

# NightPulse Grant Proposal

## The Problem

### Student mental health & connection gap

College students report high levels of stress, anxiety, and depression, and many never reach campus counseling or other formal support.

At the same time, students already turn to music, shows, and shared spaces to cope with emotions and manage everyday pressure.

Students need more ways to feel better together, not only appointments on a calendar.

## The Solution

### NightPulse Seattle: One night, three outcomes

#### Support student wellness

High energy music, wellness zones, and on site mental health resources create a campus event that is fun and restorative at the same time.

#### Strengthen campus and local community

Students, Seattle artists, and campus groups share one space that builds a sense of belonging and city pride.

#### Model a greener festival

Reusable systems, compost and recycle stations, and thoughtful planning show that large events can match University of Washington sustainability values.

## Impact & Metrics

### What your funding delivers

Live sets, quiet wellness areas, and information booths offer a full night experience instead of one more standard club show.

#### 70% feel better after the event

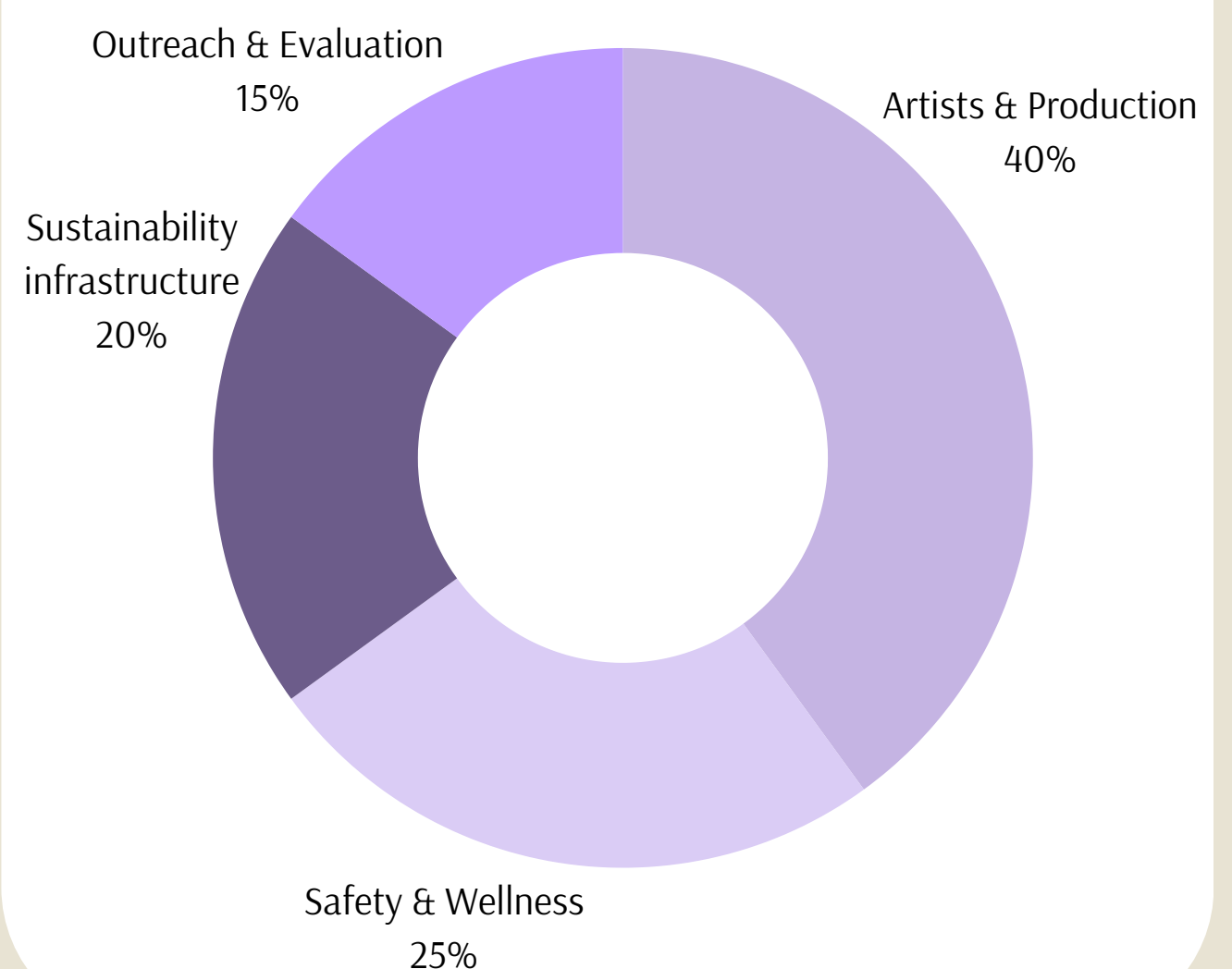
Quick pre and post surveys will ask students how stressed or calm they feel, with a goal that at least seventy percent report lower stress or better mood after NightPulse.

#### 60% less waste to landfill

Reusable cups, compost and recycling, and staffed sorting stations aim to cut landfill trash by sixty percent compared with a typical event of similar size.

## Budget & Ask

### How grant funds will be used



**Fund NightPulse Seattle and turn research on music, wellbeing, and sustainability into a real campus resource for University of Washington students.**