



**Title:** Well Beyond  
**Institution:** Texas Tech University Health Sciences Center  
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Texas Tech University Health Sciences Center (TTUHSC) is a comprehensive health sciences center with undergraduate, graduate, and professional programs in allied health, biomedical sciences, medicine, nursing, and pharmacy. A significant component of our mission is to enrich the lives of others by educating students to become collaborative healthcare professionals. In alignment with this mission, we have a long history of success in promoting the intellectual development of our students in their chosen fields.

In addition to producing healthcare professionals who are knowledgeable in their fields, TTUHSC aims to develop engaged and productive members of society who prioritize self-care and seek to achieve healthy balances across multiple dimensions of their lives—emotionally, intellectually, occupationally, physically, socially, and spiritually. This emphasis on wellness and self-renewal lay the foundation upon which our students can enhance their productivity, work collaboratively, and handle challenges more effectively today and in the future.

Student wellness, therefore, will be the broad focus of the institution's Quality Enhancement Plan (QEP). This topic was selected based on feedback from multiple stakeholders across the institution, including students, faculty, staff, and administrators. The need was documented through surveys, strategic planning processes, and usage data related to the use of counseling services by TTUHSC students. In addition, the QEP Development Task Force facilitated a series of focus groups with students across schools and campuses. The findings from these focus groups allowed task force members to narrow the broad topic of student wellness to a more manageable scope. Thus, the QEP initiative will focus primarily on students' emotional wellness.

Three student learning outcomes have been identified:

- (1) Students will be able to differentiate six dimensions of wellness and identify potential strategies to enhance wellness within each dimension.
- (2) Students will be able to distinguish four domains in a mixed model of emotional intelligence and categorize the skills associated with each construct.
- (3) Students will be able to apply appropriate strategies for enhancing emotional intelligence.

These outcomes reflect suggested revisions by the on-site review committee and may be revised minimally as various stages of implementation begin. The outcomes will be assessed using a combination of direct and indirect measures.

Through the institution's QEP, TTUHSC is committed to helping its students understand the multiple dimensions of wellness, with a specific emphasis on facilitating the development of their emotional intelligence. By learning to achieve healthy balances in their lives and cultivating appropriate strategies for managing diverse emotions, our graduates will be better equipped to persevere through challenges not only as students, but also as future healthcare professionals.