



ASI Student Wellness Initiative

A Three-Year Journey of Passion, Politics, & Planning

Presented by
Associated Students Inc., Cal State Fullerton



A quick overview

Student-led project to improve health & wellness among students at CSUF

Includes:

- Expansion of TSU & SRC
- New Wellness Center
- Consolidation of Basic Needs
- Expanded programming, scholarships, & student club funding

Built through a 3-year alternative consultation process, 3 sets of student leaders, and 3 university presidents



Passion, Politics, and Planning

These 3 factors looked different every year, and that difference mattered



Passion Motivation, advocacy, student voice

Politics Alignment, timing, leadership transitions, power dynamics

Planning Technical, iterative, compliance-heavy work that changes every year



SUMMER 2022



Student leaders embark on building a program that would support students' holistic health & wellness

SPRING 2023



Campus engagement through tabling, classroom presentations, and feedback sessions

FALL 2023-SPRING 2024



Second round of consultation after CSU tuition increase; over 75% of student respondents supported ASWI fee increase

MARCH 2035



CSUF President Rochon approves the ASWI

FALL 2022



Alternative consultation beings, includes student focus groups & surveys that shaped initial ASWI plan

APRIL 2023



ASI Board of Directors & CSUF Student Fee Advisory Committee vote to recommend approval of ASWI

DECEMBER 2024



ASI BOD & SFAC unanimously reaffirm ASWI

FALL 2025



ASI launches 1st phase of ASWI: increased funding for scholarships and student clubs & orgs, and first-ever Fall Concert

A person is shown in a meditative pose, sitting cross-legged in a pond. Large lily pads are visible in the background. The image is overlaid with a dark blue gradient and a light blue gradient in the top-left and bottom-right corners.

YEAR 1

**Passion Ignites, Politics
Surprise You, Planning
is a Blank Canvas**

A person is shown in a meditative pose, sitting cross-legged with hands resting on their knees, palms facing up. They are wearing a light-colored, sleeveless top. The background is a large, stylized lotus flower in shades of blue and purple. The overall image has a dark blue overlay with a gradient. The text is centered over the image.

YEAR 2

**Passion Must Endure,
Politics Shift
Dramatically, Planning
Gets Real**

A person is shown in a meditative lotus position on a pond. The background is filled with large, detailed lily pads. The entire scene is overlaid with a semi-transparent blue filter. The text is centered over the image.

YEAR 3

**Passion Peaks, Politics
Align (finally), Planning
Comes Together**

The background of the slide features a person with dark skin and curly hair, wearing a white tank top and dark pants, sitting in a meditative lotus position on a pond. They are surrounded by large, green lily pads. The entire scene is overlaid with a semi-transparent blue filter. The text is centered over the image.

Looking Ahead Implementation & Student-Led Future

Lessons Learned



Passion drives momentum, but structure sustains it

Political competence is as important as student advocacy

Flexibility, adaptability are essential in success

New leadership – student & administrative - will rewrite your assumptions

Communication must be continuous & multi-modal

You will make mistakes; your credibility depends on how transparently you fix them.

Long-term projects require systems, documentation, & hand-offs

If students don't see themselves in the initiative, they won't support it

Thank you

Questions?

ASI CSUF Panel

Dave Edwards Ed.D, Executive Director
Keya Allen, Associate Executive Director
Kathleen Postal, Chief Financial Officer
Jeff Fehr, Chief of Organizational Operations

Chris Mikaelian, former ASI Vice President
Ashley Zazueta, former Board Chair
Joe Morales, Board Chair, former ASI President

