

ArtWell

A summary report of FY24 outcomes for *Artful Wellness* from the
Cultivate Well-Being Action & Transformation Roadmap with a Focus on
Students
May 2024

Introduction

This project is in support of the following *Roadmap* goal, strategy and objectives:

<p>Roadmap Goals:</p>	<p>This project spans two goals (because we merged two related strategies)</p> <p>Goal 2 – Capacity and Creativity: Continue to improve the quality of and ease of access to equity-literate clinical care and intervention for students who need such services while also improving programs and services that focus on the primary prevention of health-related symptoms, diseases, and disorders; the promotion of wellness in a holistic manner; and the creation of conditions which cultivate and sustain well-being for all students, inclusive of all identities and backgrounds.</p> <p>Goal 3 – Community and Connection: Increase, expand and generate broader awareness of and access to student engagement experiences across Georgia Tech that contribute to and facilitate the factors that comprise well-being, including sense of belonging and connection, happiness, resilience, self-awareness, and self-efficacy, as well as support living and leading in a manner that is consistent with one’s personal values.</p>
<p>Strategies:</p>	<p>Strategy 2I: Given their documented therapeutic effects, expand accessible opportunities for students to participate in artistic and creative activities outside of the classroom across the full geography of Georgia Tech’s campus; continue to cultivate inclusive artistic experiences and organizations that draw from many cultural traditions.</p> <p>Strategy 3B: In collaboration with Office of the Arts, Campus Recreation Center, the John Lewis Student Center & Stamps Commons, and other relevant on- and off-campus partners, leverage increased opportunities for students to engage in visual art, dance, music, theater, media arts, and other creative activities to connect with others; collaborate with faculty, administrators, and alumni to encourage the integration of a diverse range of arts, media, and creative practice for students in programs of study at all levels</p>

Objectives, Deliverables and Milestones	Status
<p>Project Goal 1: Compile a list of arts opportunities (events, programs, performances) not including courses or school-based student groups for the period July 1, 2022-December 31, 2023.</p>	<p>Complete</p>
<p>Compile a list of all 2022-2023 and fall 2023 “opportunities for students to engage in visual art, dance, music, theater, media arts, and other creative activities.” Match events to wellness dimensions addressed. Include participant numbers and affiliations where available.</p>	<p>Complete</p>
<p>Review existing arts documentation from GTSC</p>	<p>Complete</p>

Correspond with stakeholders to analyze field data collected in the inventory and participant feedback to make recommendations for 2024-2025	In Process
Project Goal 2: Examine attendance and outcome tracking at arts events and programs (phase 1)	Complete
Explore options to better utilize BuzzCard readers at events and programs.	Complete
Paper & Clay - pilot survey for three weeks to gather a snapshot of engagement	Complete
GT Arts - pilot survey during Tech Arts Festival	Complete
Request/ develop a list of the student population (total number of students) in each program of study, at each academic level and in each consistently measured identity.	Complete
Determine proportion of student population in each College and at each academic level	Complete
Use these calculations to determine if arts participation is representative	Complete
Project Goal 3: Explore improved event communications and marketing	FY25 Goal
Based on participant trends, identify student groups who might benefit from more participation in the arts	Continuing into FY25
Work with SEWB MarComms to identify a point of contact in each school and level of study to assist in promoting arts opportunities.	Continuing into FY25
Project Goal 4: Examine attendance and outcome tracking at arts events and programs (phase 2)	FY25 Goal
Poll peer institutions about whether/how they track attendance at outdoor events with multiple points of entry/ open on all sides.	Continuing into FY25
Link strategies in this project to larger SCEC/ABC metrics assessment	Continuing into FY25
Based on data NOT collected for events in 2022-2023, develop a system to capture this data in 2024-2025. (Convene a series of meetings with stakeholders.)	Continuing into FY25

As part of the *Cultivate Well-Being Action & Transformation Roadmap with a Focus on Students*, the Artful Wellness Core Team sought to explore the role arts-based programming and resources play in the Georgia Tech student wellness experience. Although Georgia Tech is a STEM focused institution, there is a high level of interest and appreciation for the arts, especially as stress relief and community building opportunities.

Several staff and students have been implementing arts-based programming for the Georgia Tech community. From non-academic art studios, classes, and events to musicals, plays and performances, arts are embedded into the collegiate experience at Georgia Tech. However, the groups working to provide and promote this work haven't come together to gain a larger understanding of the impact their work has on the student experience. This project looked to change that and provide a stronger understanding around the needs of our Georgia Tech students.

According to a review of the literature (see Appendix A), a strong sense of belonging, especially at large research institutions like Georgia Tech, is important for students. Furthermore, participation in creative based programming showed to have a positive impact on students' wellness and mental health. The arts have proven to be a catalyst for student success, and we found it to be similar here at Georgia Tech.

The knowledge gained from this project will continue to help build our understanding of the importance arts-based programming and resources play in the lives of our students. This information will be used to provide more strategic and targeted programming and communication for Georgia Tech students. The following report outlines the information we learned during Fiscal Year 2024.

Discovery

Arts Inventory

Consistent with the call to action in the *Roadmap* strategies referenced at the beginning of this report, the project team compiled a list of all 2022-2023 and fall 2023 "opportunities for students to engage in visual art, dance, music, theater, media arts, and other creative activities". Data from a variety of sources were compiled to inform the arts inventory. These included:

- Ticket reservations for events at the Ferst Center including external rentals as well as GT Arts events.
- Event ticket reservations maintained by the John Lewis Student Center (Campus Tickets)
- A list of events held at Paper & Clay.
- Headcounts of people in the Paper & Clay space.
- GT Arts Events
- RSO events reported in Engage

Additional information about the arts inventory and the findings can be found in Appendix B.

Two separate surveys were developed and implemented to gain further understanding on how arts focused programming and resources impacted the Georgia Tech student experience. These surveys were available at Paper & Clay, an art studio on campus, and during the 2024 Tech Arts Festival, a week-long arts celebration hosted by GT Arts.

Paper & Clay

Based on several research questions, a survey instrument was created in Smartsheet with input from the project team and Paper & Clay manager, D'Andrea Allen. The survey sought to gain a strong understanding of participation among patrons at Paper & Clay. To facilitate

the survey, Paper & Clay student personnel created a QR code and posted it throughout the space over a three-week period. Student personnel also called attention to the survey in their interactions with visitors as they checked out at the front desk and participated in classes and programs in the space.

Respondents were entered into a random number generator to identify winners of incentives including zoo tickets, Paper & Clay vouchers, and CRC gift bags.

Further information about the Paper & Clay survey can be found in Appendix C.

2024 Tech Arts Festival

The 2024 Tech Arts Festival survey was developed through collaborative discussions with the Artful Wellness group, Dr. B Woods and Rafael Soares. At the onset of FY24, the focus was on gauging perceptions of GT Art's mission-driven seasonal programming, particularly its impact on fostering community and a sense of belonging. QR codes were used to facilitate survey distribution with designated assistants encouraging attendees to complete the "registration survey".

Though students generally participated when asked to complete the survey, incentives, such as complimentary food items, significantly increased survey participation.

Further information about the 2024 Tech Arts Festival survey can be found in Appendix D.

Findings

Arts Inventory

Of 551 arts opportunities inventoried for the study period, most (58%) were sponsored by registered student organizations (those who entered their events in the Engage platform), followed by GT Arts (17%). Other key sponsors included events sponsored by the John Lewis Student Center, including SCPC events and Paper & Clay (11%), and performances brought to campus through external rentals at the Ferst Center (13%). The 551 inventoried events resulted in almost 98,000 interactions. Of the dimensions of wellness addressed by the events, the social and intellectual dimensions were the most common.

Tech Arts Festival

The Interim Director, GT Arts, summarized the feedback received from respondents to the evaluation survey in the following categories:

- Types of Art/Creative Event Ideas
- Demonstrating Community-Building and Sense of Belonging
- Social Media Engagement and Additional Feedback

The full list of input is provided in Appendix D.

Paper & Clay

Through Paper & Clay's participation in this project, the Paper & Clay Manager learned most student respondents experience a 'flow state' (definition in appendix) and feel more connected to themselves while crafting and participating in activities at Paper & Clay. The survey results also indicated students are engaging with their friends and others while at Paper & Clay and reported feeling more 'relaxed' and 'happy' after participating in a craft activity or event.

After reviewing the survey results, the Manager has outlined the following next steps for Paper & Clay.

- Continue to incorporate assessment opportunities in day-to-day operations, and specifically obtain more feedback from Graduate students and male identifying students.
- Reflect on offered services, products, and events. Are they appealing to all Georgia Tech Students?
- Utilize data to help market Paper & Clay to the campus community.

Limitations

The following limitations for the project have been identified by the Artful Wellness Core Team members.

- Art by nature is very subjective and hard to define. Without a common definition, it made collecting information about existing arts-based programming and resources more challenging and time consuming, with the potential of missing opportunities and events.
- The project team requested and received a download of events from the Events Management System (EMS) used by many units to reserve meeting rooms on campus. However, the data collected did not prove useful for this Arts Inventory since there were not consistent descriptions or labels for meetings and events to indicate if they included creative expression or artistic activities.
- Across Georgia Tech, there are many styles of assessment and general data collection methods. Identifying the methods and people who oversee them proved to be a challenge as the Core Team assembled the Arts Inventory. Several data collection points and owners were consulted and reviewed to create the Arts Inventory, however the information gathered was inconsistent, leaving some gaps.
- Respondents for the Paper & Clay survey were largely female identifying, undergraduate students. This leaves more to learn about male identifying and Graduate students' experience with Paper & Clay.
- The Artful Wellness Core Team overall represented different divisions and departments at Georgia Tech and were able to bring their individual knowledge and experience to the project. Core Team members acknowledged their team diversity allowed for greater collaboration and knowledge sharing.

Recommendations

Arts Inventory

1. Convert findings tables to infographics.

2. Share report with Michelle Powell in GTSC and the new Interim Associate Vice Provost for the Arts, Jason Freeman.
3. The results of this project should be combined with the reports compiled by GTSC regarding the descriptions of arts spaces and groups at GT, including descriptions of all the relevant RSOs as well as arts-based courses and the related report conducted by Greenway Strategy Group. Their reports differ from ours in that they didn't explore specific events. However, our report doesn't include a comprehensive inventory of arts spaces or academic offerings as theirs does. Together, the reports offer a compelling spotlight on arts opportunities at GT.
4. Share infographics with key stakeholders, including SEWB Marketing and Communications, for use in telling the story of arts at Tech.
5. Encourage users of the Engage platform to label their events with the corresponding dimensions of wellness for easier data analysis to identify areas of success and areas of potential growth.
6. Gather participant information for as many events as possible in order to better understand who is accessing arts opportunities and whether there are populations who are disproportionately missing.

General Advice for Future Projects:

- Engagement with stakeholders: Include a wide range of student voices and staff perspectives to gather comprehensive feedback.
- Regular Feedback Mechanisms: Implement ongoing feedback loops, not just post-event surveys, to continuously improve in collaboration with Research SMEs
- Multi-Channel Communication: Diversify communication strategies to reach a broader audience.
- Focus on Inclusivity: Design events and activities that cater to the ever-shifting interests and skill levels of students, promoting inclusivity and participation.
- The process of developing the project charter and project plan could have been an opportunity to create consensus around a common definition of "art" and "the arts" to inform this project.

Acknowledgements

We wish to recognize and thank the following individuals for their time and dedication to this project.

Core Team Members

Project Manager: Jamie Alt, Assistant Director of Programs, Student and Campus Event Centers

D'Andrea Allen, Manager, Paper & Clay, Student and Campus Event Centers

Nicole Butler, Program & Portfolio Manager, Arts, Belong, and Community

Erin Jackson, Academic Advisor, School of Music

Nathalie Matychak, Interim Director, GT Arts

Kara Wade, Student & Artist Engagement Coordinator, GT Arts

Student Assistant: Aliza Morani

Portfolio Manager: Heather Zesiger, Director, Cultivate Well-Being Action & Transformation

Subject Matter Expert

Kate Silverio, LCSW, Satellite Counselor, Center for Mental Health Care & Resources

We also want to recognize Dr. Lindsay Bryant, Carly Bloomingdale, Dr. Kim Harrington, Michelle Powell, Dr. B. Woods, and Rafael Soares for their special contributions.

Sources

Allen, D., Baquero, M., Feinberg Berson, A., Purviance, A. (2023) *Feel the Flow: The Importance of Arts and Crafts Spaces to Student Wellness* [PowerPoint slides].

[Appendix A – Lit Review]

Baldwin DR, Towler K, Oliver MD, Datta S. An examination of college student wellness: A research and liberal arts perspective. *Health Psychology Open*. 2017;4(2). doi:10.1177/2055102917719563

- Method: investigated wellness among undergraduates at a research university versus small liberal arts college
 - o Surveys to measure physical, emotional, social, intellectual, occupational well-being
- Found large differences in physical + social factors between colleges AND between genders
 - o Small liberal arts college students = reported higher physical activity, supported more health behaviors (but more males in this group may be confounding)
 - o Research university students = reported higher need for belonging (but more females in group)
- No differences in diet
- Employed students reported higher self-efficacy than unemployed
- Self-esteem = best predictor of physical wellness, stress = predictor for social wellness
- Call to action for facilitation of enhanced student well-being, especially in research universities without liberal arts aspect

Caddy, L., Crawford, F., & Page, A. C. (2012). 'Painting a path to wellness': correlations between participating in a creative activity group and improved measured mental health outcome. *Journal of psychiatric and mental health nursing*, 19(4), 327–333. <https://doi.org/10.1111/j.1365-2850.2011.01785.x>

- Method: using hospital records from 2004-2009, measured mental health outcomes in patients who attended a creative activity group as an inpatient; analyzed changes through clinical assessment tools
 - o Reduced symptoms from pre- to post-treatment in the group
- Found that participation improved mental health, therapeutic relationship
- Creative activity defined as art, craft, expressive activity that incorporates the arts

Golden, Tasha & Ordway, Richard & Magsamen, Susan & Mohanty, Aanchal & Chen, Yifan & Ng, T.. (2024). Supporting youth mental health with arts-based strategies: a global perspective. *BMC Medicine*. 22. 10.1186/s12916-023-03226-6.

- Method: review that highlights the value of arts and culture-based practices for community support
- Arts interventions + diverse populations = improvement in quality of life
- Engagement in local arts by youth helps mental health = “enhanced sense of community, self-expression, cultural identity”
 - o Self-concept and stress resilience
 - o Better sleep quality, overall well-being

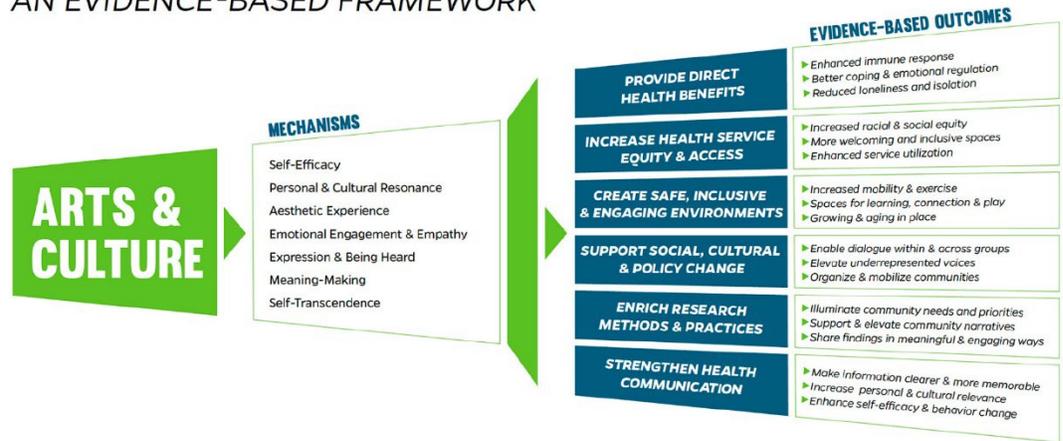
- Activates reward circuit in brain, and relaxed states & memory retrieval areas
- Need to document existing arts and culture-based practices of interest to youth populations, research their impacts
- 4 suggestions to support youth mental health with art:
 - Elevate youth voice + leadership to address mental health
 - Current programs identify how they assess their effects on youth
 - Need for global examination of youth needs + practices
 - Grant opportunities needed to research further

Golden TL, Sonke J, Rodriguez AK. An Evidence-Based Framework for the Use of Arts and Culture in Public Health. *Health Promotion Practice*. 2024;0(0). doi:10.1177/15248399241228831

- Method: examined knowledge/evidence related to arts in public health, developed framework for development
 - Findings from national field survey, focus groups, dialogues, writing processes
- Top art forms used for public health:
 - Visual and participatory
 - Public art
 - Music
 - Live music performances / concerts
 - Literature and arts
 - Theater
- Professionals found to use arts to engage emotions, change behaviors, promote dialogue
- Emphasis put by focus groups on aesthetic appeal in engagement – experiences are longer-lasting, building confidence
- Social cohesion and well-being were found as key outcomes to measure following art participation and cross-sector collaboration
- In dialogue group, 5 issues were found to be addressed through arts and culture:
 - Trauma
 - Racism
 - Social difficulty
 - Mental health
 - Chronic diseases
- All groups indicated recognition of arts and creativity as crucial to human health, but infrastructure is lacking in communities to connect these things
- Evidence-based framework:

ARTS & CULTURE IN PUBLIC HEALTH

AN EVIDENCE-BASED FRAMEWORK



Jean-Berluce, D. (2024, March 9). *Creative expression and mental health*. Journal of Creativity. <https://www.sciencedirect.com/science/article/pii/S2713374524000098>

- Method: literature review of impact creativity has on mental health
- Creativity impacts emotion regulation, cognitive ability, social connectedness
 - Creativity helps manage overwhelming emotions, encourages problem-solving, enhancing coping skills/adaptability, gives sense of purpose which is part of well-being
- Flow of emotional regulation → promotes positive emotions and well-being
 - Can also be coping mechanism of trauma, transforming pain into positivity and resilience of well-being
- Creativity enhances self-efficacy → navigation of complex situations → feeling of autonomy and empowerment → maintenance of mental health
- Collaboration in creativity → supportive network and belongingness → crucial of fulfillment in relationships and mental health
- Different activities/examples that positively affect well-being:
 - Visual arts
 - Art therapy improves psychological well-being
 - Museum program reduced stress, induced self-esteem and expression, greater sense of agency
 - Writing
 - Expression through writing promotes self-reflection to improve mental health
 - Diary to focus on positive aspects of life → reduced depression, increased emotional well-being and gratitude
 - Music

- Structured learning of music → cognitive stimulation, expression, self-esteem boost
- Crafts + DIY projects
 - Hands-on activities allow for focused attention, sense of achievement
 - Crocheting explicitly improves mental health, rhythmic motion induces relaxation
 - Gardening reduces loneliness and increases satisfaction with self

Kaimal, Girija & Carroll-Haskins, Katrina & Ramakrishnan, Arun & Magsamen, Susan & Arslanbek, Asli & Herres, Joanna. (2020). Outcomes of Visual Self-Expression in Virtual Reality on Psychosocial Well-Being With the Inclusion of a Fragrance Stimulus: A Pilot Mixed-Methods Study. *Frontiers in Psychology*. 11. 10.3389/fpsyg.2020.589461.

- Method: mixed-methods, randomization design of 24 adults (18 women, 6 men); two 1-hour virtual art making sessions, randomly assigned fragrance condition for first session → self-report and survey measures collected and analyzed
- Measured effect of drawing tasks and olfactory stimulus on outcomes of stress, anxiety, creativity, and well-being
- Olfactory stimulus reduced negative emotions compared to non-fragrance, and had trend of self-efficacy
 - No significant changes for positive effects though
- 5 themes for art making experiences found: fun & joy, novelty of virtual media & play, relaxation, learning curve, disorientation
- 4 themes for virtual art content found: nature imagery, personal symbols, fantasy, everyday objects
- Overall positive responses to experience, heightened by fragrance – needs to be replicated

Seo, Young Wook, Chae, Seong Wook and Kun Chang Lee. 2015. The impact of absorptive capacity, exploration, and exploitation on individual creativity. *Comput. Hum. Behav.* 42, C (January 2015), 68–82. <https://doi.org/10.1016/j.chb.2014.03.031>

- Method: collected 706 questionnaires from IT companies in South Korea
 - Divided sample into 2 groups: high subjective well-being & low subjective well-being
- Individual creativity model proposed with: creative self-efficacy, knowledge, IT support, absorptive capacity, exploration, exploitation, creativity
- Through absorptive capacity, creativity was found to be influenced by self-efficacy + knowledge + IT support
- High subjective well-being moderates relationship between absorptive capacity + creativity, group was affected by all parts of creativity model
- Found that companies should emphasize well-being of employees to manifest creativity and vice versa

Sonke, J., Golden, T., Francois, S., Hand, J., Chandra, A., Clemmons, L., Fakunle, D., Jackson, M.R., Magsamen, S., Rubin, V., Sams, K., Springs, S. (2019). *Creating Healthy Communities*

through Cross-Sector Collaboration [White paper]. *University of Florida Center for Arts in Medicine / ArtPlace America*.

- Method: research report of what needs to be done regarding well-being
- Collaboration is needed to address issues that limit well-being
- Call for action for public health sector to use arts & culture as a resource for equity
- 4 goals outlined in the paper:
 - o Advance collaboration between divisions of art & culture, public health, and community development
 - o Implement upstream interventions of systems/cultures/policies to reduce barriers to well-being
 - o Emphasize value of arts & culture
 - o Create social change to advance well-being
- Examples of what arts and culture can do for well-being:
 - o “Make ordinary moments extraordinary, notable, memorable”
 - o “Provide direct health benefits”
 - o “Improve health communication and education”
 - o “Increase participation and dialogue”
 - o “Connect services” (ex. social + arts)
 - o “Advance community health practices”
- Recommendations for cross-sector collaboration:
 - o Locate health/social services with arts
 - o Partner with arts organizations
 - o Hire local artists
 - o Look to existing artifacts for answers
- Epidemiological studies cited, showing engagement in arts “enhances immune response, longevity, and well-being”
 - o Example: The Village of Arts and Humanities in Philadelphia

Tabor, S. M., Van Bavel, M., Fellner, K. D., Schwartz, K. D., Black, T., Black Water, C., Crop Eared Wolf, S., Day Chief, P., Krugar, D., Monroe, L., & Pepion, J. (2023). Healing, Empowering, Engaging, Learning, and Decolonizing Through Culture: Living Wellness, Resilience, and Resurgence in the Classroom Through Creative Arts. *Canadian Journal of School Psychology*, 38(1), 86-104. <https://doi.org/10.1177/08295735221147322>

- Method: study of Niitsitapi artists and educators, their point of views on arts-based initiatives in middle school students; research conversations with community members
- Art is supported as an intervention of wellness – life skill-building, healing
- Explores cultural roots as artistic wellness in Indigenous youth
- Found that art = healing = connects one to culture
 - o Cultural engagement promotes student wellness and education
 - o Overcome colonization narratives
 - o Discovery and learning in the classroom

- Integration of art in teaching, different from Eurocentric art approach

Tan, C. Y., Chuah, C. Q., Lee, S. T., & Tan, C. S. (2021). Being Creative Makes You Happier: The Positive Effect of Creativity on Subjective Well-Being. *International journal of environmental research and public health*, 18(14), 7244. <https://doi.org/10.3390/ijerph18147244>

- Method: 256 undergraduates and 291 adults (working) self-reported creativity, stress, well-being
- Positive relationship between creativity and well-being found when other factors were controlled
- Half of undergraduate group did a creativity priming task & divergent thinking test, other half did not → all undergraduates then self-reported characteristics
 - o Those who did the task reported higher well-being scores, more positive mood
 - o Causal relationship found between well-being and creativity
- Subjective well-being was defined as both positive and negative aspects, one's satisfaction with life and evaluation of life
- Bidirectional relationship found between creativity and well-being, *positive* effect

[Appendix B – Arts Inventory Summary]

Arts Inventory

Completed as part of the Artful Wellness Project
2023-2024

Consistent with the calls to action in the *Roadmap 2I* and *3B*, the Artful Wellness project team compiled a list of 2022-2023 and fall 2023 “opportunities for students to engage in visual art, dance, music, theater, media arts, and other creative activities”. Data from a variety of sources were compiled to inform the arts inventory. These included:

- Ticket reservations for events at the Ferst Center including external rentals as well as GT Arts events.
- Event ticket reservations maintained by the John Lewis Student Center (Campus Tickets)
- A list of events held at Paper & Clay.
- Headcounts of people in the Paper & Clay space.
- GT Arts Events
- RSO events reported in Engage

These lists were combined in Excel, and duplicates were identified and removed. Additionally, the events were labeled by the dimension(s) of wellness addressed in the content or delivery.

Limitations include that Paper & Clay was closed for most of the inventory period due to the renovation of the John Lewis Student Center. In addition, not all RSOs record their events in Engage, so some student-generated opportunities may be missing from the inventory. Also, the Interim Director of GT Arts and core team member identified that the lack of survey template made it challenging to create a common survey for Tech Arts Fest and Paper & Clay. Finally, the project team requested and received a download of events from the Events Management System (EMS) used by many units to reserve meeting rooms on campus. However, the data collected did not prove useful for this Arts Inventory since there were not consistent descriptions or labels for meetings and events to indicate if they included creative expression or artistic activities.

Findings

Event Sponsor	Number of Events (percent of whole)
GT Arts	91 (17%)
JLSC and Paper & Clay	60 (11%)
RSOs	319 (58%)
External Rentals at Ferst	73 (13%)
Other units	8 (1%)
Total July 1, 2022-Dec 31, 2023	551

For the study period, RSOs were the largest sponsor of arts-related events and programs followed by GT Arts. The most frequents RSO sponsors of arts and creative events are listed below.

RSO	Total Number of Events
Aarohi	18
Ballroom Dance Club	63
Buzz Studios	24
DramaTech Theatre	34
EnVision	10
International House	10
Invention Studio	21
PianoForte	13
Vietnamese Student Association	11

Dimension	Number/%
Emotional	63 (11%)
Environmental	12 (2%)
Financial	0
Intellectual	168 (31%)
Occupational	9 (2%)
Physical	103 (19%)
Social	443 (80%)
Spiritual	41 (7%)

Some events addressed more than one wellness dimension. The social dimension was addressed by the most arts offerings (80%), followed by the intellectual dimension (31%). Of the dimensions, only financial wellness was not addressed by any arts opportunities in the study period. However, affordable and accessible arts opportunities are a component of financial wellness and nearly all these events were free to students.

Participants	Number of Events	Total participants
Unspecified	166	92041 (94%)
Undergraduate	39	3473 (4%)
Graduate	36	1100 (1%)
Faculty/Staff	47	1367 (1%)
No data collected	195 (49%)	
Total		97, 981

An overarching question in this strategy is whether arts offerings are attended by students in proportion to their representation on campus. Unfortunately, attendance and participation counts were only available for 30% of documented events.

Recommendations

1. Convert findings in tables to infographics.
2. Share report with Michelle Powell in GTSC and the new Interim Associate Vice Provost for the Arts, Jason Freeman.
3. The results of this project should be combined with the reports compiled by GTSC regarding the descriptions of arts spaces and groups at GT, including descriptions of all the relevant RSOs as well as arts-based courses. Their report differs from ours in that it didn't explore specific events. However, our report doesn't include a comprehensive inventory of arts spaces or academic offerings. Together, the reports offer a compelling spotlight on arts opportunities at GT.
4. Share infographics with key stakeholders, including SEWB Marketing and Communications, for use in telling the story of arts at Tech.
5. Encourage users of the Engage platform to label their events with the corresponding dimensions of wellness for easier data analysis to identify areas of success and areas of potential growth.
6. Gather participant information for as many events as possible in order to better understand who is accessing arts opportunities and whether there are populations who are disproportionately missing.



Paper & Clay Survey Findings April 2024

Introduction

Consistent with the Artful Wellness project in the Cultivate Well-Being Roadmap with a Focus on Students, we sought to assess participation at Paper & Clay by students, staff, faculty and visitors.

Paper & Clay is an on-campus craft center. Re-opened in Spring 2023 following a complete renovation and relocation, Paper & Clay exists for students and other guests to unwind, have fun, and learn new skills.

Paper & Clay offers the following services: large format printing, 8 pottery wheels, ceramics and glazes, sewing machines, arts and crafts supplies, outdoor patio with seating, monthly events hosted by Paper & Clay staff as well as free options including coloring pages, beads and keychains and acrylic paint.

Our research questions were:

- How many visitors participated in creative activities at Paper & Clay in a 3-week period?
- Among survey respondents, were they students, staff, faculty or visitors?
- Did the programs of study and College affiliations reported reflect the student population?
- Did the gender identity and ethnicity reported reflect the student population?
- Did respondents indicate they experienced social connection during their time at Paper & Clay?
- How often do respondents visit Paper & Clay?
- How do reported feelings differ before and after creative engagement?
- Do participants report a state of “flow” while engaging in creative activities?
- Do participants report a greater connection with self and with GT while at Paper & Clay?

Methods

Would you recommend Paper & Clay to a friend?

Recommendation	Responses
Yes	98% (47)
No	2% (1)

While you were creating, did you talk to people around you?

Others	Responses
No one else was around	2% (1)
Not at all	4% (2)
A little	40% (20)
I came with a friend/friends	48% (24)
A lot	6% (3)

Agreement with the statement: "While creating, I felt more connected with myself."

Connection with self	Responses
Yes	98% (48)
No	2% (1)

Agreement with the statement: "While creating, I felt more connected with Georgia Tech."

Connection with GT	Responses
Yes	57% (29)
No	43% (22)

Do you feel you were in a flow state while creating? *Being in a flow state means being so completely absorbed in an activity that you lose track of time, self-consciousness fades away, and you're fully focused and engaged. It's a state of optimal experience and performance.*

Flow State	Responses
Yes	76% (37)
No	4% (2)
Maybe	20% (10)

What is your primary College affiliation at GT?

College	Responses	Representation
College of Computing	8% (3)	42% of student population
College of Engineering	50% (18)	39% of student population
College of Design	8% (3)	3% of student population
College of Sciences	22% (8)	6% of student population
Scheller College of Business	6% (2)	4% of student population
Ivan Allen College of Liberal Arts	6% (2)	4% of student population

What is your primary role on campus?

Role	Responses	Representation
Undergraduate Student	67% (29)	41% of total population
Graduate Student	19% (8)	59% of total population
Alumni	5% (2)	
Visitor	9% (4)	

What is your primary school or program of study?

School	Responses	School	Responses
Aerospace Engineering	7% (3)	ECE	2% (1)
Alumni	2% (1)	Engineering	2% (1)
Architecture	2% (1)	Excel program	2% (1)
Biology	9% (4)	HCI	2% (1)
Biomedical Engineering	11% (5)	Industrial Design	9% (4)
Business	5% (2)	Industrial Engineering	9% (4)
Chemical Engineering	7% (3)	Mechanical Engineering	7% (3)
Chemistry	2% (1)	Neuroscience	2% (1)
College of Computing	2% (1)	Oglethorpe University Biology	2% (1)

Computational Media	2% (1)	Public Policy	5% (2)
Computer Science	5% (2)	Science	2% (1)

What is your gender identity?

Gender Identity	Responses	Representation
Male	10% (4)	The majority of the overall GT population is male identified.
Female	85% (35)	
Another Gender/Non-binary	5% (2)	

How would you describe your race/ethnicity or international status?

Heritage	Responses	Representation
Asian, Non-Hispanic	58% (19)	46% of overall population
Two or more races, non-Hispanic	15% (5)	4% of total population
International	12% (4)	26% of total population
Hispanic/Latino	3% (1)	8% of total population
Black or African American, non-Hispanic	3% (1)	6% of overall population
White	27% (14)	31% of overall population
Race and/or ethnicity unknown	9% (3)	2% of overall population

Would you please provide us a quote about your experience creating today to share with other potential visitors to Paper & Clay?

- *Best thing to do on campus*
- *I used to go to a ceramics studio as a kid and I hadn't been to one since but then my friend told me about Paper & Clay. It just feels so great being in such a creative space again.*
- *Nice for making if your schedule is very flexible around random closures and you can wait more than two weeks longer than they tell you for finished work.*
- *our teacher was awesome! we did the 6:45-8pm pottery class*
- *Our teacher was very friendly and gave helpful tips, and was great at explaining things*
- *Paper & Clay brought me back to appreciating my journey rather than stressing about my destination.*
- *Paper & Clay is fun place to be creative and make something as a break from the stress of a college student*
- *Paper & Clay is so relaxing and i always see random people i know there, it's a super chill time*

- *This place rocks*
- *It was a great way to relax and hang out with friends!*
- *Perler beaded*
- *Relaxing and fulfilling*
- *Relaxing experience*
- *“Very relaxing and therapeutic”*
- *A great opportunity for students to engage in low-cost, creative activities.*
- *Don’t worry, be happy!*
- *Enjoy yourself*
- *I came here to work on a project for my class, but I definitely want to return and work on personal projects in the future.*
- *It was really fun and I got to meet new people!*
- *It went well on Paper & Clay*
- *Best time of my life*
- *I love being here it makes me so happy*
- *I love going to Paper & Clay to escape from the stress of campus and do something I love.*
- *I want to create till I die.*
- *Makes all the stress school go away*
- *Paper & Clay has helped me love Georgia Tech so much more. It’s so nice to have a creative space.*
- *Paper & Clay is a space where I can forget about my worries and focus on creating things that make me happy.*
- *Those that Paper & Clay together paper and stay together*
- *“It’s an awesome space to engage in your creativity in a welcoming space.”*
- *I always have a great time at Paper & Clay. It is a great place to hang out with friends or be productive between classes.*
- *Paper & Clay is such a calm escape from the stresses of classes.*
- *Those who Paper & Clay together, Paper & Stay together.*
- *Being a perfectionist is not what you want to be as a beginner*
- *Come here if you want to relax and have fun*
- *Enjoyable!!*
- *Rad-*
- *Such a wonderful addition to the Tech experience*
- *The art of creating is a form of bringing together a life*

Limitations

The Paper & Clay Manager, a core team member, acknowledged there were missed opportunities to engage customers and clients in the survey due to inconsistent staff interactions and encouragement to complete the survey.

Recommendations

Through Paper & Clay's participation in this project, the Paper & Clay Manager learned the majority of student respondents experience a 'flow state' and feel more connected to themselves while crafting and participating in activities at Paper & Clay. The survey results also indicated students are engaging with their friends and others while at Paper & Clay and reported feeling more 'relaxed' and 'happy' after participating in a craft activity or event.

After reviewing the survey results, the Manager has outlined the following next steps for Paper & Clay.

- Continue to incorporate assessment opportunities in day-to-day operations, and specifically obtain more feedback from Graduate students and male identifying students.
- Reflect on offered services, products, and events. Are they appealing to all Georgia Tech Students?
- Utilize data to help market Paper & Clay to the campus community.



2024 Tech Arts Festival Participant Survey Results

Introduction

Through creative workshops, programming, and arts cultivation and collaboration, the annual Tech Arts Festival aims to highlight the power of arts, belonging, and community at Georgia Tech.

Georgia Tech Arts' mission is to infuse the Georgia Tech community with creativity, connecting students to exceptional art experiences. We aim to foster a vibrant arts community that amplifies impact, builds connections, and supports student well-being. Through performances, exhibitions, and an unwavering support for creativity, we aim to make art a central pathway to belonging at Georgia Tech - a place where creativity thrives, and together, we shape a future where the arts are embedded into our community.

The Tech Arts Festival was piloted in April 2022 and known then as the Arts Plaza Pop-ups. The 2023 iteration was co-developed by GT alumna Raianna Brown and took place over three weeks. Events included free performances, art installations, meditation, film, and exploring coding through drawing.

Research questions:

1. We sought general feedback and comments about the Tech Arts Festival events.
2. We wanted to know the attendance at each event.
3. We wanted to know as much as possible about the participants.

Undergraduate, Master's, PhD

Program of Study

Faculty/Staff

Atlanta Community/Guests

Methods

The 2024 Tech Arts Festival survey was developed through collaborative discussions with the Artful Wellness project team, Dr. B Woods and Rafael Soares. At the onset of FY24, the focus was on gauging perceptions of our mission-driven seasonal programming, particularly its impact on fostering community and a sense of belonging. Given the dynamic nature of Tech Arts Fest as a "pop-up" style program, brevity was essential. Questions were designed for easy comprehension, using multiple-choice formats whenever possible and supplemented with visuals to aid event identification. Longer form questions related specifically to what arts programming folks wanted to see in the future. Insights from discussions with Dr. Zesiger and the Artful Wellness team

underscored the importance of tracking engagement across various demographics, including undergraduates, graduates, faculty, staff and members of the Atlanta community.

Building on our experience of curating programming for the past 2.5 years, it became evident that offering incentives, such as complimentary food items, significantly increased survey participation. To facilitate survey distribution, QR codes generated from Microsoft Forms were printed and displayed prominently at events, with designated assistants encouraging attendees to complete the "registration survey" to inform future programming decisions. Encouragingly, participants exhibited a willingness to participate without resistance. Recognizing the challenge of event promotion, a question was included to assess Instagram following, with a call to action for non-followers to engage with our updates on the platform.

Events and Descriptions

BSCO x BiD Meets the Arts | Monday, April 15 • 6-8 PM • Arts Plaza with Black Student Computing Organization & Blacks in Design

BSCO is a newly reformed black student organization that supports students majoring in Computer Science, Computational Media, and Computer Engineering. We support our students following our three pillars – academic support, community security and corporate engagement. This event allows students to find the connection between creative arts and computing disciplines using project-based learning, applicable to student resumes and future careers.

ARTlanta | Tuesday, April 16 • 11 AM - 2 PM • Tech Green with SCPC

Welcome to ARTlanta, a city-themed art-making event where you can explore a variety of craftmaking, from painting and collages, to tie-dye, tea blending, movement and more! Join us at Tech Green on April 16 where creativity is at your fingertips!

SCPC's Mission: The Student Center Programs Council seeks to visibly impact the entire Georgia Tech community by setting the standard for student led programming and leadership development. We seek to encourage and inspire leadership by providing unparalleled resources for personal and professional growth to our members who reflect the diverse backgrounds and perspectives of the community we serve. We strive to consistently provide fun and high-quality programs that appeal to all demographics of the Georgia Tech community. We promote unity and inclusivity not only among our members, but among the campus organizations and departments by actively seeking collaboration and fostering a positive atmosphere throughout the campus.

Brush & Bloom | Wednesday, April 17 • 12-2 PM • Arts Plaza led by Belinda Person

Brush & Bloom is a project aimed at providing individuals with the opportunity to explore their creativity and express themselves through art. This project seeks to empower participants by offering pre-drawn stretch canvases, paint, and brushes, giving them the tools they need to unleash their artistic potential.

Benefits of this project are self-expression and stress relief. Engaging in artistic activities has been proven to promote self-expression and serve as a therapeutic outlet for stress relief. By

participating in this project, individuals will have the chance to alleviate their everyday pressures and indulge in a calming and fulfilling artistic experience.

There's Something In The Water Film Screening | Thursday, April 18 • 7-9 PM • Arts Plaza with Kamryn Harris

Be the first to catch the premiere screening of [There's Something In The Water](#). Get ready to dive into an unforgettable experience as we explore the stories of talented artists emerging from an unsuspecting community. Most people have no idea that this community of creatives exists at a school like Georgia Tech. We're talking incredibly talented artists who studied engineering but are actively pursuing their creative passions. There are more than you would imagine, but here we tell the story of three. There must be something beneath the surface that has cultivated this - something greater than what we can see. There Is Something In The Water. Don't miss out on this opportunity to be the first to see the film. This film was made possible by the support of Georgia Tech Arts

Off The Page: A Performance Workshop | Thursday, April 18 • 11 AM - 1 PM • Ferst Center Lobby with Poetry @ Tech ft. Sam Sax

What language requires speech? What can we learn from thinking through the poem as a performance score or sheet music? In this generative workshop we'll explore what's possible in the performed poem that isn't on the page, we'll take a look at some recordings of performed poems, do some of our own writing, and go through some exercises aimed at making us better performers of our own work. Free lunch provided.

Art BloC | Friday, April 19 • 2-6 PM • Arts Plaza with [DJ Lodi Dodi](#) • [Paint n Sit ATL](#) • [Chef Baker](#) • [GT TekStyles](#) • [GT Salsa Club](#) • [GT Creatives](#)

To celebrate the dynamically gifted talents of students and organizations campus wide, we're coming together for the **Art BloC** finale to provide invigorating sounds, collective movement, and expressions of freedom as we amplify the arts here at Georgia Tech.

Co-hosts: GT Creatives

A community of creatives at Georgia Tech giving students a platform where they can express themselves through art, expose them to new avenues of creativity, and inspire them to continuously cultivate their artistic passions.

Lineup

DJ Lodi Dodi • Innovative Grooves, Endless Moves! DJ Lodi Dodi is a talented female DJ hailing from the vibrant music scene of Atlanta with a career spanning over 8 years!

2-4 PM • Paint n Sit • Cultivate love for ourselves and others through art, bringing our attention to the present moment with kindness and compassion.

3-6 PM • Chef Baker Caribbean Food Truck • An American soul food, Caribbean, and BBQ quick service food truck and catering service that offers delicious, multicultural foods.

3:30-4:15 PM • GT TekStyles Cypher and Showcase • Tekstyles is Georgia Tech's premier hip hop dance club. The club operates with the goal of promoting the Atlanta dance scene on Georgia Tech's campus.

4:30-6 PM • GT Salsa Club Beginner Workshop and Social • The Salsa Club at Georgia Tech brings classes, dance parties, nightlife, performance, and competitions to students, faculty, and staff interested in club-style Latin dancing.

Findings

Reported attendance at any Tech Arts Festival events. Some participants attended more than one event.

Undergrad Students	Graduate Students	Faculty/Staff	Atlanta Community	Total
75	34	40	11	160

Reported attendance by event. Some participants attended more than one event.

	Undergrad Students	Graduate Students	Faculty/Staff	Atlanta Community	Total
Art BloC Party Finale	30	23	16	6	75
ARTlanta w/ SCPC	25	13	2	4	44
Brush & Bloom Paint Workshop	12	5	26	5	48
BSCO x BiD Meets the Arts	13	2	0	3	18
There's Something In The Water Film Screening	4	6	1	6	17
Performance Workshop w/ Poetry @ Tech	15	2	1	3	21

Survey respondents had the opportunity to provide their GTID numbers. In collaboration with IRP and the registrar and with documented data protections, these were matched with identifiers such as College, School, gender and ethnicity. Numbers are only reported where there were at least 10 students matched to those identities (for privacy reasons, even though all data was deidentified and deleted after analysis.)

Of the 114 IDs, we were able to match 82 to student data.

For the remaining 32:

- Five were duplicates
- 22 belonged to GT employees
- Two appeared to be partials and could not be matched.

Student participants attending at least one Tech Arts Festival event have the following academic affiliations.

	PhD degree	Master's degree	Total
Graduate Students	<10	18 (22%)	24 (30%)
Undergraduate			57 (70%)

Regarding college affiliation, six colleges were reported, but only two colleges were represented by 10 or more students:

College of Computing = 27 (33%)

College of Engineering = 33 (40%)

Regarding School affiliation, 16 Schools were reported, but only one was represented by 10 or more respondents:

Electrical and Chemical Engineering (ECE) = 14 (17%)

Reported genders were female = 56 (68%) and male = 26 (32%).

Six ethnicity categories were reported but only three were represented by 10 or more respondents:

Asian = 50 (61%)

Black or African American = 15 (18%)

White = 10 (12%)

Respondents were encouraged to follow GT Arts on Instagram. Eighty-seven (54%) respondents indicated that they follow GT Arts. Thirty-two (20%) respondents indicated that they do not use Instagram. Forty-one (25%) did not respond to that item.

The evaluation survey also provided an opportunity for participants to comment on the following questions. Please see the appendix for results.

- Please share any art/creative event ideas that you would like to see at Georgia Tech.
- In what ways does Tech Arts Fest event programming create avenues for Arts, Community & Belonging on campus?
- Any additional feedback?

Types of Art/Creative Event Ideas:

1. Workshops: Respondents suggested graphic design, jewelry making, watercolor painting, airbrushing, origami, soap making, resin art, and edible art projects.
2. Performances: New Suggestions included musicals, contemporary dance, spoken word and poetry readings, open mic nights, animated short screenings, and a late-night talk show featuring professors and students.

3. **Community Projects:** Participants provided new suggested collaborative events like additional forms of paint and sip events, designing large terrariums, pottery, art journaling, and flower arranging.

Demonstrating Community-Building and Sense of Belonging:

1. **Safe and Inclusive Spaces:** These events encouraged artistic expression, collaboration, and networking.
2. **Mental Health and Well-Being:** Activities provided therapeutic benefits and a break from academic stress are crucial, especially before finals - including potential partnerships with residence halls for wellness initiatives.
3. **Community Building:** These events help foster connections and a sense of belonging among students, introducing them to others they may not know through their academic life on campus

Social Media Engagement and Additional Feedback:

1. **Limited Instagram Use:** Surprisingly, a moderate amount of survey participants said they were not on Instagram, highlighting a need for broader promotional strategies for events for students on campus
2. **Positive Feedback:** Participants appreciated the current events and are excited about upcoming ones.
3. **Improvement Suggestions:** There is a need for better advertising and promotion, and the continuation of diverse art opportunities that respond to current student needs.

Recommendations

Suggested Time-Sensitive Next Steps:

1. **Enhanced Promotion and Visibility:**
 - **Action:** Use a mix of promotional channels, such as email, campus bulletins, and physical flyers.
 - **Responsible Parties:** Communications Team.
 - **Timeline:** Implement within the next semester.
2. **Continued Expansion of Event Offerings:**
 - **Action:** Introduce new workshops and performance events that cater to both beginners and advanced participants, per the recommendations gathered from this survey

- Responsible Parties: GT Arts in collaboration with campus & community partners
 - Timeline: Plan and roll out new events in the next academic year.
3. Leverage Digital Platforms:
- Action: Utilize multiple social media platforms and university channels for engagement.
 - Responsible Parties: Communications Team (Social Media Specialist).
 - Timeline: Ongoing
4. Mental Health Focus:
- Action: Integrate wellness-focused activities and collaborate with campus mental health services.
 - Responsible Parties: GT Arts in consultation with the WE Center and Center for Mental Health.
 - Timeline: Start planning this summer with implementation by Fall 2024 semester.

Team Experience

- GT Arts found the project valuable for understanding student needs and preferences, despite the challenge of having to create a survey without a template devised by Research SMEs. GT Arts personnel want to make sure that they are asking the same things across the board for the next round of surveys, if possible, so it is easier to compare and contrast results across departments
- Collecting and analyzing feedback provided a few actionable insights for improving event offerings and promotional strategies, but GT Arts personnel want to figure out a way to have ongoing feedback instead of situational feedback opportunities
- Collaborating across departments helped GT Arts personnel gain a more holistic view of student engagement with arts programming.

Please share any art/creative event ideas that you would like to see at Georgia Tech:

Painting was super fun

everything

contemporary dance performances, photography exhibition

Spoken word night

Animals

edible projects, using food as an artistic medium

Paint and sip

Musical, arts, food festival

Caricatures

Art forms that are safe, inclusive, diverse, introspective, and fun. Will think more on that. Spoken Word was a great addition I just noticed has come to campus.

Scrapbooking

jewelry making

Spoken words..

Musicals!

Origami workshop

More dance workshops

Decorations

Event where we can try out musical instruments, designing massive terrariums for the campus, pottery, art journaling, soap making, flower arranging, resin art

Spray painting/bleaching shirts

I would like to see a weekly late night talk show (tonight show style) where the celebrity guests are professors. I'd like to be the host of this show.

Airbrush

Drawing

Watercolor

Perhaps animated shorts screenings

I would love to see a graphic design workshop.

hypersonic mma cook

Revolution

More poetry stuff!

(better organized, more widely advertised) Open Mic Nights

More poetry and writing related

In what ways does Tech Arts Fest event programming create avenues for Arts, Community & Belonging on campus?

Awesome documentary and event!

By hosting programs to help engage students

It provides the opportunity for wellness and fun!

Gives students who otherwise might not an opportunity to engage with arts!

Block party is very engaging

Events for community

the diversity and connectivity, as a Staff member this is my 1st time hearing about this event, and I've been an employee since 2021.

It brings people together

Give artistic individuals on campus a way to express themselves and feel included in a tech driven community.

It invites/provides a safe space to share, collaborate, network, take a break from the day-to-day and support one another. One creative art form always inspires another.

Creativity and Adventure

Exposure

It gives artists a place to be creatively free.

Creates More Diversity

Brings people together

It encourages art

Great art initiatives

They make it fun

lots of diversity

It really let's people really show off their artistic side which might be hard to do at a tech school

Help mental health of artist

The Tech Arts Fest enables a space for creative majors to expand their knowledge and expertise!

Bringing creatives together

They bring fun and novelty to campus

Additional Feedback

follow @lvdiosv

Continue to nurture the Art Community at Tech. Exceptionally talented students

Keep up the great work!

I'm excited for the Brush and Bloom

Thank you for this outlet and opportunity for a time of refreshing.

Great week!

This is so much fun!

Probably should advertise it more (like chalking, more posters) since I wasn't quite aware that it's happening