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

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
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


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SAMPLE PROPOSAL

University of Science and Technology.


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

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

Total Costs: $162
### Scoring Rubric for reference only

<table>
<thead>
<tr>
<th></th>
<th>Extraordinary (3pts)</th>
<th>Compelling (2 pts)</th>
<th>Needs Improvement (1)</th>
<th>Inadequate (0)</th>
</tr>
</thead>
</table>
| Goals & Objectives       | • Addresses all questions with clear SMART goals and examples  
                          | • Well structured, easy to read  
                          | • Extensively explains how project is related to Student Well-Being | • Addresses most questions with clear SMART goals  
                          | • Reads well, no concerns with reasoning  
                          | • Explains how project is related to Student Well-Being | • Addresses all questions with vague  
                          | • Some gaps in goals and intent, small concerns with reasoning  
                          | • Limited explanation of how project is related to Student Well-Being | • Does not address all questions  
                          | • Incomplete goals  
                          | • Unclear intent  
                          | • Does not relate to Student Well-Being |
| Program Impact           | • Strong and clear statement of needs and impact with data or evidence-based rationale  
                          | • Extensive consideration of impact across multiple populations | • Clear statement of need and impact, data, or evidence anecdotal  
                          | • Consideration of multiple outcomes | • Vague concepts of need and impact  
                          | • Limited or unrealistic assessment of potential impact | • Does not address needs and/or impact  
                          | • No data, evidence, or anecdotal commentary |
| Implementation           | • Clear plan with consideration for contingencies or barriers  
                          | • Tangible, time-bound timeline for project  
                          | • Clear, proven capacity to support plan | • Generalized plan  
                          | • Timing considerations for most of the aspects of project  
                          | • Likely has capacity to implement | • No plan  
                          | • Few tangible timelines  
                          | • Concern about capacity to implement | • No timelines  
                          | • No capacity, intangible concepts |
| Evaluation               | • Extensive descriptions of means of program evaluation  
                          | • Accessible, well defined measures | • Clear descriptions of measures | • Limited measurement or evaluation planning | • No planning for measurement or planning |

Total Score: __________________________

### Budget Scoring (Office Use Only)

- [ ] Approved
- [ ] Conditional
- [ ] Need More Information
- [ ] Not Approved