

# WELLNESS FUND DIRECTIVES + APPLICATION

## **OVERVIEW**

The Wellness Fund consists of \$100,000 grated to the Student Government Association (SGA) from the larger Saint Louis University (SLU) Wellness Fund, paid into by every student (\$90/semester). The purpose of the Wellness Committee is to allocate this Fund to student proposals that promote the wellness of SLU Students. All proposals must "promote wellness" through the betterment of the mind, body, and/or spirit of the SLU student body.

### From the SGA Bylaws:

The Wellness Committee shall:

- Be composed of the Vice President of Finance, one co-chair, a minimum of five members, and the Vice President of Finance-Elect as a non-voting member.
- 2. Determine the specific timeline and procedures for the allocation of the SGA Wellness Fund, according to Section VI, C.4 of these Bylaws, and communicate these to the student body.
  - a. Includes updating the Wellness application to reflect the meaning of Mind, Body, and/or Spirit as determined by the Wellness Committee.
- Review and recommend to the Senate allocation of the SGA Wellness Fund according to these Bylaws.

## **ELIGIBILITY**

All proposals must adhere to the following guidelines:

- Applicants must be current SLU students, including undergraduate, graduate, law, and medical students.
- 2. Students may apply as individuals or as groups, including Chartered Student Organizations.
- 3. Groups may only submit one grant application per academic year. a. Applications may be submitted annually, but are not guaranteed to be funded subsequently after the first year a proposal is funded.
- 4. Submitted proposals must promote the betterment of the mind, body, and/or spirit of SLU students (See below).
- 5. Proposals must be designed to reach a substantial portion of the student population, per the judgement of the SGA Wellness Committee.
- 6. Proposals cannot be retroactive (NO REFUNDS WILL BE GIVEN).
- 7. All funds must be spent within the academic year that funding is granted.
- 8. Funding will not be granted for projects for which funds from the Student Activity Fee were requested during the current and/or past fiscal year. (e.g. Annual Funding and Spot Funding)

# MIND, BODY, AND/OR SPIRIT REQUIREMENTS

Updated by the FY17-18 SGA Wellness Committee per the SGA Bylaws:

For a proposal to qualify for Wellness funding, it must work towards the betterment of the Mind, Body, and/ or Spirit of the SLU student body. The grant must meet at least 3 of the following criteria:

- Provides an opportunity to challenge or explore new/different ideas.
- 2. Promotes rejuvenation, strength, and/or healthy behavior or habits.
- 3. Encourages social interaction (e.g. between students, students and faculty/staff, etc.)
- 4. Speaks on the topic of faith and/or invokes reflection on such matters.
- 5. Creates an opportunity to promote social justice.
- 6. Works to better the emotional and/or mental health of students.
- 7. Embraces SLU's mission, and/or Jesuit heritage.

All final decisions are to be made at the discretion of the SGA Wellness Committee, with the approval of the SGA Senate.

### **PROCESS**

- Applications are to be submitted to sga.wellness@slu.edu to be reviewed by the co-chair.
- 2. If eligible, the applicant/group will present the proposal to the Committee during the Committee's scheduled meeting time.
- 3. If funding is recommended by the Wellness Committee, a bill will be brought forth to the SGA Senate for voting and approval.
- 4. If approved by Senate, funding will be distributed to the applicant/group through the Student Involvement Center.
- 5. Applicants must submit a Wellness Fund Project Review with all purchase receipts included after the project is completed. Applicants must also schedule a follow-up meeting with the Wellness Committee, if so requested.



# WELLNESS FUND GRANT APPLICATION

Please submit application to sga.wellness@slu.edu

Name/Organization:				
Title of Project:		Date Submitted:		
1.	Scope of the Project What is your proposal requesting address?	ng? What issue is your project hoping to		
2.	Wellness Component How does this project better students? Which of the above mentioned criteria wi	, ·		
3.	Target Population Who will be affected by/participat	ting in your project?		

Project	Plan please include:
a.	<b>Project Timeline</b> When are you hoping to execute your project? What are the major milestones for its completion?
Ь.	<b>Project Environment</b> Where will the event take place? How will the location be secured?
C.	<b>Project Stakeholders</b> Who will be involved in executing the project? What student groups, faculty, staff, or outside personnel will contribute to the project's execution? (Includes event staff, catering, faculty/student group sponsors, etc.)
d.	<b>Project Publicity</b> How will you market your project? How will you promote knowledge of your project to ensure success?
e.	<b>Project Budget</b> Must include an itemized breakdown of budget in Excel format with tota amount requested included.
f.	<b>Project Metrics</b> How will you measure the success of the project? How will you determine if it is a successful event?

g.	<b>Project Risks</b> What are the risks, barriers, and/or other impediments that could influe the success of your event?



# WELLNESS FUND PROJECT REVIEW

Name/Organization:		
Fitle of Project: Date Submitted:		
		eeks of the completion of your project and g with the committee may follow.
1.	Summarize the outcome of the project upon o	ompletion.
2.	. How many people attended the event or partice expected?	cipated in the project? How many people were
3.	. Were the funds allotted used effectively and e	ficiently?
4.	. How was the event publicized?	

5.	What spaces did you advertise in? What students were present (e.g. members of the club/group involved, students in a related major)
6.	Did you feel that the project enriched the wellness of the students that participated?
7.	Please provide feedback on your experience with the Wellness Committee.
8.	Along with this write-up, please submit all receipts to the Wellness Committee for review.

A RESOURCE ANDA VOICE FOR ALL SLU STUDENTS