The Healthy Student Organization Program supports student organizations and groups in laying the foundation for retaining happy, thriving, and engaged members.

**Dimensions of well-being practiced**

- **Professional**
  - Speakers from various career fields; skill building activities

- **Intellectual**
  - Educational panel on diversity and inclusion; participation in the Student Educator Forum

- **Physical**
  - Group kayaking, walking, yoga, and cooking socials with nutrition tips

- **Social**
  - Member appreciation initiatives and community building; celebration of holidays

- **Emotional**
  - Workshops focused on mental health promotion, guided meditations and the creation of positive group mantras

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**Group COVID-19 Safety Practices**

HSOP hosted informational presentations for organizations to learn about COVID-19 testing options on campus. Organizations also promoted the use of PCT regularly to their organizations and shared university information and updates on how to stay safe during the COVID-19 pandemic.

**Impact Statement 2020-2021**

- **2800 Members reached**
- **26 Participating organizations**
- **82% of organizations that medaled received a gold medal.**

**HSOP HIGHLIGHTS**

- **16** Organizations created a wellness officer position.
- **14** Officers created a wellness plan for their organization by setting a SMARTIE goal.
- **12** Organizations completed one-on-one consultations with the Longhorn Wellness Center.
- **10** Organizations helped HSOP raise $50 for UT Outpost, UT’s on-campus food pantry.
- **90%** of members understood why PCT is important in keeping our community safe, indicated by post-presentation surveys.
- **100%** of Healthy Student Organizations implemented COVID-19 safety measures like adapting to virtual meetings and events, and requiring a negative PCT test for in-person events.

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**The University of Texas at Austin**

**University Health Services**
**Division of Student Affairs**

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