

# Campus Life TODAY

## WELL-BEING EDITION

April 2025

### *Building a culture of well-being at Emory*

Think about the device you're reading this newsletter on right now. How many hands did it pass through before it reached you? Designers, engineers, factory workers, shippers, retailers and more. Working together, this diverse group was able to develop, produce and deliver a device that is incredibly useful.

The same is true for student well-being – it's not the responsibility of one office or one person but a collective effort across our entire university community. At Emory and in Campus Life, you are part of that collective. Your role matters. And, together, we can intentionally shape a culture of well-being throughout our university community.

### *Introducing Collective Impact*

Over the next few issues of *Campus Life Today: Well-being Edition*, we'll explore best practices, models and frameworks that drive real cultural change. One effective model – relatively new to higher education – is **Collective Impact**.

Watching jazz musicians play together is like witnessing a live musical conversation. The bassist lays down a steady groove, the pianist sets the tone, and the drummer subtly shifts the rhythm, while the horn player waits for just the right moment to soar into an expressive solo. There's constant listening, adapting and trust – as each musician brings their own artistry, but magic happens when they join together in harmony.



Collective Impact works the same way. It's an evidence-based model for social change that harnesses diverse talents and perspectives to create something greater than the sum of its parts.

### *Five key conditions of Collective Impact*

1. **Common agenda:** Collective Impact calls for stakeholders across the organization – like a jazz ensemble playing in the same key – to align around a shared vision for student well-being.
2. **Shared measurement:** We also track progress through consistent data collection, ensuring accountability and shared learning. This Collective Impact activity is a lot like musicians following a rhythm to stay cohesive.
3. **Mutually reinforcing activities:** Jazz musicians build on each other's melodies. In Collective Impact, each contributor plays a distinct but complementary role, avoiding duplication and strengthening the whole.
4. **Continuous communication:** Both Collective Impact contributors and jazz bands must listen deeply and respond in real time. That ongoing communication builds trust and keeps efforts aligned.
5. **Backbone support:** Just as the rhythm section holds a jazz ensemble together, the Center for Student Wellbeing provides the coordination and infrastructure that allows innovation and collaboration to thrive.

When implemented effectively, Collective Impact transforms collaboration into a disciplined, results-driven approach, leading to lasting change, not just a quick fix. Music to our ears!

### Learn more about Collective Impact

- [Kania, J., & Kramer, M. \(2011\). Collective impact Stanford Social Innovation Review Winter 2011. Palo Alto, CA.](#)
- [Collective Impact Forum](#)

### *Collective Impact at Emory: Already in motion*

Collective Impact aligns perfectly with Emory's culture of **collaboration, respect, integrity and service**. Through daily collaborations campus-wide, we are already embracing Collective Impact to enhance student well-being.

Consider two of several examples. The Culture of Respect initiative, led by CSW's Office of Respect, unites campus partners to prevent and respond to sexual violence. The Hazing Prevention Committee, co-facilitated by the Center for Student Wellbeing and the Office of Fraternity and Sorority Life, convenes diverse voices to eradicate hazing and promote safer, values-driven student experiences.

Although Collective Impact is not new to Emory, we can embrace it on an even larger, more intentional scale to ensure every student flourishes. It challenges us to think and operate differently to create a more caring, thriving community for our students.

In our next issue, we'll dive deeper into Collective Impact – including how a thriving campus operates and how we can become a health-promoting university and build a flourishing campus for all.

Together, let's make well-being the rhythm of our campus community!

### *Well-being updates*

#### **The Center for Student Wellbeing has moved - temporarily!**

CSW offices in the AMUC are getting a makeover. While that is happening, the CSW staff has temporarily relocated to the SAAC on the Clairmont Campus.

**Spring Focus Groups: What are our community well-being strengths and growth edges?**  
As part of our ongoing commitment to enhancing student well-being, the Center for Student Wellbeing has launched a series of focus groups to gain deeper insights into Emory's well-being culture. These sessions provide a valuable opportunity to hear directly from students, staff, faculty, parents and alumni about their experiences with and perspectives on well-being. By engaging our university community in discussions about both strengths and challenges, we can shape a shared vision for well-being and integrate it more deeply into the fabric of Emory's campus culture.

#### **Sexual Assault Awareness Month**

Join Campus Life's Office of Respect for the *Take Back the Night* event for Sexual Assault Awareness Month 2025. The event honors survivors and brings awareness of sexual violence, using poetry and creative expression. *Take Back the Night* is the oldest worldwide movement to stand against sexual violence in all forms. The event is open to the public.  
**Thursday, April 3, from 6:30 to 8 p.m.** in Harland Cinema in the Alumni Memorial University Center (AMUC) for an evening of empowering and uplifting students while providing a space to honor the experience of survivors of relationship and sexual harm. [Learn more](#). The event flyer is available [here](#).

#### **Autism Awareness Month**

This April, the Emory Autism Center is celebrating Autism Awareness Month 2025 with a range of activities. This year's theme is Community and Compassion. Learn more about events at [Emory Autism Advocacy](#).

### Tips to Enhance Your Well-being

*provided by* [Healthy Emory Connect](#)

- **[When should you start colorectal cancer screenings?](#)**  
Colorectal cancer diagnoses are on the rise in adults under 50. Find out the risk factors and which screening option is right for you.
- **[6 ways to prevent spring allergy symptoms](#)**  
Don't struggle this spring. Get relief from sneezing, wheezing and coughing.
- **[Surprising foods to limit, according to nutritionists](#)**  
Some common bites may be less healthy than you think. Check out some of the top food nutritionists advise you to limit or avoid. They may surprise you.
- **[1 secret to live a longer life](#)**  
This trick may lower your risk of an earlier death by 55% – and it's not complicated.