



**CENTER FOR THE  
ADVANCEMENT OF  
WELL-BEING**

**ABOUT OUR PROGRAMS, EVENTS, AND SERVICES**

# OUR MISSION

The mission of CWB is to be a catalyst for human well-being by promoting the science and practices that lead to a life of vitality, purpose, resilience, and engagement.

CWB is an interdisciplinary center at Mason, dedicated to helping individuals and organizations thrive in a world of complexity and uncertainty.

# MEET OUR TEAM



**Nance Lucas**  
Executive Director



**Melissa Schreibstein**  
Director of Well-Being  
Programs



**Whitney Hopler**  
Communications Director



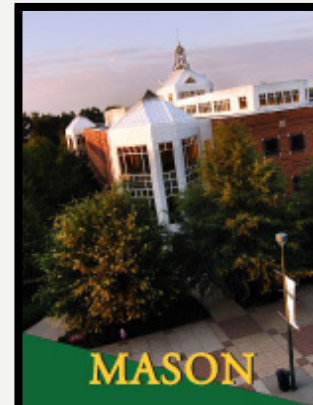
**Katie Clare**  
Associate Director for  
Resilience Programs



**Sherrene DeLong**  
Well-Being Program  
Coordinator



**Mary Horner**  
Administrative Assistant



**Debbie Schuman**  
Project Coordinator



**Vanessa Thompson**  
Student Outreach Coordinator

# MEET OUR TEAM



**Jennifer De La Rosa**  
Visiting Well-Being Fellow



**Zill Raval**  
Visiting Well-Being Fellow

**WHY WELL-BEING?**

# WHAT'S INFLUENCING HIGHER EDUCATION'S RESPONSE TO A WELL-BEING AGENDA?

1. Commitment to student success and the holistic development of our students
2. Growing student mental health concerns
3. Preparation for jobs and life after college



**WHAT YOU'LL FIND AT [CWB.GMU.EDU](http://CWB.GMU.EDU)**

# RESILIENCE BADGE

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Mason's Resilience Badge is a fully online, asynchronous learning opportunity available for students, faculty, and staff who are committed to further developing resilience through content knowledge and practices, all of which are backed by the science of resilience. Completing this program contributes to thriving in college and beyond.



# WELL-BEING FOR THE PEOPLE

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The Well-Being for the People Series is a new initiative that centers the unique well-being needs of Black, Indigenous, and other People of Color.

## Upcoming Events for the Year:

1. **Physical Well-Being for BIPOC Bodies** will consist of several events centering the importance of taking care of our bodies in myriad ways. There will be workshops on body positivity, yoga, breathing techniques, and dance, all lead by BIPOC leaders.
2. **BIPOC Spirituality** will highlight the important role of spirituality in the lives of people of color. Spirituality, or being connected to something greater than oneself, directly contributes to thriving in college for students of color. We want to empower our students to connect to this greater meaning and purpose in life.



# WELL-BEING VIRTUAL LEARNING COMMUNITY

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An inclusive virtual community where students are encouraged to explore well-being topics through reflective learning and shared experiences. This holistic experience includes traditional academic study, experiential learning, personal practices, and opportunities for students to learn about themselves and how they relate to others. Each VLC has a dedicated team comprised of faculty members, professional staff, and student staff who are invested in the student experience and are passionate about the topic area.

## Benefits Include:

- Academic and social connections
- Access to academic resources and support from tutors, campus resources, and faculty
- Mentoring from upper-level students



# MINOR IN WELL-BEING

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George Mason University's Minor in Well-Being is open to **ALL** Mason students. This minor provides students with a well-grounded understanding of the nature of human consciousness, including both the historical foundations and modern research findings. Through the required coursework, students develop an ability to implement personal practices that foster deeper self-awareness, the regulation of stress factors in his or her life, and an emerging sense of meaning for his or her life. Students will learn to creatively and effectively apply principles from the exploration of consciousness and transformation to his or her own field of study.

## **Required Courses:**

INTS 355 Mindfulness, Meaning, Well-Being (3 credits)

GCH 325 Stress and Well-Being (Mason Core) (3 credits)



**Academic Advising Contact Information**

Email: [sisinfo@gmu.edu](mailto:sisinfo@gmu.edu)

# CLIFTON STRENGTHS

George Mason University and Gallup have partnered to create a Strengths-based culture on our campus.

To date, **over 17,000 faculty, staff and students** have taken the CliftonStrengths assessment, and have participated in hundreds of workshops/trainings to gain a deeper understanding of their results.

Completing the CliftonStrengths online talent assessment is your way to:

- Discover what you naturally do best
- Learn how to develop your greatest talents
- Use your customized results to live your best life

**— got —  
strengths?  
WHAT'RE YOURS?**

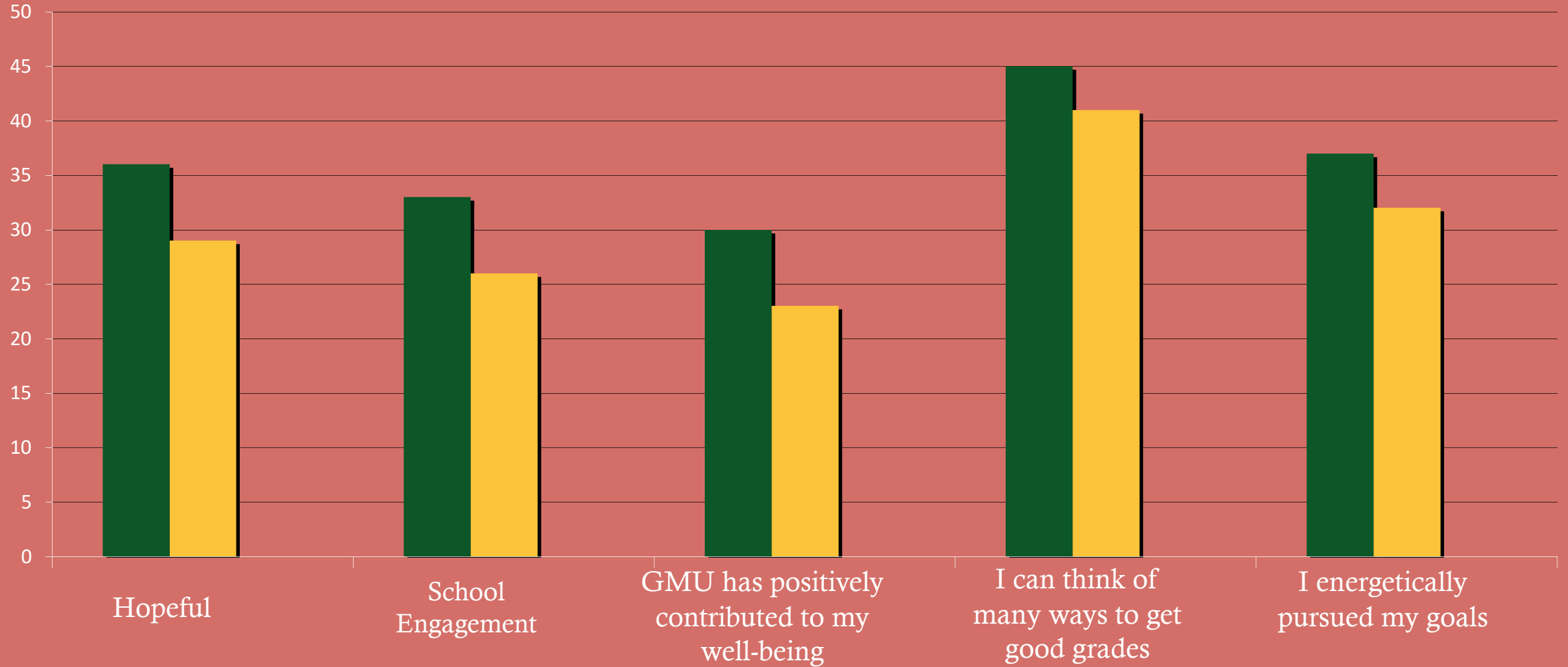
**I AM**

INFLUENCING	STRATEGIC THINKING	EXECUTING	RELATIONSHIP BUILDING
ACTIVATOR	ANALYTICAL	ACHIEVER	ADAPTABILITY
COMMAND	CONTEXT	ARRANGER	CONNECTEDNESS
COMMUNICATION	FUTURISTIC	BELIEF	DEVELOPER
COMPETITION	IDEATION	CONSISTENCY	EMPATHY
MAXIMIZER	INPUT	DELIBERATIVE	HARMONY
SELF-ASSURANCE	INTELLIGENCE	DISCIPLINE	INCLUDER
SIGNIFICANCE	LEARNER	FOCUS	INDIVIDUALIZATION
WISDOM	STRATEGIC	RESPONSIBILITY	POSITIVITY
		RESTORATIVE	RELATOR

**STRENGTHS.GMU.EDU**

**GEORGE MASON UNIVERSITY**

# STRENGTHS ARE VITAL TO SUCCESS AT MASON



Green = Yes, participated in StrengthsFinder™

Yellow = No, did not participate

# BURNALONG

Mason is partnering with BurnAlong, a pioneering online platform that offers on-demand well-being classes and programs on many topics, from physical fitness to mindfulness meditation.

**Free of charge**, Mason students and employees can access hundreds of well-being videos anytime, anywhere after registering. They can invite friends to join them online for any class.

Mason community members have also created and recorded BurnAlong classes. BurnAlong members can search for those classes to enjoy Mason-specific content on the platform.



# WELL-BEING RESOURCES

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- Thriving Together Well-Being Weekly
- Mason Chooses Kindness
- Arcadia Well-Being Installation
- Rx Racial Healing Circles
- Resilience Resources
- Well-Being Resources to Use During the Coronavirus Pandemic
- Black Lives Matter Resources from University Life
- Integrating Well-Being in Your Classroom
- Guided Meditations and Meditation Information



# QUESTIONS?

If you have any further questions please email us at [cwb@gmu.edu](mailto:cwb@gmu.edu) or message us on our social medias! Let's connect!



**@CWB\_MASON**



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