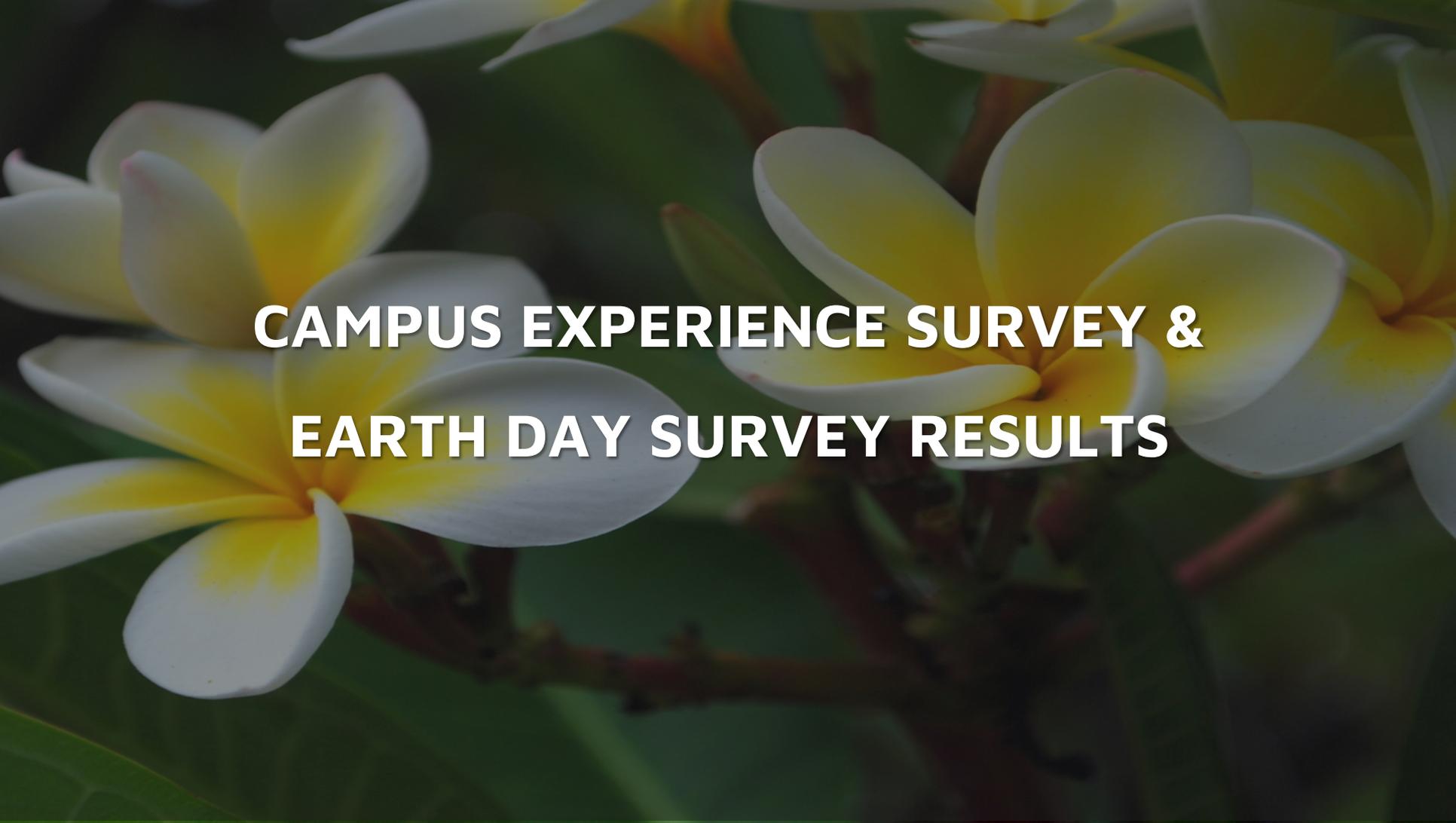


SURVEY RESULTS ON A HEALTHY & SUSTAINABLE LIFESTYLE & MIRO'S INTERACTIVE DATA TOOL



by Manoa Institutional Research Office

A close-up photograph of several plumeria flowers with white petals and yellow centers, set against a dark green background. The flowers are in various stages of bloom, with some fully open and others as buds. The lighting is soft, highlighting the texture of the petals.

**CAMPUS EXPERIENCE SURVEY &
EARTH DAY SURVEY RESULTS**



Sense of Purpose



Meaningful Relationships



Eating Healthy



Physical & Mental Health



Life Balance



Sense of Purpose

MEANINGFUL

VALUED

SELF-AWARE

GROWTH

PURPOSE

MISSION

Having a clear sense of purpose gives people motivation to deal with everyday tasks and direction of life choices. When UH community members discussed meaning and purpose, they described it as being part of a purpose greater than themselves, involving long-term goals. It was important for individuals to feel valued for who they are and tangibly see change or impact from their work or study. Life purpose was discussed with a sense of self-awareness and many times involved the acquisition or transfer of knowledge.



Sense of Purpose - Student

Students are not satisfied with just going to class and earning their diplomas, but also finding a life purpose through participating in various activities throughout their college experience by interacting with faculty, staff, and other students.

“University is not merely going to class and gaining knowledge, but rather finding a purpose in that knowledge.”

Students expressed their appreciation of the guidance, encouragement, and support from faculty and staff while finding their life purpose.

“I think I have become most cognizant of caring for our Earth and island through my UH colleagues. The mantra of the College of Educations "Sense of Purpose. Sense of Place." has taught me to be more thoughtful about who and where we are.”



Sense of Purpose - Faculty

As a faculty member of a world-class research university, Manoa faculty members expressed their strong commitments to three major responsibilities: teaching, research, and service.

“In so many ways, Manoa is providing experiences, expertise, and guidance that is molding these students for their future purpose. What an amazing thing to be a part of. I love that I am in the position to inspire, guide, provide counsel when asked, and that it is from a viewpoint of seeing students arrive at Manoa for the first time, and then leave, with their diploma in hand.”

“My research has more relevance and I feel like giving back.”

“In the University context, [a great workplace] means working alongside motivated, innovative, smart and articulate people (including staff like APT) who feel a sense of obligation to the health and wellbeing of our island society.”



Sense of Purpose - Staff

Staff members talked about finding their work meaningful by supporting the core functions of the university. Others mentioned having significant impact on students as well as helping faculty and students complete their goals.

“My work is meaningful and has a measurable and significant impact on students.”

"I think higher education and its purpose of serving students is what makes me happy to work at UH, this includes the work I do each day- helping faculty conduct their research, teaching, and service."

"In general, everyone, for the most part, understands we are here for the students and the greater society. Staff help to keep operations continuing amidst all the changes and do it (often quietly with no need for recognition) because they want to do and they care. Faculty (instruction and research) who are passionate about their work and truly helping students to reach their full potential. "



Meaningful Relationships

FACULTY / STUDENTS

SUPERVISOR /

CO-WORKERS

FAMILY / FRIENDS

SUPPORTIVE

COLLABORATIVE

EMPATHY

A meaningful and healthy relationship bring positive mentality to everyday life and help people to develop to a whole person through those relationships.



Meaningful Relationships - Student

Students are not only looking to learn knowledge but also to develop meaningful and life-long relationships within and beyond the classroom during their time at UH Mānoa. They described friendships and connections with others as personally enriching, enhancing, and involving them more on campus; resulting in greater overall learning.

“Ways that UHM has enriched me outside of the academic area are the smaller classroom sizes and extracurricular programs because I felt that these have allowed students to bond more with each other to build friendships/relationships outside of the classroom, and then encourages each other to help with learning.”

“UHM has helped me make new friends who turned into family. It helped me make connections, which helped build my confidence. For a long time I struggled with confidence issues but after getting involved on campus I became more comfortable and it built my confidence and leadership skills.”



Meaningful Relationships – Faculty & Staff

Faculty and staff said they are most productive in a nurturing and supportive environment.

"I work in a very nurturing and happy environment. I truly feel a sense of family where I work. We love to collaborate, help each other out, and I have a boss who trusts me and the work that I do. Also, I work with so many people that inspire me every day to be the best I can be at what I do. People around me are very supportive. I always tell people that when I go to work, it feels as though I am with good friends rather than co-workers." - Faculty



Meaningful Relationships – Faculty & Staff

Some employees said a great supervisor or leader is key in the workplace; putting staff first, being fair, listening, supporting, encouraging, and empathizing. Many employees expressed a desire to have more opportunities to get to know each other.

"I've had the best experience with my supervisor and correspondent offices that I work closely with. My supervisor is always putting the staff first; empathizing with us, listening to our concerns, encouraging us to explore our ideas and how we can service our UH community better." - Staff

"[I recommend to have] more events to be able to connect with other faculty, more social events in general" - Faculty



Eating Healthy

ACCESS & AFFORDABILITY

SUSTAINABILITY / LOCAL

AWARENESS & KNOWLEDGE

“You are what you eat.” A healthy and sustainable lifestyle requires eating healthy. Correspondingly, it is important for many students and employees to have adequate access to healthy and affordable food options, accessible food service for students who have different schedules, and opportunities to learn how to eat healthy.



Eating Healthy - Student

*“I would love it if there could be some way to **expand food availability** for part-time students. Even if it was just grab & go sandwiches, salads, drinks. Maybe heat & serve bentos, saimin noodles in a kiosk near the fitness center?”*

*“[A great university experience] means having **healthy, low sugar**, food **options** available that are **affordable**.”*

*“I am most interested in learning more about **sustainable** food production.”*

*“I have become more interested and **aware** about small-scale **change**, things I can do as an individual consumer. I am more aware about the food I eat, try to eat **less red meat**, I try to avoid buying food in plastic containers and reduce and reuse any plastic bags etc. I would love to know more about how I as a consumer can make more **Eco-friendly choices**.”*



Eating Healthy – Faculty & Staff

*“[I recommend UH have] more restaurants with **affordable** food menus.” -Faculty*

*“I would support getting rid of all the unhealthy food suppliers - **healthy brain** comes with **healthy food**. plus it is **educative** to younger generation. Hope you select food supply based on food **quality** and waste management. If more expensive, support the selected healthy food suppliers.” - Faculty*

*“Put the microwaves back in the kiosks across campus. There is no place to warm up your **food from home**, and many students cannot **afford** to buy food on campus.” - Staff*

*“My family has adopted a **plant-based, locally sourced** (as much as possible) diet.” - Staff*

*“More places with healthy food until at least **9:00 pm**.” - Staff*



Physical & Mental Health

GYM

WORKING OUT

YOGA

MENTAL HEALTH

MEDITATION

COUNSELING

OUTDOORS

Physical activity helps people feel and live better. Manoa community members appreciate the great gym facilities and many activities and classes that the university offers. Students talked about how much they value UH counseling services to help them get through challenging times. Manoa community members recommend UH set up more facilities and equipment that allow people to conduct outdoor activities, work, and exercise.



Physical & Mental Health - Student

*“I love being able to use the **gym**, as mental health and physical health is important for academics.”*

*“I like that UHM leisure center has all sorts of **activities** during summer and the warrior gym, which help me to stay a balanced life.”*

*“[I recommend UH] set up some **outdoor** recreation equipment for students who don't have lockers for changing clothes at the gym or don't have time or don't want to change clothes, or don't want to exercise indoors.”*

*“I used student **counseling** a lot. I had a lot of moments that I was break down in tears and they were really nice to me.”*



Physical & Mental Health – Faculty & Staff

*"We encourage care for our students yet neglect the needs of our faculty and staff. Therefore, if we do not have care (mental/emotional) for our workers, a **care program** for workers should be initiated." - Faculty*

*"[I recommend] opportunities for activities such as meditation and **yoga**. Group outdoor activities or learning opportunities **outside**." - Staff*

*"I use the gym which is **affordable** and that helps with my mental and physical health." - Staff*



Life Balance

STRESS

WORKLOAD

FINANCIAL

SCHOOL-LIFE BALANCE

WORK-LIFE BALANCE

MEDITATION

FLEXIBLE

Quality of life ties closely with one's ability to balance the many activities and responsibilities of life. Understanding when to slow down and having adequate time to relax, exercise, and spending quality time with family and friends is key to achieving a good life balance.

The high living costs of Honolulu is a leading obstacle to students and employees, as it not only adds mental stress but also requires more jobs or work hours that make it difficult to achieve a satisfying life balance.



Life Balance - Student

Students talked about challenges in finding school-life balance as having many facets and components, such as financial pressure, jobs, course load, academic rigor, and family responsibilities.

*“**Financial stress** compounds all the other stressful aspects of graduate study and is detrimental to students' quality of life.”*

*“I am very **stressed** about balancing school, work, and my responsibilities at home.”*



Life Balance - Student

Some students also expressed their appreciation of faculty and staff's efforts to help them find a balance that works for them, as well as the many services and activities available on campus.

*"The professors are **understanding** of the ways in which life outside of UH may interfere with my academic performance. They have done their best to promote a healthy **balance** between my studies and life in Hawaii."*

*"I enjoy using the **athletic center** and the Manoa. This important for my school-life balance."*

*"The Honors Department works hard to **help** their driven students **balance** their schoolwork to achieve their academic goals."*

*"would like to see more workshop such as **yoga**, meditation etc. for students to have a more balanced life style."*



Life Balance – Faculty and Staff

When answering the survey, Mānoa employees described a great workplace as:

*“**Flexibility** in work hours; **support** for professional development; vacation time; and **understanding** that there needs to be balance between work and our life outside work.”*

*“A space that allows for work/life **balance**.”*



Life Balance – Faculty and Staff

Some also expressed interest to participate in events that promote life balance and well-being, they suggested the university do the following:

*"Offer **well-being events** (healthy-eating, yoga, balanced-life) semester-long program for faculty, so that faculty can **network** with colleagues and practice well-being strategies."*

*"Opportunities for activities such as meditation and **yoga**. Group **outdoor** activities or learning opportunities outside."*

*"**Flexible** work hours and telecommuting. Would allow for **creative** thinking and people would be more dedicated to the cause of work."*

A Good Experience at Manoa is a Combination of Many Things:

"People are caring and interested in each other. If you work with people who really care that we're doing good work and making a difference in people's lives, especially students, then it is successful. You're around intelligent people who like to share their knowledge and opinions. UHM offers activities during the day but also evenings and weekends so we can learn and have fun. The natural beauty of the campus makes a person feel more relaxed and peaceful and people should take advantage of our out-of-doors and of our extra events during the days and evenings. We have access to great libraries, the arts programs, and athletics. It's been a big help to have the rec. center right here in the middle of campus so more of us will exercise regularly. The many places to find food and to sit outside are greatly appreciated, especially if there's nice shade trees too. The shuttles have been a good addition for many people from what I can tell. I appreciate that I can use my office in the evenings and weekends if I need to get more work done."



Mahalo

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