The Holistic Philosophy of Scholar Success
A partnership between the Hudson Holland Scholars Program
and the School of Public Health-Bloomington

The Holistic Philosophy of Scholar Success (HoPSS) is a student-centric public health program that provides Hudson Holland Scholars Program (HHSP) members culturally-competent services and referrals to support success as students and as members of the IU and Bloomington communities.

Through an ongoing partnership with the School of Public Health-Bloomington, the HoPSS program provides culturally-competent services to meet the holistic public health needs of HHSP students. Consistent with the World Health Organization (2013) definition of public health, the HoPSS Program Coordinator works to deliver “…organized measures (whether public or private) to prevent disease, promote health, and prolong life among the population as a whole”. The population of HHSP is the focus of the HoPSS Program Coordinator, a doctoral student in the School of Public Health, who serves HHSP scholars through:

- Walk in and scheduled appointments;
- Individual and group meetings and workshops to address the holistic needs of Scholars in their successful transition from high school, into IU, and on to the workforce or advanced education;
- Weekly small group bowling to bring together HHSP students and the HoPSS coordinator to engage in healthy activity and conversation about student progress toward their identified educational, social, and open hours
- Individualized support for students whose grades fall below 3.0 in coordination with their HHSP Advisors and Director

Built on the understanding that our Hudson Holland Scholars have unique backgrounds and acknowledging that their success can be increased if they have their own programs and referrals and follow up to public health services in the Indiana University.

Utilizing Hettlers’ (1976) six dimensions of wellness, the HoPSS Program Coordinator works with the HHSP staff to provide services which meet the needs of the students in regard to their physical, emotional, intellectual, social, occupational, and spiritual needs.

Samples of the programming in each area include:

- Physical - Nutrition Detectives; Eat this, Not that- Residence Life Edition
- Emotional - Friendship 101; De-stress Game night; Do I have time for that?
- Intellectual - My professor scares me!; Lessons I’ve learned
- Social - Speed-friending; Ice Cream Social; Friendship 101; De-stress Game night; Open Bowling Wednesdays
- Occupational - How well-rounded are you?; Dream Jobs; Does this major make my butt look big?; Will I get hired?; Networking Night and Opportunities Panel
- Spiritual – Individual experiences and referrals

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