

Thrive at USCB with Seven Dimensions of Well-Being

Well-being is defined as an optimal and dynamic state that allows people to achieve their full potential. Student Development takes a holistic approach to your well-being. Our goal is that every Sand Shark will thrive at USCB and beyond. To do this we:

- Cultivate a sense of belonging through support and advocacy and by inspiring students to discover meaningful connections.
- Enhance resilience by equipping students with the tools needed for personal growth and development.
- Help students pursue a life of purpose and meaning by creating engaging and transformative initiatives.



COMMUNITY

Community well-being emphasizes the importance of relating to and connecting with people and places. This dimension encourages building healthy, nurturing, and supportive relationships with people, including those of different social identities, and working to balance one's inner needs with the needs of the rest of the world.



FINANCIAL

Financial well-being is the ability to fully understand one's current financial state and to successfully manage financial expenses. Financially well individuals set long and short-term goals to reach and achieve self-defined financial success.



ENVIRONMENTAL

Environmental well-being is the ability to recognize one's personal responsibility for the environments surrounding us, and the understanding to make a positive impact on the quality of those environments, be it to one's home, community, or the planet.



ACADEMIC

Academic well-being is the ability to practice self-management when prioritizing schoolwork, find value in coursework both in and outside of one's discipline, and show curiosity inside and beyond the classroom.



MENTAL & PHYSICAL

Mental and physical well-being is knowing, learning, and utilizing tools and resources to strengthen physical and mental health. It supports regular physical activity, good nutrition, and the avoidance of harmful habits and recognizes the need to identify, express, and manage a range of feelings.



CAREER

Career well-being encourages personal satisfaction in one's life through work and is the ability to contribute one's unique gifts, skills, and talents to work that is both personally meaningful and rewarding. It recognizes the need to make purposeful career decisions through life's challenges, interruptions, and successes.



WORLDVIEW

Worldview well-being is the ability to develop a set of guiding beliefs, principles, and values that help give meaning, purpose, and direction to one's life. It can be nurtured and cultivated through meditation, religious activities, time in the natural world, deep listening, or self-reflection.