

# TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER'S

# 2019

# Quality Enhancement Plan

## What is the QEP?

The Quality Enhancement Plan (QEP) is an integral component of the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) reaffirmation of accreditation process. It reflects and affirms a commitment to enhance overall institutional quality and effectiveness by focusing on an issue that the institution considers important to improving student learning and/or student success.

## Student Learning Outcomes

1. Students will be able to differentiate eight dimensions of wellness and identify potential strategies to enhance wellness within each dimension.
2. Students will be able to distinguish the four domains of emotional intelligence and categorize the skill associated with each domain.
3. Students will be able to apply appropriate strategies for enhancing emotional intelligence.
4. Students will be able to demonstrate resilience in response to stress and/or trauma in their lives.



## Topic Selection

As a comprehensive health sciences center, TTUHSC seeks to promote the holistic development of our students. In addition to producing healthcare professionals who are knowledgeable in their fields, we want to develop engaged and productive members of society who prioritize self-care and seek to achieve healthy balances across multiple dimensions of their lives. For these reasons, the QEP will focus on student wellness with a specific emphasis on emotional intelligence. The five-year project will be known as the

*Well Beyond Initiative*



## Strategies for Implementation

Over the next five years, TTUHSC students across all schools and campuses will have the opportunity to benefit from the QEP through the following strategies:

1. **Online Module:** Students will complete an online module that describes the eight dimensions of wellness, provides strategies for enhancing wellness, and introduces the mixed model of emotional intelligence.
2. **Emotional Intelligence 2.0:** TTUHSC faculty will incorporate *Emotional Intelligence 2.0* into selected courses. This book describes strategies to increase emotional intelligence and gives students the opportunity to take the online *Emotional Intelligence Appraisal*®.
3. **Educational Programming:** Optional events presented by both external speakers and TTUHSC faculty and staff will be offered at least once per quarter. Topics will be aligned with various aspects of emotional wellness.
4. **Wellness Website:** TTUHSC will develop a website to focus primarily on emotional wellness, and eventually include all eight dimensions. The website will include strategies for improvement and related student resources.
5. **Internal Grants:** The *Well Beyond* initiative seeks to support any efforts of TTUHSC schools, and will award grants to support school or institutional activities which seek to promote emotional wellness of TTUHSC students.

*Want to learn more?*

<https://www.ttuhscc.edu/institutional-effectiveness-accreditation/quality-enhancement-plan.aspx>

