

Well-Being Mini Grant Application

Student Well-Being provides counseling services, health promotion initiatives, and prevention programs to empower the S&T community to thrive and enhance personal, academic, and professional success. As part of our mission to help the S&T Community, we have created this mini-grant initiative to help fund student-led projects. Students who are selected for funding are expected to work with Student Well-Being to ensure project completion and must submit a final report no later than 2 weeks after the completion of funded event or program.

Requirements

Your Name

Concept or Project Title

A Short Description of your Project

- Explain how your project addresses a need in the community, citations as needed
- Your goals for the project
- How this project benefits the S&T Community
- How you plan to carry out these goals
- Any partnership you may have for this project

Projected Start and End Date

- Include any important dates/milestones for project completion

Budget Outline for Funds Requested

Please keep proposal responses between 300 – 800 words (sample proposal on next two pages)

Submit proposals to wellbeing@mst.edu

SAMPLE PROPOSAL

Name: Joe Miner

Project Title: Stress Relief Art Event for Students

Short Description of Project:

Everyone experiences stress, which is especially so for college students here at S&T. The 2021 MACHB (N = 415) showed that 89% of S&T students felt their personal life was impacted by their stress and 88% felt their academic life was impacted (PIP, 2021). This highlights a large need to provide opportunities to address the stress that the student body experiences. I would like to hold an art-based event to help students on campus destress and have fun. Studies have shown that time spent on art and creative outlets may reduce stress (Kaimal, Ray & Muniz, 2016; Taylor, 2006).

To provide an art-based outlet for students, I would like to hold a group painting event where all participants contribute to the creation of a single canvas as they release stress. This will be done by holding a booth event where students can throw a balloon full of paint at a large canvas as a form of creative expression and catharsis to reduce stress. The booth area will be in a main area of campus foot traffic, like the grassy areas outside Havener, covered in a tarp, and will be staged so that any run-away balloons or splatter will not hit bystanders. Students will be handed a pre-filled balloon with paint that they are then allowed to throw at the designated canvas area. After they participate, they will also be given a small handout with stress reduction tips. At the end of the event, the canvas will be allowed to dry and provided to the Student Well-Being Office with a small note about how this was created by students as they participated to relieve their stress. Since this event is outside, I would want to hold this event in the first week of October, weather permitting. In the weeks leading up to the event, I will hang flyers around campus and see if I can get University accounts, like the Health and Well-Being Facebook to share information about my event. My friends, Dwyane Johnson and Joe Dirt, also have agreed to help me set up this event and help to run it. My goal is that this event will provide students a fun and memorable opportunity to relieve stress, and lead to the creation of art that we can hang here on campus.

References

- Kaimal, G., Ray, K., & Muniz, J. (2016). Reduction of Cortisol Levels and Participants' Responses Following Art Making, *Art Therapy*, 33:2, 74-80, DOI:10.1080/07421656.2016.1166832
- Partners in Prevention (PIP). (2021). Missouri Assessment of College Health Behaviors, Missouri

SAMPLE PROPOSAL

University of Science and Technology.

Taylor, R. (2006). Reduction of Physiological Stress Using Fractal Art and Architecture. Leonardo, Volume 39, Number 3, June 2006, pp. 245-251

Project Start Date and End Date: September 15th – October 7th 2021

- Request space on campus no later than September 17th
- Purchase Materials no later than September 22nd
- Post Flyers no later than September 23rd
- Social Media Partnership from September 23rd until day of event October 6th
- Set up event 1 hour before event on October 6th
- Bring dried canvas the next day, October 7th, to the recipient

Budget Outline

Item	Description	Cost Per Unit	Quantities	Total
Balloons	Water balloons intended to be filled with paint	\$5	10	\$50
Acrylic Paint	Large bottles of paint to fill balloons	\$15	4	\$60
Tarp	Tarp to keep paint off the grass and surrounding area	\$10	1	\$10
Canvas	Canvas for paint balloons to be thrown at	\$30	1	\$30
Paper Towels	For clean-up	\$3	1	\$3
Printed Stress Reduction Tips	Printing cost for pages with multiple mini-handouts	\$.10	30	\$9

Total Costs: \$162

Student Well-Being: Well-Being Mini-Grant Proposal Application

Scoring Rubric for reference only	Extraordinary (3pts)	Compelling (2 pts)	Needs Improvement (1)	Inadequate (0)
Goals & Objectives	<ul style="list-style-type: none"> Addresses all questions with clear SMART goals and examples Well structured, easy to read Extensively explains how project is related to Student Well-Being 	<ul style="list-style-type: none"> Addresses most questions with clear SMART goals Reads well, no concerns with reasoning Explains how project is related to Student Well-Being 	<ul style="list-style-type: none"> Addresses all questions with vague goals Some gaps in goals and intent, small concerns with reasoning Limited explanation of how project is related to Student Well-Being 	<ul style="list-style-type: none"> Does not address all questions Incomplete goals Unclear intent Does not relate to Student Well-Being
Program Impact	<ul style="list-style-type: none"> Strong and clear statement of needs and impact with data or evidence-based rationale Extensive consideration of impact across multiple populations 	<ul style="list-style-type: none"> Clear statement of need and impact, data, or evidence anecdotal Consideration of multiple outcomes 	<ul style="list-style-type: none"> Vague concepts of need and impact Limited or unrealistic assessment of potential impact 	<ul style="list-style-type: none"> Does not address needs and/or impact No data, evidence, or anecdotal commentary
Implementation	<ul style="list-style-type: none"> Clear plan with consideration for contingencies or barriers Tangible, time-bound timeline for project Clear, proven capacity to support plan 	<ul style="list-style-type: none"> Clear plan Timing considerations for most of the aspects of project Likely has capacity to implement 	<ul style="list-style-type: none"> Generalized plan Few tangible timelines Concern about capacity to implement 	<ul style="list-style-type: none"> No plan No timelines No capacity, intangible concepts
Evaluation	<ul style="list-style-type: none"> Extensive descriptions of means of program evaluation Accessible, well defined measures 	<ul style="list-style-type: none"> Clear descriptions of measures 	<ul style="list-style-type: none"> Limited measurement or evaluation planning 	<ul style="list-style-type: none"> No planning for measurement or planning

Total Score: _____

Budget Scoring (Office Use Only)

Approved <input type="checkbox"/>	Conditional <input type="checkbox"/>	Need More Information <input type="checkbox"/>	Not Approved <input type="checkbox"/>
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