

# VISION 2025

ADVOCATE \ CULTIVATE \ CONNECT

## Year of Well-Being Communication Schedule

### Eight Dimensions of Well-Being

The well-being of our graduate students, postdoctoral trainees, and larger community is an ever-present focus of The Graduate School (TGS). It is also a strategic priority for the 2019–20 academic year as part of our Vision 2025 strategic plan. The term “well-being” encompasses overall health, happiness, and prosperity. It is affected by many aspects of one’s life. To reflect this multi-faceted nature, TGS will highlight one of **Eight Dimensions of Well-Being** each month as outlined below.

Throughout each month, we will share resources and programs with our community that foster a sense of well-being as related to the specific dimensions highlighted. Our hope is for graduate students and postdoctoral trainees to feel better equipped when attending to all aspects of their well-being during their time at Northwestern and beyond.

### September: Introduction

#### October: Intellectual



Highlighting resources that enable the recognition of one’s creative abilities, and finding ways to expand knowledge and skills.

#### November: Social



Highlighting resources that help graduate students and postdoctoral trainees develop a sense of connection, belonging, and a well-developed support system.

#### December: Physical



Highlighting resources that address the need for physical activity, healthy foods, and sleep, as well as preventing illness and injury and/or managing chronic health conditions.

#### January: Emotional



Highlighting resources that enable graduate students and postdoctoral trainees to cope effectively with life and create satisfying personal and professional relationships.

#### February: Financial



Highlighting resources that inform current and future financial situations.

#### March: Spiritual



Highlighting resources that help with expanding an overall sense of purpose and meaning.

#### April: Environmental



Highlighting resources that attend to “space and place” and provide stimulating environments that support well-being.

#### May: Vocational



Highlighting resources that help graduate students and postdoctoral trainees gain personal satisfaction and enrichment from their academic work and career outcomes.

#### June: Conclusion