





**Faculty Member Contact Information**

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**1 Funded, Unfunded 5 URCA Assistant**

	This position is <b>ONLY</b> open to students who have declared a major in this discipline.	<b>M</b>
	This project deals with social justice issues.	
	This project deals with sustainability (green) issues.	
<b>X</b>	This project deals with human health and wellness issues.	
	This project deals with community outreach.	
	This mentor's project is interdisciplinary in nature.	<b>I</b>

**Are you willing to work with students from outside of your discipline? If yes, which other disciplines?**

- I am open to taking students outside of my discipline, but only those in similar fields.

**How many hours per week will your student(s) be required to work in this position?**

(Minimum is 6 hours per week; typical is 9)

- 8

**Will it be possible for your student(s) to earn course credit?**

- Yes, 3 credit hours of PSYC 491

**Location of research/creative activities:**

- Research Lab, AH 0334

**Brief description of the nature of the research/creative activity?**

As a society, we are truly beginning to understand the importance of overall wellness and how multi-dimensional it is. In the past year, I have developed wellness trainings for companies and their employees centered around the eight pillars of wellness (e.g., spiritual, emotional, cognitive, financial, etc.). I also am seeing the incredible importance of overall wellness for student success. In this project, we will be developing a survey around the eight pillars of wellness for students, and also pick some personality traits that may influence what pillars are more important to certain students.

**Brief description of student responsibilities?**

This will be a student-led project with my supervision. We will read critical literature around the pillars of wellness. We will also read about different potential personality traits. I will teach good survey design development and we will develop a survey together. Then, we will administer the survey and analyze the results. Students on this project will have chance to have input on personality traits they'd be interested in studying. The goal would be for students to have a final project that perhaps in the next semester (fall, 2025), they could submit to a conference.

**URCA Assistant positions are designed to provide students with *research or creative activities* experience. As such, there should be measurable, appropriate outcome goals. What exactly should your student(s) have learned by the end of this experience?**

Students will have learned about overall wellness and the critical foundations of it.

Students will learn about 2-3 personality traits (to be determined by them) and how to measure them.

Students will learn good survey design.

Students will learn research execution and statistical analysis.

Students will learn how to put a research poster together for a professional conference.

**Requirements of Students**

**If the position(s) require students to be available at certain times each week (as opposed to them being able to set their own hours) please indicate all required days and times:**

- I will set our weekly schedule around my and students' availability. When students apply, they should list as much available time as they can for a one-hour per week lab session in person. All other work can be done/scheduled on their own time.

**If the location of the research/creative activities involves off campus work, must students provide their own transportation?**

- N/A

**Must students have taken any prerequisite classes? Please list classes and preferred grades:**

- Introduction to Psychology.

**Other requirements or notes to applicants:**

- Motivated/excited about the project and positive attitude!