**BACKGROUND**

- Stress and burnout in pharmacy school may impact student learning, patient care, and the community.
- Student organizations at SIUE host wellness events, implemented by the Wellbeing and Resilience Committee.
- The impact of these events on student wellness remains unclear due to low attendance and other factors.

**OBJECTIVES**

- To assess the efficacy of current wellness events hosted by student organizations and assess the impact of an alternative wellness event format.

**METHODS**

- **Study population:** All students enrolled in the SIUE SOP*.
- **Study measures:**
  - Dependent variable: utilization of wellness events by SIUE SOP students.
  - Independent variables: Age, gender, race/ethnicity, distance from campus, and student organization involvement.
- **Analysis:** A descriptive analysis was used, including mean, median, mode, and percentages, to describe the data. All statistical analyses were computed with Excel algorithms.

**RESULTS**

- 43 responses were collected for Phase I from P1-P4 students from October – November 2023, 20 responses were collected for Phase II.
- Responses indicate that students prefer events that were on different days of the week, provided snacks or drinks, and offer a variety of activities.
- Most responses from students showed that monthly wellness events were preferred over other options of bimonthly or once a semester (42.8%).
- 35% of phase II respondents strongly agreed/agreed that they felt more inclined to attend as it was not held by a student organization.

**CONCLUSION**

- Phase 1 survey results showed students prefer events focused on self-wellness and this was used to develop the games/self-care day hosted by researchers in phase II.
- Phase II survey results show students do gain wellness from these events, but prefer a variety of events and may prefer events not hosted by student organizations.
- These results will be shared with the Wellbeing and Resilience committee to further enhance wellness.

**REFERENCES**