

Healthy Student Organization Program (HSOP) 2021-2022 Highlights

The Healthy Student Organization Program supports student organizations and groups in laying the foundation for retaining happy, thriving and engaged members and recognizes medalists for their efforts in various health promoting activities.

3318 Total Members Reached **31** Participating Organizations **18** New Organizations

Annual Award Recognitions

92%
of returning
organizations earned
a Gold Medal

44%
of new
organizations
earned a Gold Medal

22
number of
organizations honored
at Austin City Hall



Wellness Activities Implemented by Organizations

Emotional

Meetings dedicated to mental health and activities like mindful moments

Professional

Alumni events, tours of post-graduate schools and volunteering for community organizations

Intellectual

Group study hours and MCAT/GED/LSAT workshops

Physical

Intramural sports, substance misuse prevention training and providing diverse food at meetings

Social

New member events, game nights and watch parties for UT sports

627 Number of Wellness Activities Completed

UTOUTPOST

84 lbs

of food donated to on-campus food pantry UT Outpost, during inaugural HSOP Skate Night and Canned Food Drive

What groups are saying:

“ HSOP encouraged us to step out of our comfort zone and helped us overcome challenges.

HSOP provided valuable event planning resources and we are grateful for their continued support of our mission.

HSOP has helped inspire our organization to organize and promote mental wellness events. ”

healthyhorns



The University of Texas at Austin

Longhorn Wellness Center

Counseling and Mental Health Center & University Health Services