first year of the newly implemented SHO TIME schedule, the Schreyer Honors College will familiarize future Scholars with the University Park campus. This will allow students to feel more comfortable in their new environment by introducing them to different parts of campus that have not been focused on in previous SHO TIME schedules.

For the coming year, we aim to coordinate with the Schreyer Honors College to schedule and arrange events. In Fall 2021, the Phase 1 schedule will be implemented, which makes additions on the existing schedule. In Fall 2022, the Phase 2 Schedule will be implemented, which cuts down on events that students found unnecessary based on our survey. In the fourth and fifth years, these events will be re-evaluated using a Qualtrics survey aligned with the health and wellness goals outlined below.

As an element of student health and wellness, one must consider how the transition to campus is influenced by orientation. Whereas other Penn State students do not have an orientation program when they arrive on campus, Schreyer Honors Scholars do. Thus, it is worthwhile to consider how Schreyer Scholars feel about the current orientation program.

Using Schreyer Scholars' feedback based on a March 2020 survey from Scholars of every year, our plan recommends to: 1) give students more freetime and autonomy during SHO TIME; 2) allow students to organically meet their neighbors in the residence halls; and 3) limit the events to those that Scholars reflected fondly on.

The primary goal of the reorganized SHO TIME schedule will be focused on the overall wellness of the Scholars entering the Schreyer Honors College. This strategic plan focuses heavily on the physical, mental and social health and wellness of new Scholars. Through the implementation of a new SHO TIME schedule with focus on student wellness, Scholars will begin to lead a more sustainable lifestyle.

Schreyer Honors College Mission & Vision

The Schreyer Honors College's mission is to: 1) achieve academic excellence with integrity; 2) build a global perspective; and 3) create opportunities for leadership and civic engagement.

In similar sentiment, its vision is to: 1) educate men and women who will have an important and ethical influence in the world, affecting academic, professional, civic, social, and business outcomes; and 2) improve educational practices and to be recognized as a leading force in honors education nationwide.

Strategic Plan Value Statement

Importantly, the mission of the strategic plan is only achievable with a student body willing and able to meet those objectives. Thus, the health and wellbeing of the student body in the college is held as a top priority. In light of these terms, it is worthwhile to consider how they relate to the Schreyer Honors College student body, specifically in the context of the orientation program.

Students entering the college face a number of factors that should be considered in the pursuit of student wellness. The following are those we deem most significant: 1) the transition to college is a pivotal moment towards independence in adulthood; 2) the process of leaving home may cause stress for many students; 3) students often have a roommate and close neighbors for the first time in their life; 4) students are preparing to begin a challenging academic endeavor; and 5) students are often in this new environment alone.

These elements can all contribute to students feeling anxious, and at worst, unwelcome. With all of these conditions in mind, we have adopted the following values to enhance the health and wellbeing of students in the Schreyer Honors College who are participating in the SHO TIME welcome program: 1) student autonomy; 2) a student's natural and neighborly community; and 3) the complete Schreyer Honors College community.

This plan shall utilize these three values, in addition to our communal University priorities and the higher guiding principles of the Schreyer Honors College, to inform our proposal for adjustments to the SHO TIME orientation program.

Introduction

This document articulates the Presidential Leadership Academy Peddler's Schreyer Honors College strategic plan for the five years comprising 2020 through 2025.

Our plan focuses on the Schreyer Honor Colleges' health and wellness goals for the students, staff, and faculty of the Pennsylvania State University. Based on the World Health Organization's definitions of health¹ and wellness,² alongside Penn State University's own Health Promotion & Wellness values,³ we have developed a plan for the improvement and betterment of the Schreyer Honors College's SHO TIME orientation. Within the recreation of the SHO TIME schedule, we seek to implement greater autonomy for the students while highlighting communal events. In doing so, our team based our restructuring of the SHO TIME schedule to include greater resources for students' social, mental, and physical health to better student stress management while building a stronger Schreyer community.

During the plan's creation, we consulted with Donna Meyer, Director of Student Programming, who provided us with a framework for SHO TIME and its goals. Similarly, we consulted numerous Schreyer Honors Scholars through individual conversations and a Qualtrics survey to ensure we met student expectations and goals. Throughout the implementation of the PLA Peddler's revised SHO TIME plan, we will continue to communicate with the Schreyer Honors College Student Programming team to build a sustainable program. Similarly, as several of our changes revolve around Intramural (IM) Building's resources, we plan on working with the IM Building staff for optimal coordination and implementation. The insight from the IM Building staff will allow our team to understand the benefits and the limitations of the university's resources.

The amendments in the SHO TIME schedule derives from the results of the SHO TIME community survey conducted by our team. Within the survey, we found the SHO TIME orientation sufficiently met the expectations of students in regards to certain areas of student health, but it failed in others. In analyzing student responses to the SHO TIME orientation survey, our team aimed to reconstruct the SHO TIME schedule by improving students' social health and mental health, which are vitally important to their overall wellbeing. The reconstruction of the SHO TIME schedule therefore reflects the need of an orientation aimed

¹ A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. (World Health Organization)

² The optimal state of health of individuals and groups. (World Health Organization)

³ Increasing awareness and knowledge of health issues; promoting healthy behaviors; providing health education services, programs, information, and materials to students; and advocating for a healthy Penn State community. (Penn State Student Affairs)

towards supporting students' social, physical, and mental health while giving them greater autonomy as members of the university.

Throughout our plan, we have outlined how our reconstruction of SHO TIME will benefit student health in accordance with Penn State's own goals. Aiming to welcome the new Schreyer Honors Scholars into the greater Schreyer Honors College community, our schedule illustrates the fostering of a cohesive student, faculty, and staff community within Schreyer. Our aim is to create a sustainable, all-encompassing change in students' overall wellbeing within the Schreyer Honors College by aiding in the construction of student communities, providing resources for the management of stress, and facilitating an inclusive environment for student transitions.

Supporting Elements

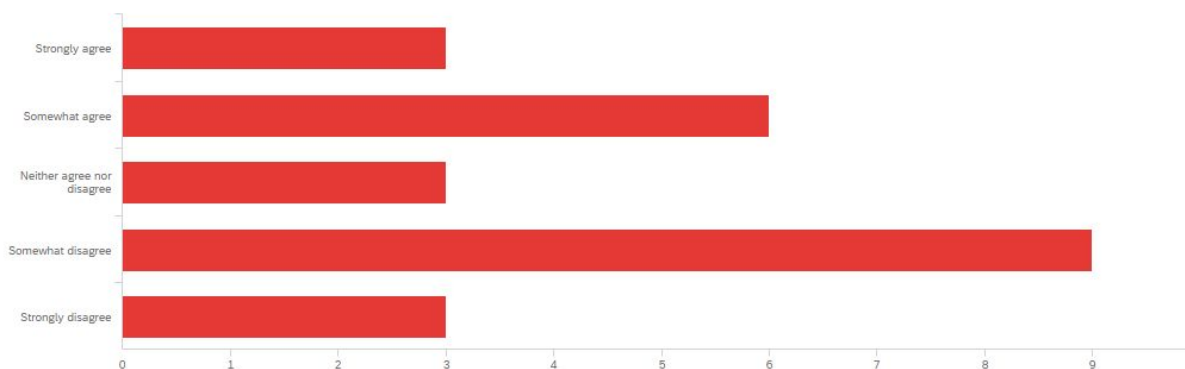
We evaluated student attitudes toward SHO TIME primarily through two avenues. First, we gathered anecdotal evidence from Schreyer students who experienced the program, to identify strengths and weaknesses of past SHO TIME. Then, we designed a survey with Bellisario College of Communications graduate student Olivia Reed to compile aggregate data on student attitudes in an effective and efficient format. A Qualtrics survey was sent via Schreyer-related student group texts and received 31 responses in a matter of days. Through the results of our in-person engagement with Schreyer students and the survey, we identified three thematic principles that guided our own prospective schedule: (1) increasing student engagement, (2) fostering the development of a strong Schreyer student community, and (3) giving students practical knowledge and access to stress management resources to help them with the transition to college.

Data:

When we began the project, we sought to improve SHO TIME and had ideas from personal experience. However, we created an official survey to ensure the overall Schreyer student community would support the same improvements we identified. Moving forward, we based our plan on the results from the survey to ensure our strategic plan is best for the whole Schreyer community. Below, we included graphs indicating some of the results that guided us.

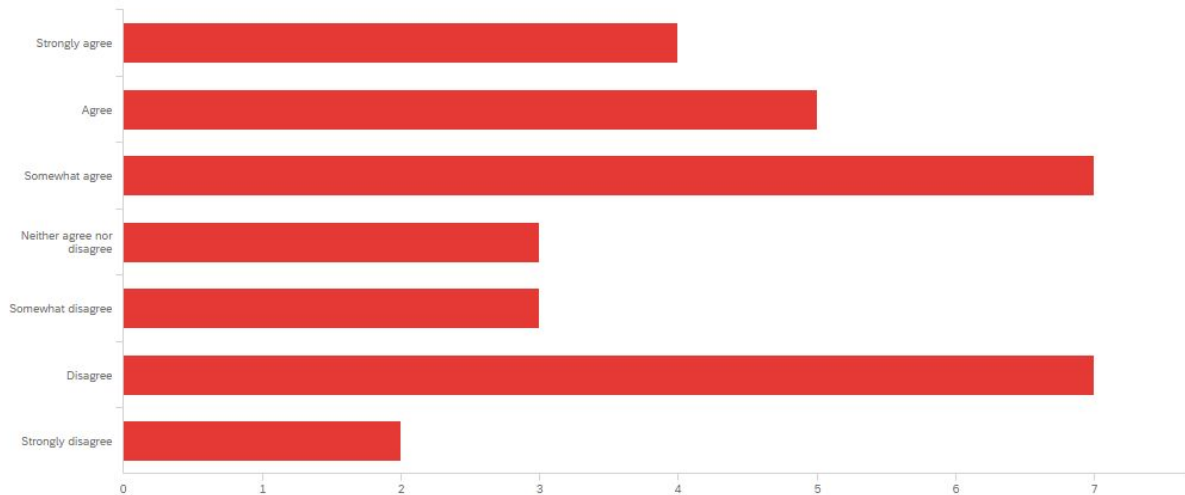
Q22 - There was an adequate amount of "free time" at orientation to interact with other scholars organically.

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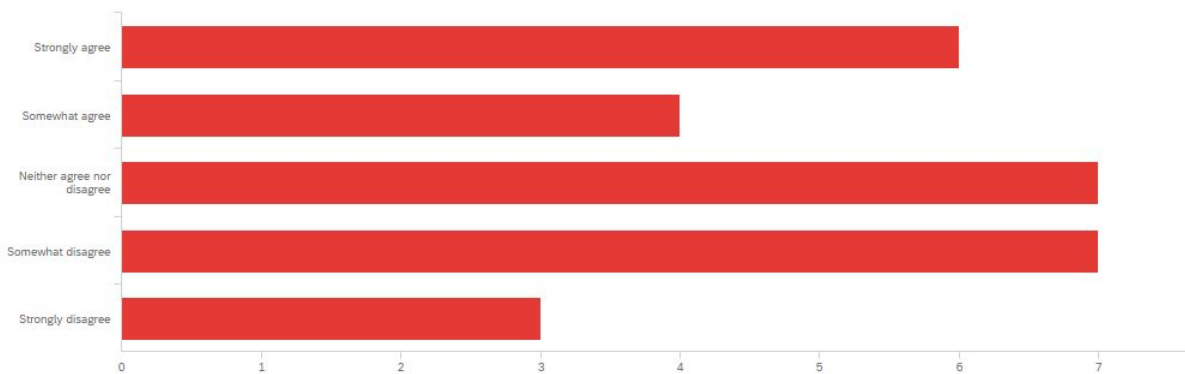
Q6 - After orientation, I knew how to get to all of my classes.

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Q21 - I am comfortable with finding resources about stress management in the Schreyer Honors College.

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Additionally, some of the free responses helped us plan improvements for SHO TIME, which we included below.

Q18 - What would you change about SHO Time if given the opportunity?

A: "I would possibly make more informal opportunities for SHO TIME groups to socialize with each other. Maybe free up one night so people can choose to meet other students outside of their SHO TIME group as well."

A: "I would give future scholars more free time and opportunities to just hang out."

A: "I would incorporate more activities around the entire campus as a whole instead of just near South to give a more holistic view of campus and not just Schreyer."

A: “I would add more activities meant for students to become friends—I thought there weren’t enough social opportunities.”

A: “A lot of the bigger events broke up the day nicely but at the same I feel like some more time needed to be spent for socialize with other groups then just going to a event.”

Q19 - What was the most beneficial part about SHO Time?

A: “It has a really good opportunity to be a fun bonding experience for all the scholars, but this is very underutilized.”

A: “Getting to know people before showing up to class.”

A: “Being able to connect with other Schreyer students, in my year and above. It gave me some amazing friends and connections across campus.”

A: “Getting to know people before showing up to class.”

We used the results of this data below to form different supporting elements below, where we further incorporated our data into our strategic plan moving forward.

Increasing Student Engagement

Fostering the development of a strong Schreyer student community...

From our conversations with Schreyer students and alumni, we gained the impression that the SHO TIME schedule’s structure and rigidity was counterproductive to fostering connection between Schreyer students. This was reinforced by the results of our survey, where we found that only 34.8% of respondents agreed with the statement that “there was an adequate amount of ‘free time’ at orientation to interact with other Scholars organically.” In balancing our needs to include valuable programming in the curriculum while ensuring students look back on their SHO TIME experience foldly, we relaxed the time constraints of certain activities and built in more opportunities to socialize outside of a controlled setting. We seek to provide students with more “organic” activities for students to build genuine, long-lasting friendships.

Increasing student engagement in activities...

While giving students more free time is helpful, we are also attempting to provide interactive activities that encourage teamwork between Scholars. Through group activities such as geocaching, cookouts, and hiking trips, students will be provided with structured events that encourage and enable unique conversations with other Scholars. Students will be more engaged in all activities if they are developing friendships while learning about Penn State.

Fostering the Development of a Strong Schreyer Community

Providing engaging and unique experiences for Scholars to share...

To build a strong sense of community between Scholars from the beginning, SHO TIME needs fun and engaging opportunities that students will fondly reminisce about. To provide more of this, we are reinstating the annual SHO TIME cookout. Here, members of the Schreyer staff will serve food to Scholars on the HUB lawn. Along with this, there will be backyard party games available, such as cornhole and KanJam. Scholars will be able to find others with shared interests and begin to form genuine friendships with others in this dynamic environment. Additionally, they will be able to meet the staff in a stress-free location and view them as administrators who are invested in student engagement.

Allowing Scholars to meet neighboring Scholars...

When Scholars move into their dormitory rooms in Atherton and Simmons, they are obviously surrounded by strangers. Currently, students have very little free time to know their neighbors, as their SHO TIME schedule is packed and then classes begin. We have deliberately incorporated students to have more free time in their halls to become acquainted with their neighbors. Hopefully, they will become friends with other Scholars and contribute to a stronger Schreyer community.

Providing Students with Practical Knowledge and Stress Management Resources

Stress management information for students...

Currently, SHO TIME provides students with Schreyers' full academic expectations for Scholars. However, it fails to provide them with resources to handle these scholastic pressures, as only 32% of surveyed SHO TIME participants stating that they were "comfortable with finding resources about stress management in the Schreyer Honors College." We have attempted to help students by introducing them to the Wellness Suite in the IM Building. Here, they can learn about many resources Penn State offers for stress management, including stress management workbooks, dietary consultants, and meetings on reducing stress through time management and relaxation strategies. This will provide students a variety of resources to alleviate some of the intense academic pressure.

Familiarizing students with campus landmarks...

SHO TIME's current schedule keeps students almost solely on the South side of campus, with occasional trips to the Intramural Building and to the HUB. Navigating Penn State's large, 1,506 mi² campus can be intimidating and a source of stress for some Scholars, especially when they are under time constraints. To solve this, we have incorporated activities such as a campus-wide geocaching activity. Students will travel in groups to notable landmarks around campus. Not only will this build teamwork, but students will also be less stressed while travelling around campus.

Finding academic buildings/resources...

Current Scholars usually find their current SHO TIME schedule full and have to locate their classes on the first day for the first time, which can be extremely intimidating. To solve this, we designated times for students to find their classes together. Scholars will be able to alleviate some of the first day of class stress, along with finding other Scholars who will be in their classes. Additionally, if anybody encounters problems finding buildings or rooms, they can ask SHO TIME mentors who will be able to assist the students.

Allowing for multiple dining options...

All of the meals for SHO TIME in recent years occurred in Redifer Dining Commons. Moving forward, we want Scholars to be exposed to more Penn State dining options. Not only will this remove the stress of entering a new dining hall when it is packed with the whole student population, but they can also explore the different health options at each hall and have SHO TIME mentors direct them where to find gluten-free, vegetarian, or vegan options.

Thematic Priorities

In response to survey data, this plan highlights three thematic priorities: Building Student Communities, Providing Resources for Stress Management, and Aiding with the College Transition.

Through these targeted areas, the Schreyer Honors College seeks to promote student wellness for all students entering the Honors College. Each thematic priority is meant to touch on various elements of wellness including physical, mental and social wellbeing.

This strategic plan intends to maximize the health and wellness of incoming Schreyer Scholars. The focus on the Schreyer Honors College Orientation does not detract from the experiences of students who were unable to attend SHO TIME. Rather, this strategic plan improves a difficult transition for a niche group of students.

All incoming students of the Schreyer Honors College are expected to complete the Schreyer Honors Orientation, SHO TIME, with few exceptions. Therefore the aforementioned thematic priorities impact every Schreyer Honors College student as they begin their transition to college.

Those who lead the orientation, the SHO TIME mentors, receive yearly training on SHO TIME's priorities and goals as they work with a SHO TIME team. Through the mentors' orientations, we will include and discuss the thematic priorities listed below by incorporating greater information for stress management and overall betterment of mental, social, and physical health. We will work with the existing SHO TIME mentor teams to increase their discussions on university health and wellness resources to therefore prepare the SHO TIME mentors to share the information with the new scholars.

Ultimately, these core priorities equip students with the tools to improve their health and wellness as they embark on their next four years as a student. Our initiatives promote health, wellness, and community, three hallmarks of a sustainable community.

Building Student Communities

"The Penn State Schreyer Honors College will create a transformative experience through the Schreyer Honors Orientation that will allow students to form impactful bonds with fellow first years in the Honors program."

Student communities believe many essential aspects of life as a Schreyer Scholar. From courses to clubs, the Schreyer Honors College facilitates students in developing healthy and meaningful

relationships with their peers during their time at Penn State. The Schreyer Honors Orientation is an essential first step to lay the foundation for a healthy and positive society.

Increased free time for group bonding will allow students to begin forming long-lasting relationships with other Scholars. Encouraging Scholars to engage with one another through physical and social activities, designed to inspire organic relationships will be a primary focus of SHO TIME. The restructured orientation will ease students into their first college friendships, allowing Scholars to feel more comfortable away from home.

“The Penn State Schreyer Honors College will foster an environment for comfort, engagement and acceptance among other students.”

Through speakers and hands-on events, Schreyer Scholars will recognize the Schreyer Honors College as a space for openness and understanding. Students will be able to engage in thoughtful conversations with fellow Scholars throughout the orientation. Ultimately, SHO TIME will lay the foundation for an honest and comfortable environment where students can share their thoughts and feelings.

Providing Resources for Stress Management

“Scholars will be prepared with healthy resources for stress management before beginning their education at Penn State.”

Proper stress management is essential for mental wellness. Scholars should be prepared to deal with difficult classes and stressful academic opportunities outside of the classroom on a day to day basis. To ensure Scholars don't burn out during their respective undergraduate careers, orientation will provide future students with tools to manage their stress. Schreyer Honors Scholars will be equipped with proper resources before they begin the next four years at Penn State.

SHO TIME will not be a stressful time for students during their college transition. Rather, it will be an easy period for growth and a transition into their new life as not only a Schreyer Scholar but a Penn State student as well.

Aiding with the College Transition

“The Schreyer Honors college will utilize the Schryer welcome orientation, SHO TIME, to help incoming freshmen adjust to a new life on a college campus.”

Future SHO TIME schedules will empower students by familiarizing them with Penn State's campus through three activities. First, upper-classmen will guide incoming students on a tour of the recreation buildings on campus. Second, Faculty and Staff will dine alongside incoming first year students. Finally, SHO TIME will educate Honors students in a "Shaping your future: Schreyer Scholar Values, Ethics, Leadership, Service" event. Future Scholars will be equipped to navigate Penn State's campus before they even attend convocation.

Implementation

SCHREYER SHO TIME SCHEDULE (Fall 2021)

Phase 1

THURSDAY		
TIME:	EVENT:	NOTES/REASONING:
8:00AM	MOVE-IN/ARRIVAL BJC	Implemented on the SHO TIME schedule currently.
3:30PM	DEAN'S WELCOME (THOMAS)	Implemented on the SHO TIME schedule currently.
4:15PM	WELCOME FROM ORIENTATION MENTORS & SHOW-TIME KICK-OFF	Implemented on the SHO TIME schedule currently.
4:30PM	PARENTS ONLY: WELCOME TO THE HONORS COLLEGE	Implemented on the SHO TIME schedule currently.
5:00PM	DINNER ON CAMPUS WITH ORIENTATION MENTORS	Implemented on the SHO TIME schedule currently.
6:30PM	Explore the IM Building	Give students an hour to try out activities in the IM Building, such as basketball/ping pong/wellness suite
7:30PM	"FIRST NIGHT" in IM Building	Implemented on the SHO TIME schedule currently.

FRIDAY		
TIME:	EVENT:	NOTES/REASONING:
8:30AM	BREAKFAST AND CONVERSATION WITH STAFF	Implemented on the SHO TIME schedule currently.
10:00AM	CHANGING THE WORLD: "ACHIEVING A GLOBAL PERSPECTIVE"	Implemented on the SHO TIME schedule currently.
12:30PM	SCHREYER "GREEN2GO" LUNCH	Implemented on the SHO TIME schedule currently.

2:00PM	SHAPING YOUR FUTURE: SCHREYER SCHOLAR VALUES, ETHICS, LEADERSHIP, SERVICE	Implemented on the SHO TIME schedule currently.
5:00PM	DINNER	Implemented on the SHO TIME schedule currently.
8:00PM	THE ULTIMATE “ONE AND ONLY” BRAIN SHOW	Implemented on the SHO TIME schedule currently.

SATURDAY (OPTIONAL EVENTS)		
TIME:	EVENT:	NOTES/REASONING:
9:00AM	BREAKFAST IN POLLOCK	This is an opportunity for Scholars to explore new food options.
10:00AM	SEPERATED INTO GROUPS 1. OUTDOORS 2. ARTS 3. COMMUNITY 4. FOOD/RESTAURANT	Scholars will now have a chance to explore outdoor opportunities at no cost to SHO TIME.
1:00PM	COOKOUT ON HUB LAWN	Have a SHO TIME cookout, which has a tent on the HUB lawn, Schreyer faculty providing both cookout food and healthy options, and lawn games available
3:00PM	GEOCACHING	Through a geocaching adventure, students will work together in teams to get a tour of campus. This will take them around to major Penn State landmarks, such as the HUB, Nittany Lion Shrine, and Thomas Building.
5:30PM	DINNER IN WEST	This gives students experience at another dining hall. Now, Scholars will feel comfortable eating at 3/5

		dining halls rather than just Redifer.
7:00PM	GAME NIGHT	Give students in Atherton/Simmons an opportunity to build community and have fun

SUNDAY		
TIME:	EVENT:	NOTES/REASONING:
10:30AM	ALL SCHOLARS ENTER THROUGH GATES B AND C	Implemented on the SHO TIME schedule currently.
11:00AM	ALL SCHREYER CELEBRATION: A WELCOME TO THE COMMUNITY	Implemented on the SHO TIME schedule currently.
11:30AM	SPECIAL REMARKS FROM PRESIDENT BARRON (on his calendar) "MY SCHREYER STORY"- SOPHOMORE, JUNIOR, SENIOR, RECENT ALUMNA/US	Implemented on the SHO TIME schedule currently.
12:05PM	ALL-SCHOLAR LUNCHEON WITH SCHOLARS CHIP ICE CREAM	Implemented on the SHO TIME schedule currently.

SCHREYER SHO TIME SCHEDULE (Fall 2022)

Phase 2

THURSDAY		
TIME:	EVENT:	NOTES/REASONING:
8:00AM	UNPACKING/WELCOME TO PSU	Implemented on the SHO TIME schedule currently
4:15PM	DEAN'S WELCOME (THOMAS)	Implemented on the SHO TIME schedule currently
5:00PM	WELCOME FROM ORIENTATION MENTORS & DINNER ON CAMPUS WITH ORIENTATION MENTORS	Implemented on the SHO TIME schedule currently
6:30PM	(Optional) EXPLORE THE IM BUILDING	An optional chance for students to become more familiar with the biggest recreation facility on campus while spending one on one time with peers.

FRIDAY		
TIME:	EVENT:	NOTES/REASONING:
8:30AM	BREAKFAST WITH HONORS FACULTY AND STAFF IN REDIFER	Implemented on the SHO TIME schedule currently
10:00 AM	(Optional) CAMPUS TOUR/WALK THROUGH SCHEDULES	Optional chance for students to explore the campus to become familiar with their new environment
12:30PM	COOKOUT ON HUB LAWN	A Schreyer cookout was previously a part of the SHO TIME schedule. Bringing it back would allow students to spend time with one another to build relationships.

2:00PM	SHAPING YOUR FUTURE: SCHREYER SCHOLAR VALUES, ETHICS, LEADERSHIP, SERVICE	Implemented on the SHO TIME schedule currently.
5:00PM	DINNER IN WARING	Implemented on the SHO TIME schedule currently.
7:00PM	SECOND SPEAKER	The speaker will bring in a positive and exciting energy that will make students excited about orientation and the Schreyer Honors College.
8:00PM	GAME NIGHT	This will allow students to unwind from orientation in one of the two Schreyer Buildings (Atherton or Simmons) with an opportunity to get to know one another.

SATURDAY (OPTIONAL EVENTS)		
TIME:	EVENT:	NOTES/REASONING:
9:00AM	BREAKFAST IN POLLOCK	This will allow students a chance to spend time with each other while becoming familiar with another dining hall on campus.
10:00AM	SEPERATED INTO GROUPS 1. OUTDOORS 2. ARTS 3. COMMUNITY 4. FOOD/RESTAURANT	An opportunity for students to spend time with Scholars that share the same interests as them while getting to know campus and the surrounding community.
1:00PM	LUNCH ANYWHERE ON CAMPUS OR IN THE COMMUNITY	An optional chance for students to become familiar with campus and the surrounding community.
3:00PM	GEOCACHING	An opportunity for students to spend the afternoon learning

		the landmarks of the University Park campus.
5:15PM	CONVOCATION	A mandatory event for all incoming Penn State freshmen.

SUNDAY		
TIME:	EVENT:	NOTES/REASONING:
10:30AM	ALL SCHOLARS ENTER THROUGH GATES B AND C	Implemented on the SHO TIME schedule currently
11:00AM	ALL SCHREYER CELEBRATION: A WELCOME TO THE COMMUNITY	Implemented on the SHO TIME schedule currently
11:30AM	SPECIAL REMARKS FROM PRESIDENT BARRON (on his calendar) "MY SCHREYER STORY"- SOPHOMORE, JUNIOR, SENIOR, RECENT ALUMNA/US	Implemented on the SHO TIME schedule currently
12:05PM	ALL-SCHOLAR LUNCHEON WITH SCHOLARS CHIP ICE CREAM	Implemented on the SHO TIME schedule currently

Evaluation

The first phase for the reprogrammed SHO TIME will function as a year-long planning period to create a realistic schedule of events for the first newly implemented orientation program. The Phase 1 schedule (discussed further in the Implementation section of this strategic plan) will be implemented the following year. The Phase 2 schedule will be implemented in the third year of this strategic plan, as it has more major shifts to the original SHO TIME schedule. Following the complete implementation of both phases, the fourth and fifth years will be utilized to evaluate the success of this strategic plan and implement any necessary changes.

The evaluation of this plan will be conducted using a Qualtrics survey similar to the one used to collect data. This survey should be conducted roughly one month after SHO TIME. While adaptations to the survey are welcome, we hope any revisions hold true to the health and wellness goals described in this proposal. Metrics will be evaluated on a 1 to 5 scale in the areas of adjusting to campus, making friends organically, and learning about the wellness resources that are available to students. Other relevant areas should be considered per the original survey.

In addition to this survey, we also hope to include a mid-year survey to evaluate how wellness resources are being utilized on campus. We hope this survey can help improve student wellness as changes are made. With a mid-year survey, we can also evaluate the lasting impacts and perspectives on SHO TIME to get more insightful feedback on what students would benefit from.

Conclusion

For forty years, Penn State has seen students graduate from the Honors College and impact the world by means of their education, ambition, and passion. The students who now attend the Schreyer Honors College are moving towards similar futures—futures of impact, of change, and of influence. These Scholars, equipped with their education and supported by the greater Schreyer community, rely on the university to learn skills not only relevant to their field, but also to their individual health and wellbeing.

In preparing students for their university experience, SHO TIME plays a critical role in rooting students within the Schreyer community and providing resources to cope with the academic, social, and personal stressors of life as a Schreyer Honors Scholar. By empowering the students through a balance of student autonomy and structured group facilitation, the restricted SHO TIME orientation enables students to understand the opportunities at Penn State through relationships building and learning stress management skills through the university's resources.

The university, through the recreation of the SHO TIME plan, will better facilitate a cohesive, empowering, and stable environment by amending the current schedule to include greater activities centered on student mental, physical, and social health. Implementing such measures will insure for greater success of the Schreyer Honors College, allowing Scholars to succeed during their time at the Pennsylvania State University and beyond.

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