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

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.”