

# WILDCAT PAUSE DAY

## 2025 Report Card

Wildcat Pause Day continues to serve as a key expression of K-State's commitment to holistic well-being and aligns closely with the Next-Gen K-State strategic plan and the Health-Promoting University initiative. This fall's Pause Day was supported by an expanded monthlong series of well-being events designed to help students, faculty, and staff prioritize their **physical, social, emotional, and financial health**. These events built momentum leading into Pause Day and offered the campus community more opportunities than ever to engage in meaningful, restorative activities.

Throughout October, K-State hosted a robust slate of well-being experiences, including **group fitness opportunities, mindful garden walks, Paws Break with Oakley, nutrition classes, financial wellness workshops, Mediterranean cooking demonstrations, community safety sessions, stress management programs, film showings, recreational events,** and collaborative activities with UPC, Employee Well-Being, Lafene Health Center, CAPS, K-State Gardens, KSRE, and campus partners. This united campuswide effort helped cultivate a culture of care leading into Pause Day, reinforcing the message that **rest, connection, and self-care are integral parts of academic and personal success.**

Pause Day itself provided students with intentional space to **disconnect from academic demands and engage in activities that support their well-being.** The combination of dedicated programming, dynamic partnerships, and student-centered offerings strengthened the impact of this year's Pause Day and demonstrated the **university's continued investment in well-being across the campus community.**

*"I really appreciate that K-State and my professors care enough about my physical and mental well-being that they gave us a day off. Rest is productive!" -Post Wildcat Pause Day student survey respondent*



### BY THE NUMBERS

K-State students and faculty were surveyed before and after Wildcat Pause Day. 6,400 participants completed both or either survey and 1,818 participants completed both. Of that, 1,610 were students and 207 were faculty.

Survey results showed students were happier, less stressed, and felt more socially connected after Wildcat Pause Day.

Happy

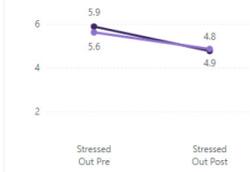
Year ● 2025 ● 2024



Students felt happier after WPD.  
effect size = .47 (2025)

Stressed Out

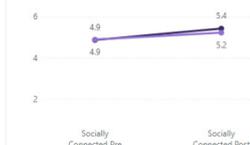
Year ● 2025 ● 2024



Students felt less stressed after WPD.  
effect size = .65 (2025)

Socially Connected

Year ● 2025 ● 2024



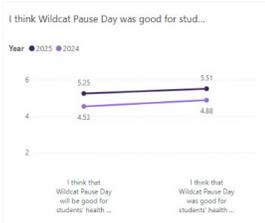
Students more connected after WPD.  
effect size = .35 (2025)

### ONE K-STATE: CAMPUS-WIDE COLLABORATION

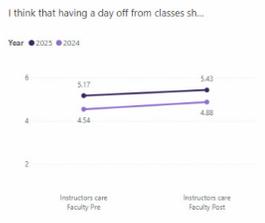
Partners from all sectors of the university and beyond contributed to the success of Health and Well-being Month and Wildcat Pause Day. These partners included:

- Academic Achievement Center
- Chester E. Peters Recreation Center
- College of Health and Human Sciences
- Counseling and Psychological Services
- Department of Horticulture
- Division of Academic Success and Student Affairs
- Division of Communications and Marketing
- First Lady Linton
- Hale Library
- Kansas Research and Extension
- K-State Gardens
- Lafene Health Center
- Mayo Clinic
- Morrison Family Center for Student Well-being
- Office of Data Assessment and Institutional Research
- Office of the President
- Office of the Provost
- Stormont Vail
- Teaching and Learning Center
- UPC

Survey results showed faculty felt WPD is good for students' wellness, shows the university cares and are not concerned about cancelling classes.



Faculty think WPD is good for students' health and well-being



Faculty think having a day off from classes shows students we care about them as people



Faculty are not concerned WPD took away from much needed class time

## PROACTIVE MINDSET: RECOMMENDATIONS

As we look toward the next Wildcat Pause Day, we present three recommendations.

- Strengthen communication with instructors to reinforce expectations for no assignments, deadlines or required work on Pause Day.
- Explore opportunities to align Pause Day with quieter academic periods or adjust the date to avoid overlap with 8-week course timelines.
- Expand faculty and staff-specific opportunities to ensure Pause Day and surrounding programming supports the entire campus community.

*"Pause Day is great for students and people working in the university. We need more things like that. This is good for everyone's health and well-being."* -Post Wildcat Pause Day faculty survey respondent

*"I needed this break, I was struggling mentally the last few weeks, and was suffering massively from burnout. This pause day gave me a day to rest and relax, and now I feel focused and ready to finish out the semester."* -Post Wildcat Pause Day student survey respondent

*"When students are energized and refreshed it ripples not only in their courses, but also throughout the university."* -Post Wildcat Pause Day faculty survey respondent

## SNAPSHOTS: SCENES FROM HEALTH AND WELL-BEING MONTH



### PETAL IT FORWARD

750+ students received flowers for themselves or to give to others.



### WILDCAT WALK FOR HEALTH

200+ students, faculty and staff joined First Lady Linton for a walk around campus.



### FALL FEST

400+ students painted pumpkins, accessed campus resources and built community.



### OAKLEY THE THERAPY DOG

Oakley and his handler brought joy and comfort to students across campus. 80+ attended October Paws Breaks and countless others met with Oakley in classrooms, at events and on his walks.