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Proposal

My friends and I started a campus student club, SKY@UO last Spring. Our goal is to serve and strengthen campus community health and wellness. We hold weekly happiness hours, where we do yoga, meditation, and breathing. We also conduct quarterly Happiness Retreats.

There are many components involved in the Happiness Retreat. Participants (students, staff, faculty) complete activities to connect with self and others. The key component of the Happiness Retreat is the Sudarshan Kriya Yoga (SKY). SKY is a breathing-based meditation that uses specific cyclical patterns of breathing to bring us to a calmed alert state. Scientifically-documented benefits of SKY include from relieving anxiety and depression to relieving post-traumatic stress disorder symptoms.

UO is one of the 40 campuses across the United States that offer SKY. Other universities are UIUC, Ohio State, Purdue, MIT, UW, USC, Standford. Since this is a new program at our campus, we ask the participants to fill out a survey so that we can understand how they feel after the Retreat (See Appendix I).

The geography of the participants will be shown using a histogram. With qualitative data, I envision analyzing the top words that show up to investigate if there’s a theme. With quantitative data, participants answer 9 questions based on a 5-point likert scale and an additional 10-point likert scale question. I would like to collapse similar questions together and make a density plot accordingly.

The intended audience would be for administrative personnel, faculty, students. With the data visualization, I hope to showcase the effectiveness of the Happiness Program and to promote student health and wellness across UO.

Is a histogram the best way to show geography? What level of geography are you collecting this data? It may be that a map would be good, but you also might not have the numbers to pull that off. You'll definitely want to dive into the tidy text book and package (https://www.tidytextmining.com) if you're thinking about doing some text analyses. Kivalina may be able to help you too (although I'd of course be happy to as well). She was the student who presented on rtweet and word clouds. Density plot sounds good, but you might consider separating it by some demographic variables you are interested in. If the audience in administrative personnel, histograms may be better than density plots, because they're more common and thus familiar. You won't really be able to demonstrate the effectiveness of the program with a survey, but you can perhaps document perceptions of effectiveness, or general feelings about the approach. What format are you thinking about displaying these plots in? Blog post? Technical paper? Poster? Other? Let me know if you want to chat more.

Appendix One

**SKY Happiness Retreat – Post Workshop Evaluation**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name |  | School |  | Date |  |
| Email |  | Phone | |  | |
|  |  |  | |  | |

(1) What was your experience of the SKY Happiness Retreat?

(2) What are the three most important takeaways from the SKY Happiness Retreat for you?

(3) What would you say to someone considering participating in the SKY Happiness Retreat? *Please Note: Your testimonial for Question 3, if chosen, may be used in our marketing materials, including website (without the use of your last name). If you would not like it to be used, please add the note – confidential.*

(4) What changes do you suggest to make the SKY Retreat more effective?

(5) On a scale of 1 to 10, 10 being highest, how likely are you to recommend SKY Happiness Retreat as an experience for friends?

Using the 5-point scale provided, please indicate to what extent you agree or disagree with the following statements. Circle the number that best describes your response. For example, if you strongly agree with the statement, circle 5.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Section 1:** Your summary views on the course | 1 | 2 | 3 | 4 | 5 |
| Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree |
| This training was a good investment of my time | 1 | 2 | 3 | 4 | 5 |
| I would recommend this training to my peers as they would benefit from this training | 1 | 2 | 3 | 4 | 5 |
| The experiential nature of this training program makes it more impactful as compared with other workshops | 1 | 2 | 3 | 4 | 5 |
| The trainers were comfortable with the materials and addressed any questions that I had | 1 | 2 | 3 | 4 | 5 |
| The instructor’s style was engaging and inclusive | 1 | 2 | 3 | 4 | 5 |
| I enjoyed participating in the various processes and discussions in the training and found them valuable | 1 | 2 | 3 | 4 | 5 |
| I am inspired to practice breathing and meditation | 1 | 2 | 3 | 4 | 5 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Section 2:**  I can see how the techniques taught in the SKY Happiness Retreat have the ability to: | 1 | 2 | 3 | 4 | 5 |
| Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree |
| Increase my energy levels | 1 | 2 | 3 | 4 | 5 |
| Enhance my clarity of mind | 1 | 2 | 3 | 4 | 5 |
| Increase my ability to manage multiple responsibilities | 1 | 2 | 3 | 4 | 5 |
| Enhance my ability to connect to myself | 1 | 2 | 3 | 4 | 5 |
| Increase my ability to stay focused on the task at hand | 1 | 2 | 3 | 4 | 5 |
| Improve my ability to remain calm in difficult situations | 1 | 2 | 3 | 4 | 5 |
| Increase my ability to gain resilience | 1 | 2 | 3 | 4 | 5 |
| Increase my ability to gain broader perspectives when facing challenging situations | 1 | 2 | 3 | 4 | 5 |
| Increase my ability to connect with others | 1 | 2 | 3 | 4 | 5 |

Anything else you want to write! :