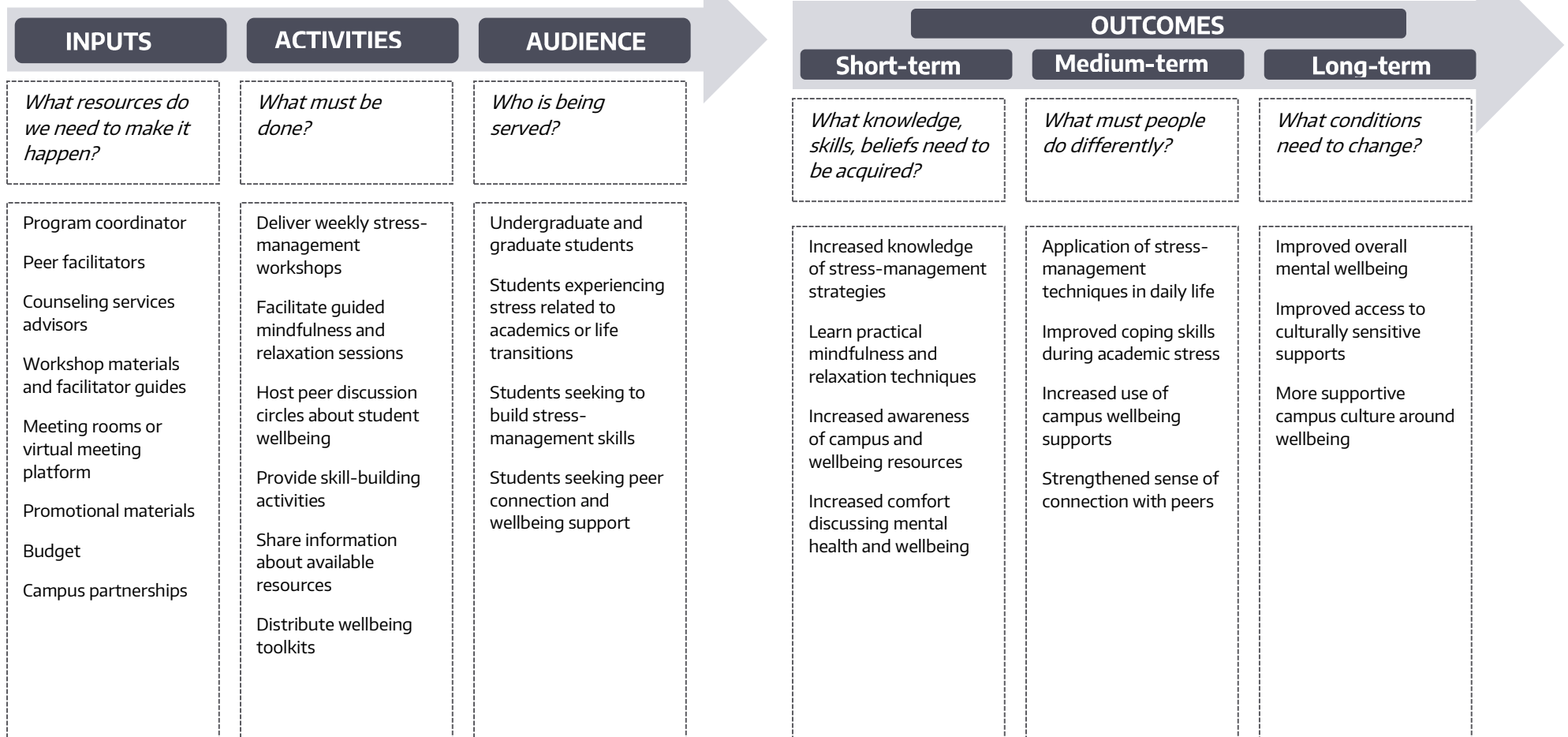


# Logic Model – Student Stress-Management Initiative

**Program goal:** Improve students' mental wellbeing by increasing their ability to manage stress, build coping skills, and connect with supportive resources.



**ASSUMPTIONS:** high levels of stress related to academic workload, finances, and life transitions; practical stress-management skills can improve coping ability; students benefit from peer connection and safe spaces to discuss wellbeing; low-barrier, culturally safe programming increases participation

**EXTERNAL FACTORS:** Academic workload and exam schedules; students' financial pressures and employment demands; stigma around mental health and help-seeking; barriers accessing other campus wellbeing resources; broader societal stressors