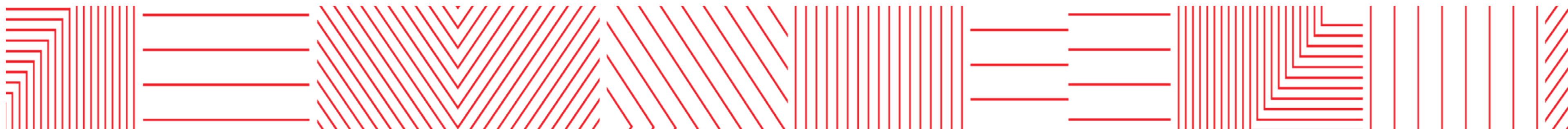




TechThrive: Pathways to Enhancing Student Well-being



What is TechThrive?



Quality Enhancement Plan – a piece of TTU's Reaffirmation of accreditation efforts (SACSCOC)

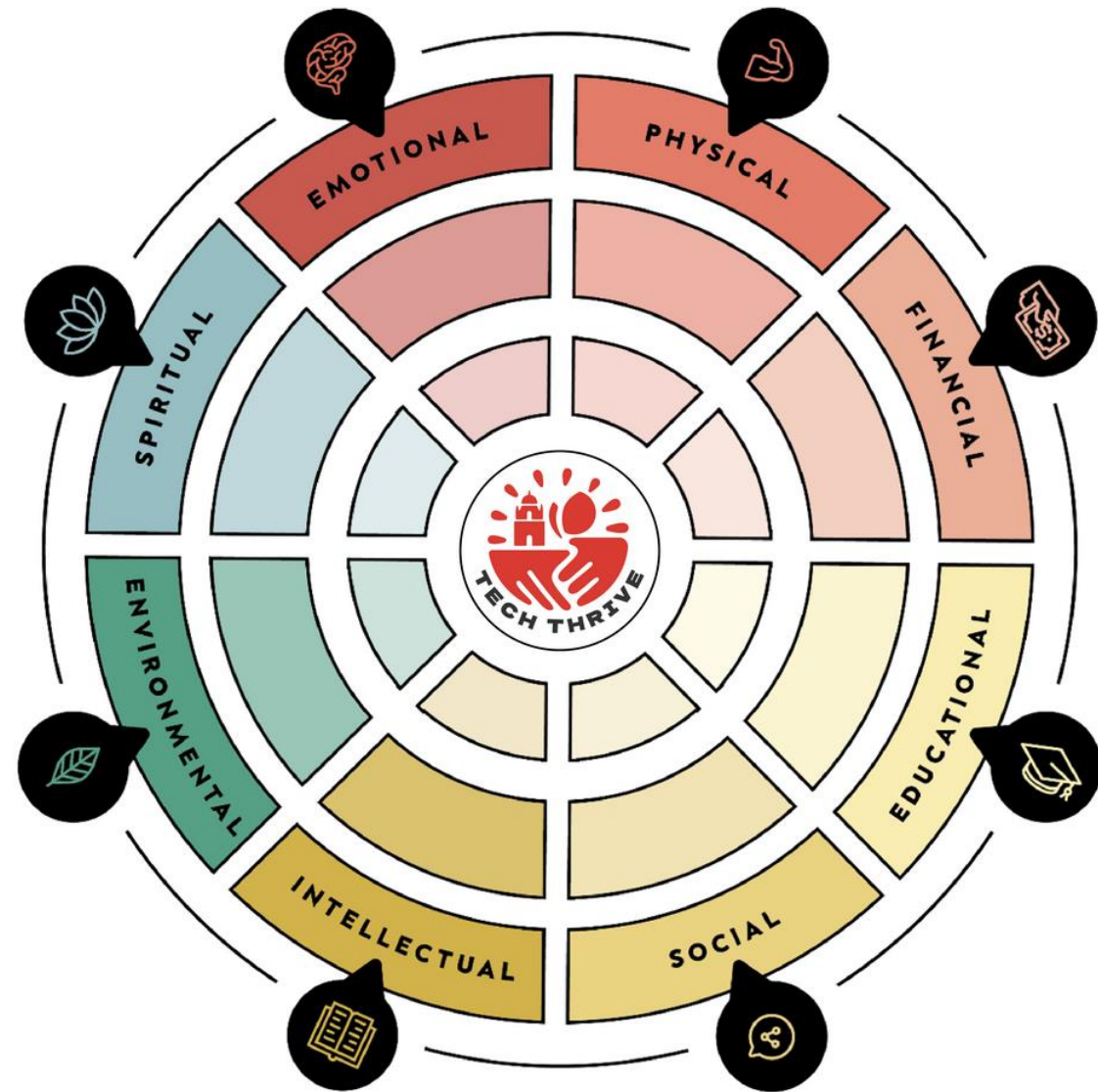
TTU's commitment to student well-being



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The 8 Dimensions of Wellness

(Swarbrick, 2006)



College Students' Well-being

National trends indicate that college students report...

- **Increasing moderate and serious psychological distress**
- **Increasing loneliness**
- **Increasing moderate to high levels of overall stress**

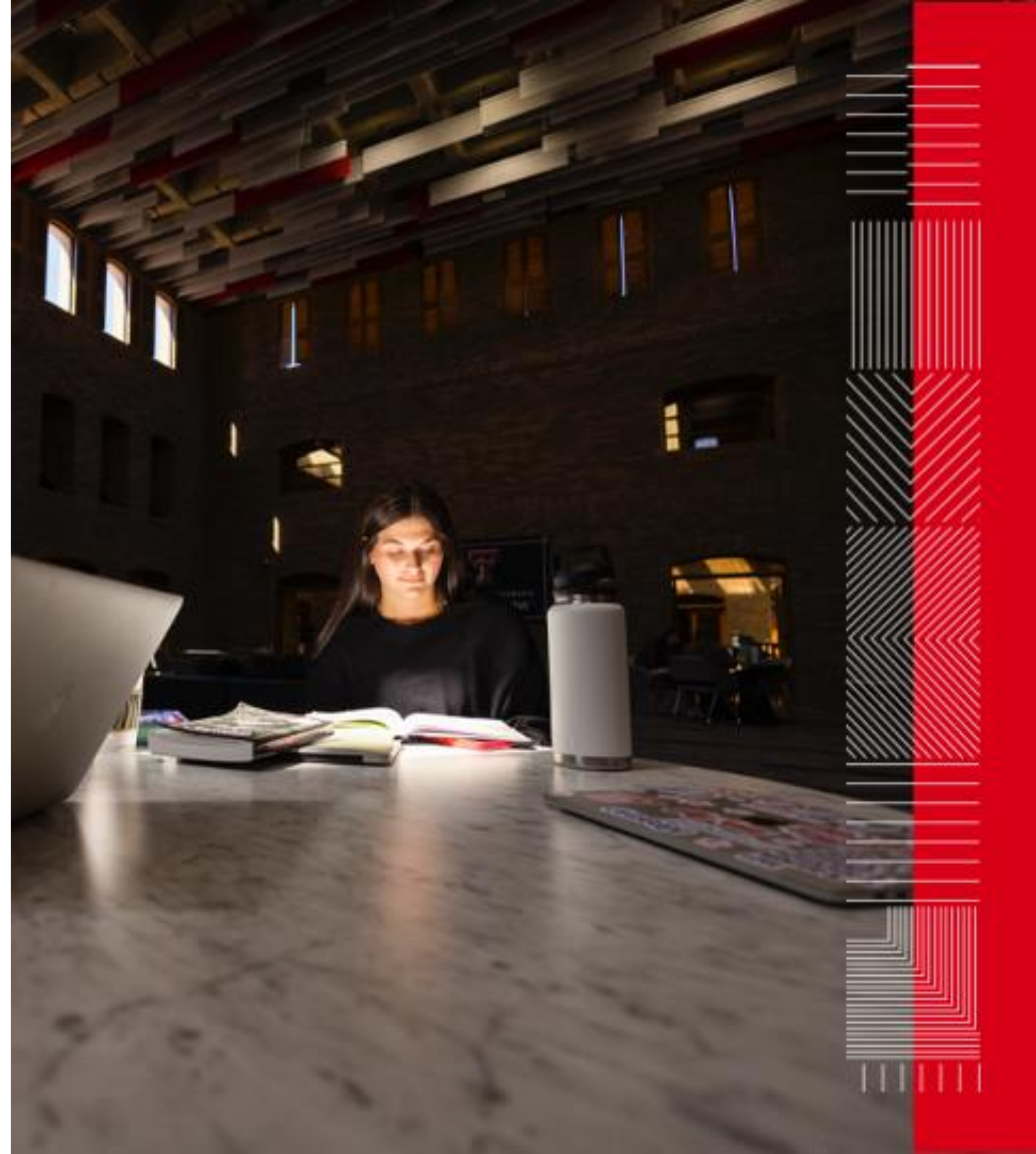


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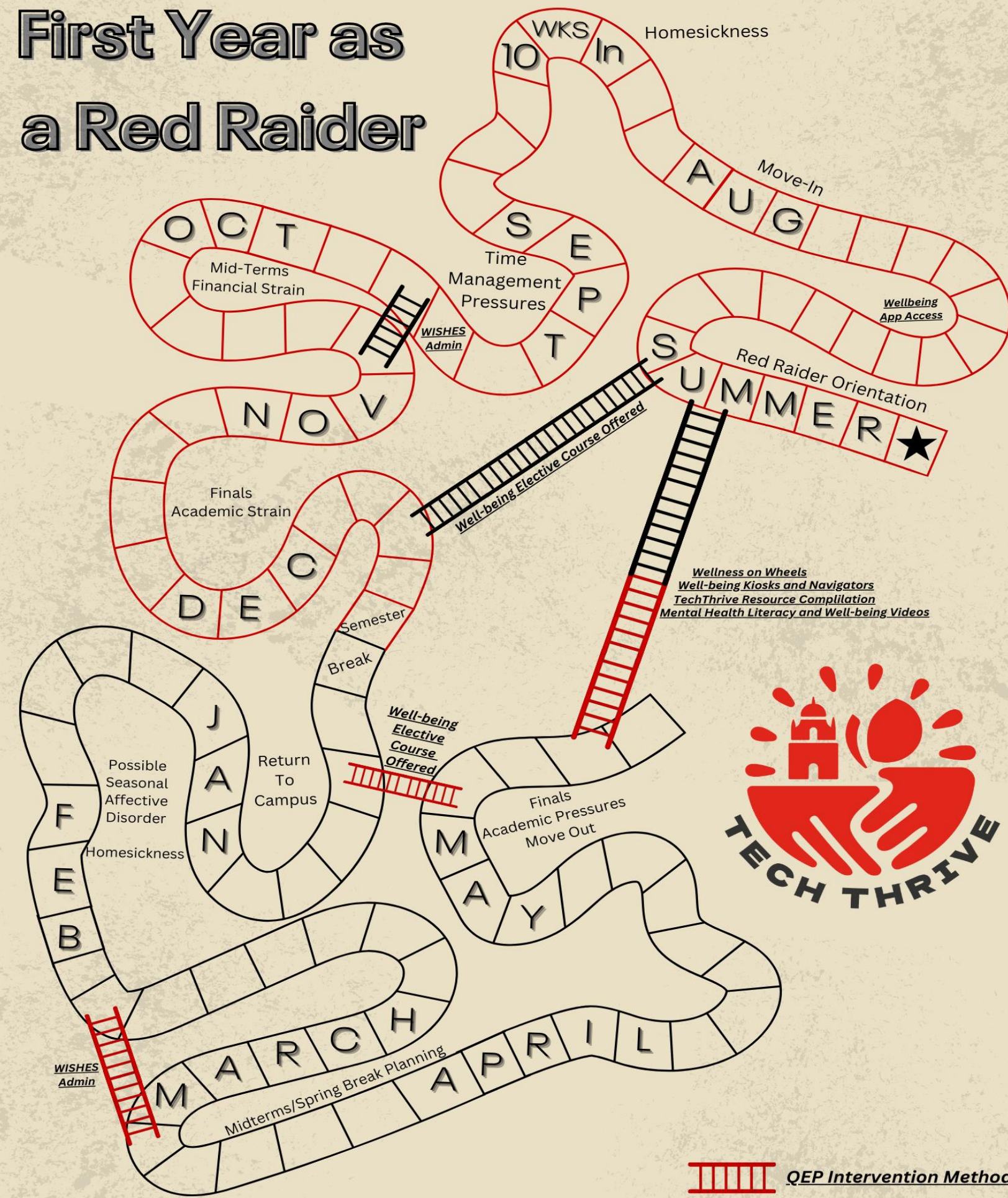
College Students' Well-being

A low number of TTU students report knowing how to get help on campus for issues related to:

- **Food insecurity**
- **Emergency financial situations**
- **Mental health concerns**



First Year as a Red Raider



College, an “exciting up
and down experience for
students.”

2025-2026 TechThrive Projects

Projects and initiatives planned for this year

- Well-being Wednesdays
- Well-being and mental health videos
- Comprehensive well-being resource
- Shmoody
- WISHES
- CFAS 2310: Thriving at Texas Tech: Personal Growth and Well-being



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3 Things To Do

- **Download Shmoody**
- **Complete WISHES when invited**
- **Enroll in CFAS 2310: Thriving at Texas Tech**





Mindful Matador

- **Graduation Regalia**
- **CFAS 2310 fulfills requirements**
- **Complete various tasks/attend campus events supporting well-being**



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The Career-Ready Graduate: What Employers say about the difference College makes





QUESTIONS?



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TechThrive Contact Information

For questions related to the Quality Enhancement Plan contact the QEP Co-Directors:

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Thank you!

