

The logo features a large, faint blue circle in the background. Inside the circle are two vertical rectangular bars, resembling a pause symbol. The text "Pioneer Pause" is centered in front of the circle.

Pioneer Pause

Why press pause?

Concerns from Fall Committee Discussion:

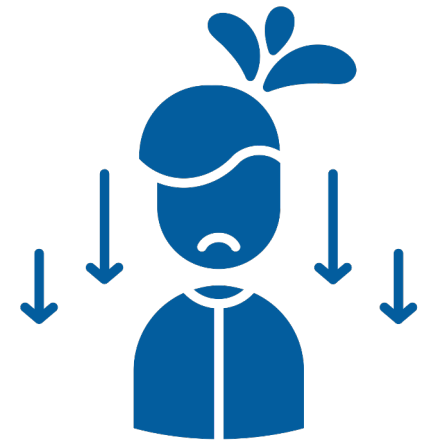
- Pandemic broke our sense of **community**.
- Vast increase in **mental wellness** concerns and **accommodations**.
 - New & Returning Student retention concerns.
- Lack of **University traditions**.



Building the Case

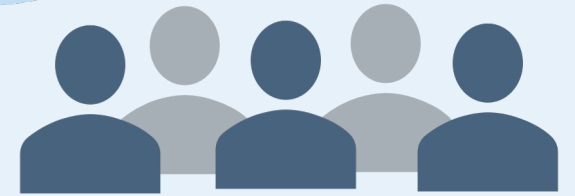
Student Retention Data: Mental Wellness

- Dramatic increase in the number of students withdrawing.
- Problem across Higher Education.
- All Modalities and Degree Levels.
- Effects of pandemic will continue for several years.



Building the Case: Statistics

- **51%** of students felt more stressed/anxious than at the start of the pandemic.
(Source: Inside Higher Ed)
- **44%** of college students in America reported feeling symptoms of depression.
(Source: Counseling and Psychological Services at University of Michigan)
- **39%** of students in college experience a significant mental health issue.
(Source: Active Minds)



**3 out of 5 Students
Feel Stressed/Anxious**

Building the Case: Statistics



What, if any, methods do you intend to use this academic year to cope with stress and/or anxiety? (Select all that apply)

- 58% Time with friends/family in person**
- 56% Video, Facetime, or phone calls
- 47% Exercise and physical activities**
- 44% Gaming, watching TV/movies**
- 27% Mindfulness, breathing, and meditation**
- 21% Virtual mental health counseling
- 18% Disconnecting from social media & news
- 14% Religious resources
- 14% In-person mental health counseling

Source: TimelyMD "Spring 2022 Back to School Survey" featured on Inside Higher Ed



Student
Retention

Rebuild
Community

Mental
Wellness

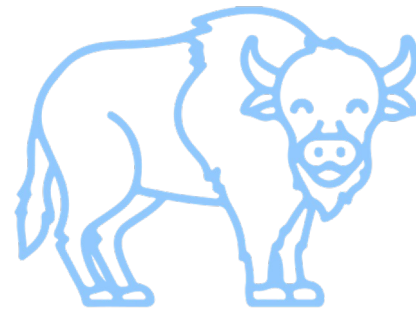
Inspiration from other Institutions

- Fall “Mountain Day” event at Northeastern Colleges & Universities
 - An intentional effort to build relations across campus.
 - Provide students a 1-day break from the long fall term.
 - Annual tradition.
- CMU Spring Carnival
 - Student Showcases & Talent Events
 - Giveaways & Contests
 - Alumni Reunion & Community Lunch
 - 4-Day Event (Thursday-Sunday)



Our Initiative:

Launch a **new tradition** at Point Park University called the **“Pioneer Pause”** to **build community** and **strengthen relations** between **students, faculty, and staff**, while also providing a brief reprieve from the fall semester.



Objectives:

- Build **community bonds** with students, faculty, and staff.
- Increase **retention** of First-Time Freshmen.
- **Student-led** activities for co-curricular transcripts.
- Showcase **student organizations**.
- Involve **graduate and doctoral students** from Psychology and Community Engagement.
- Invite Alumni to Volunteer / Guest Speakers.





Timing:

- Around Halloween/Midterms Fall 2022.
- A single Tuesday of events.

Rationale:

- High-stress period for students.
- Traditional period of high course withdrawals.
- Leaves Impression on First-Time Freshmen.

Activities:

*What, if any, methods do you intend to use this academic year to cope with stress and/or anxiety?

58% Time with friends/family in person

47% Exercise and physical activities

44% Gaming, watching TV/movies

27% Mindfulness, breathing, and meditation

- Alumni Guest Speaker
- Food & Beverages with Live Music
- Student Organization Showcase
- Selfie Scavenger Hunt
- Yoga and Aerobics/Dance Lesson
- Gaming Area (Esports Team)
- Wellness Event



We greatly appreciate you taking time to learn about the
Pioneer Pause.



Committee Chair:

Annie Shean (Online Learning)

Members:

John Ashaolu (Athletics), Chase Barron (Online) Erin Bridgen (IT), Christl Caspar (CIE),
Naomi Jensen (Online Learning), Pam Quatchak (Online Learning), Vince Rugani (OEI),
and Heidi Ward (Community & Summer Programs).

Get involved by filling out the Sign-Up form today!