

# **First Year Student Wellness: How Chico State Can Better Support and Encourage Healthier Student Routines**

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**Abstract:** Throughout our research, we interviewed students about their routines whether it is about sleeping, eating, socializing etc. Our main goal is to gather information about student routines and make recommendations to Chico State about steps to improve student routines and make them healthier. We conducted face-to-face interviews with first-year students. We contacted students through the University Hub and residence halls. Our research group offers recommendations such as having longer dining hall hours or providing healthier food options for students. We found that students' habits have changed since coming to college and that Chico State can make a huge impact on making our routines healthier.

## **Research Question**

- We researched first-year student routines and how Chico State can better encourage healthy routines.
- This is important because routines are associated with your work ethic and mental health.

## **Methods**

- Our data was collected through semi-structured, face-to-face interviews with first-year students at Chico State University.
- After the interviews were complete, we transferred our written notes onto a Google Document that we all had access to and coded our data identifying common themes and patterns we noticed and further discussed.
- Our group also drew upon auto-ethnographic research in which we incorporated our own personal experiences with routines and whether or not Chico State affected or supported our lifestyle routines.

## **Results**

- The dining hall/ Marketplace hours don't fit everyone's schedule causing students to skip meals.
- Students agreed that the dining hall does not offer the healthiest choices.

- Students usually know about the resources the school offers, but if it's not easily accessible than students won't use them.

## **Recommendations**

- The dining hall/marketplace should provide longer hours to accommodate student schedules.
- The university should consider adding a communal kitchen to allow students to cook healthier options.
- The university should better promote events hosted on campus that can help first-year students
  - Shuttle schedules should be more consistent and have more available times to allow students to go to events hosted at school at night.
- The school should offer Adulting 101 and University 101 on different days to better accommodate students' schedules.

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