



**Mississippi State University  
College of Education  
Wellness Committee  
2024-2025**

<b>Members</b>	<b>Department</b>	<b>Term Expiration</b>
Dr. Michael Valentine, Chair		N/A
Dr. Jordan Spencer	Counseling, Higher Education Leadership, Educational Psychology, & Foundations	2025
Dr. Dana AlZoubi	Industrial Technology, Instructional Design, & Community College Leadership	2026
Ms. Ruiping Yuan	Teacher Education and Leadership	2025
Dr. Ben Wax	Kinesiology	2026
Dr. Melissa Windham	Meridian Division of Education	2025
Dr. Roza Tulyaganova	Music	2025

<b>Ex-Officio</b>	
Dr. Kimberly Hall	Associate Dean of Academic Affairs, College of Education

**Purposes and Procedures**

The purpose of the College of Education Wellness Committee will be to assist with promoting wellness principles among faculty, staff, and students. The goals of the committee will be to:

1. Promote awareness of mental health challenges that impact students within the college
2. Promote a college climate that models empathy, respect, and supportive problem-solving
3. Increase awareness of the importance of wellness among faculty, staff, and students
4. Contribute to a climate that values the long-term well-being of students, faculty, and staff within the college

To advance the identified purposes, members of the College of Education Wellness Committee will:

1. Attend monthly meetings to plan wellness initiatives;
2. Participate in Mental Health First Aid training;
3. Seek opportunities to understand and promote campus mental health/wellness resources including university-wide mental health/wellness training opportunities;
4. Plan and organize college-wide education events for faculty and staff to include:
  - a. Foundational mental health awareness including understanding student distress
  - b. Specific mental health responding (suicide prevention, sexual assault victim response, motivational interviewing, etc.); and,
5. Plan and organize college-wide wellness education events for students.

*“Changing Tomorrow Through Education Today”*

6. Promote college-wide wellness education within their home department
7. Assist members of their home department in identifying and connecting with mental health wellness resources on campus
8. Identify unique stressors that adversely impact members of each department of the college
9. Plan and implement interventions designed to mitigate the impact of department specific stressors
10. Serve as liaison between the embedded counselor and home department
11. Identify and advocate for changes that will increase the wellness of faculty, staff, and students in the college

Membership on the College of Education Wellness Committee will be comprised of one nominated faculty member from each academic department and MSU-Meridian. Each member of the committee will serve a period of two years.