

Application No. SP078

Q1. Applicant Information

Name (first and last)	Marissa Weiss
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Name of Department/ Unit/ Student Organization	Transfer and Reentry Center/OEOES
What is your role or position within the Department/ Unit/ Student Organization?	Transfer Retention Specialist

Q2. Event/ Program Information

Name of the Event/ Program	Student Parent Wellness Program
Date(s) of Event (include the year; must take place in 2024-25 academic school year)	For the 2024-2025 academic year
Location	in homes of student parents and caregivers, at KidsPark, in Dining facilities around campus and at the ARC
Estimated # of UC Davis students that will attend/ benefit from program	60
TOTAL event/ program budget (\$x,xxx)	\$14,120
Funding request amount from COSAF (Student Programming Fund) (\$x,xxx)	\$14,120

Q3. Please provide a detailed description and purpose of the event/ program.

The UC Davis Student Parent Wellness Program proposal is designed to give student parents the time and resources to concentrate on their holistic well-being, which positively contributes to their health and academic success. Furthermore, their children benefit when student parents are doing well. Student parents are extremely busy managing caregiving responsibilities, academic courses, personal situations, and providing for the basic needs of their families. Decreasing their stress levels by providing prepared meals, cooking demonstrations, supervised children's activities, and a customized fitness program will improve their overall wellness. By incorporating resources from Campus Recreation, Dining Services, Student Health and Counseling Services, and off campus partners, the UC Davis Student Parent Wellness Program offers a comprehensive, integrative, and collaborative approach to supporting student parents. These students are an often underserved population with distinct needs. As highlighted in a 2019 University of California Office of the President (UCOP) report on parenting students, student parents experience significantly higher levels of housing and food insecurity than students who are not parents (UC Institutional Research and Academic Planning, 2019). In addition to basic needs, key challenges for student parents include being more likely to commute longer distances to campus, to work while going to school, and to have difficulty finding time to study. "Ninety-three percent of undergraduate student parents reported to at least occasionally having family responsibilities as an obstacle to their school work or academic success, 40 percentage points higher than that of other undergraduate students (53 percent)" (UC Institutional Research and Academic Planning, 2019, p.6). To address these needs, the UC Davis Student Parent Wellness Program will provide UC Davis student parents with support, opportunity, information and tools to engage in healthy behaviors. This program will provide: Prepared meals at the Dining Commons and campus eateries Cooking demo with the Teaching Kitchen Opportunities for supervised care for their children A student parent-specific fitness class Registration in a 2K/5K For the past two years, the Transfer and Reentry Center (TRC) has been honored to receive funding from COSAF for Urban Sitter Gift Cards. For 2023-2024 the TRC also received funding for the Student Parent Wellness Program through the Healthy UC Davis Equity in Mental Health Grant to offer an array of nutritional, emotional, and physical fitness resources. As the Equity in Mental Health Grant is one-time funding, and aspects of the Wellness Program have been so successful, we are looking to combine the benefits of the Urban Sitter Gift Cards with the Wellness Program. Putting these resources together will bring a significant positive impact to student parents.

Q4. How will the requested funds be utilized to support this event/ program?

Aggie Cash+ Cards: Use to buy meals at campus eateries \$150 x 30 = \$4,500 Cooking demo with the Teaching Kitchen No cost Kids Park Accounts: Drop in care for children ages 2-12 \$20/hour for 1 child x 3 hours x 3 visits = \$180 + \$30 registration fee = \$210 x 15 = \$3,150 One-day camp for the children of student parents (ages 6-12) with Campus Recreation Youth Programs \$60/child for up to 20 children \$60 x 20 = \$1,200 Urban Sitter Gift Cards (\$100 gift card + \$80 3-month membership + \$8 service fee) x 15 students = \$2,820 Custom Wellness Class 60-minute class at \$150 per class 10 week class x \$150 = \$1,500 2K/5K Registration \$50/adult, \$30/child 10 adults (\$50 x 10 = \$500) + 15 children (\$30 x 15 = \$450) = \$950 Total budget request: \$14,120

Q5. Please enter estimated attendance for the following groups.

Staff	<input type="text" value="0"/>
Faculty	<input type="text" value="0"/>
UC Davis Students	<input type="text" value="60"/>
Other (please specify and include number)	<input type="text" value="100 children of UC Davis students"/>

Q6. Who is the target audience of the event/ program? (e.g. students, program participants, users of a specific service)

Student parents and their families

or service. What will be provided? (e.g. six-week training program, instructional class or activity, structured community program that exposes students to new ideas and experiences)

Aggie Cash+ Cards to purchase prepared meals at the Dining Commons and campus eateries; cooking demo with the Teaching Kitchen; One Day Camp with Campus Rec Youth Programs for up to 20 children; 15 pre-paid accounts at KidsPark drop-in care center; 15 UrbanSitter Gift Cards to find and pay for babysitters; 10-week student parent-specific fitness class; registration for 10 adults and 15 children in a 2K/5K in Davis (Turkey Trot, Davis Stampede, Lucky Run, or Moove Your Hooves)

Q8. What will be learned? (i.e. acquired knowledge, skills or abilities, a new awareness/ sensitivity/ perspective, an adopted practice)

The overall learning outcome will be increased understanding of ways to improve wellness and balance for themselves and their families. The students will also learn about valuable wellness-related campus resources and connect with a community of student parents.

Q9. How will the learning be shown or what does the learning look like? (e.g. demonstrated knowledge of

course material, change in behavior, a practiced skill, a task achieved)

The learning will be shown through quarterly check in surveys and focus group meetings and students' self-reports of activity levels and nutrition habits.

Q10. How does the event/ program provide services that are of growing interest to students? (if applicable)

With the hiring of the Transfer Retention Specialist at the TRC to focus on the needs of student parents, the publication of the 2019 UCOP report on parenting students, the 2021 UC Parenting Students Workgroup report, and the 2023 passage of AB 2881 promoting the rights of parenting students, there is evidence of an increasing emphasis placed on supporting the success of student parents.

Q11. How does the event/ program foster diversity, equity, and inclusion? (if applicable)

The 2019 UCOP report estimated the percentage of UC Davis undergraduates who are parents at 1.1% (436 students). The report notes that the percentage for undergraduate student parents is likely an underestimation. The UCOP report also noted that Parents are more likely to be underrepresented students. Among undergraduate student parents, 39 percent are members of underrepresented groups (URG), compared to 29 percent for other undergraduate students. (UC Institutional Research and Academic Planning, 2019, p.1) Student parents represent an incredibly diverse group of students with multiple intersecting identities. In Spring 2021 there were 78 undergraduate students who identified themselves as single parents on their UC application. Of those students, the racial breakdown was 40% Hispanic/Latinx/Chicanx, 19% Asian and Pacific Islander, 19% White, 15%Black/African-American, 3% American Indian/Alaskan Native, and 4% Unknown, which is more racially diverse than the overall UC Davis student population. UC Davis student parents are twice as likely to be Pell eligible as students who are not parents.

Q12. How does the event/ program provide crucial services to students? (if applicable)

As noted in the description and purpose of the program, student parents are an often underserved population and are more likely to not have their basic needs met. This program provides resources that promote wellness and relieves stress that can negatively impact academic persistence and success.

Q13. Has your Department/ Unit/ Student Organization put on this event in the past?

- Yes
- No
- Uncertain

Q14. Please provide the following information on the previous event(s).

Event date(s) (Month(s)/ Date(s) / Year)

Fall 2023-Spring 2024: currently ongoing

Location

in homes of student parents and caregivers, at KidsPark, in Dining facilities around campus and at the ARC

Total attendance

90

Q15. How was the success of the event measured?

Quarterly check in surveys and group meetings

FUNDING AMOUNT REQUESTED FROM COSAF | 2024-25

Name of Event/Program:

Student Parent Wellness Program

Name of Department/Unit/Student Organization:

Transfer and Reentry Center/OEOES

Program Date(s): 2024-2025

ITEM	ESTIMATED COST	SUB-TOTAL
FACILITY: Room Rental, Room Set-Up, Equipment Rental, Audio/Video		
1.	\$ _____	
2.	\$ _____	
3.	\$ _____	
4.	\$ _____	
5.	\$ _____	
6.	\$ _____	\$ 0.00
FOOD: Refreshments, Breakfast, Lunch, Dinner (include estimated cost per person)		
7. Aggie Cash+ Cards (30 \$150 cards)	\$ 4,500.00	
8.	\$ _____	
9.	\$ _____	
10.	\$ _____	
11.	\$ _____	
12.	\$ _____	\$ 4,500.00
PERFORMERS, GUEST SPEAKERS, HONORARIA		
13. Custom Wellness Class	\$ 1,500.00	
14. One Day Camp by Campus Recreation Youth Programs	\$ 1,200.00	
15.	\$ _____	
16.	\$ _____	
17.	\$ _____	
18.	\$ _____	\$ 2,700.00
PUBLICITY/MARKETING: Flyers, Posters, Advertising, Mailing, Printing		
19.	\$ _____	
20.	\$ _____	
21.	\$ _____	
22.	\$ _____	
23.	\$ _____	
24.	\$ _____	\$ 0.00
SUPPLIES: Decorations, Online Tools, Software, Licenses		
25. KidsPark Accounts (\$210 for 15 students)	\$ 3,150.00	
26. UrbanSitter Gift Cards (\$188 for 15 students)	\$ 2,820.00	
27. 2K/5K Registration for 10 adults and 15 children	\$ 950.00	
28.	\$ _____	
29.	\$ _____	
30.	\$ _____	\$ 6,920.00
TRAVEL: Transportation, Parking, Lodging		
31.	\$ _____	
32.	\$ _____	
33.	\$ _____	
34.	\$ _____	
35.	\$ _____	
36.	\$ _____	\$ 0.00
Total Amount Requested from COSAF:		\$ 14,120.00
OTHER FUNDING SOURCES: Income, ASUCD, Dept & Club Contributions		
1.	\$ _____	
2.	\$ _____	
3.	\$ _____	
4.	\$ _____	\$ 0.00

BUDGET SUMMARY

Please Enter Total Event/Program Budget:	\$ 14,120.00
Less Other Fund Sources:	\$ 0.00
Less Amount Requested from COSAF:	\$ 14,120.00
Balance (if any):	\$ 0.00