



Case Study - Student Wellbeing Deck Lakeland Community College

Objective

Lakeland Community College's Counseling and Advising Department is using WellSort within its First Year Experience (FYEX 1000) course to help new students clarify wellbeing needs, connect with counseling and campus resources, and build skills and behaviors that support academic, career, and personal success.

Implementation Strategies

1

Incorporate card sort into FYEX 1000 course to support first year students in understanding the 8 Dimensions of Wellness and identifying their personal wellbeing priorities as they start college

2

Introduce campus counseling and wellbeing resources to students as they reflect on their top priorities - helping raise awareness and connect them to the most relevant support for their personal needs

3

Survey students who've completed the card sort to get a pulse on their impressions of the activity as a reflection and action planning tool and to guide future course planning

4

Use aggregate card sort data to inform counseling and wellness programming and courses, and to help secure grant funding for additional programs

Lakeland Community College at a Glance

- **Location:** Kirtland, Ohio
- **Enrollment:** 4,620
- **Campus Lead:** Dr. Kenneth Browner, Campus Psychologist

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WellSort has been an outstanding addition to our First Year Experience program, and we have incorporated it into other parts of our curriculum. Student response has been overwhelmingly positive - they report that it really helps them clarify their priorities and goals for wellness and balance as they navigate college.

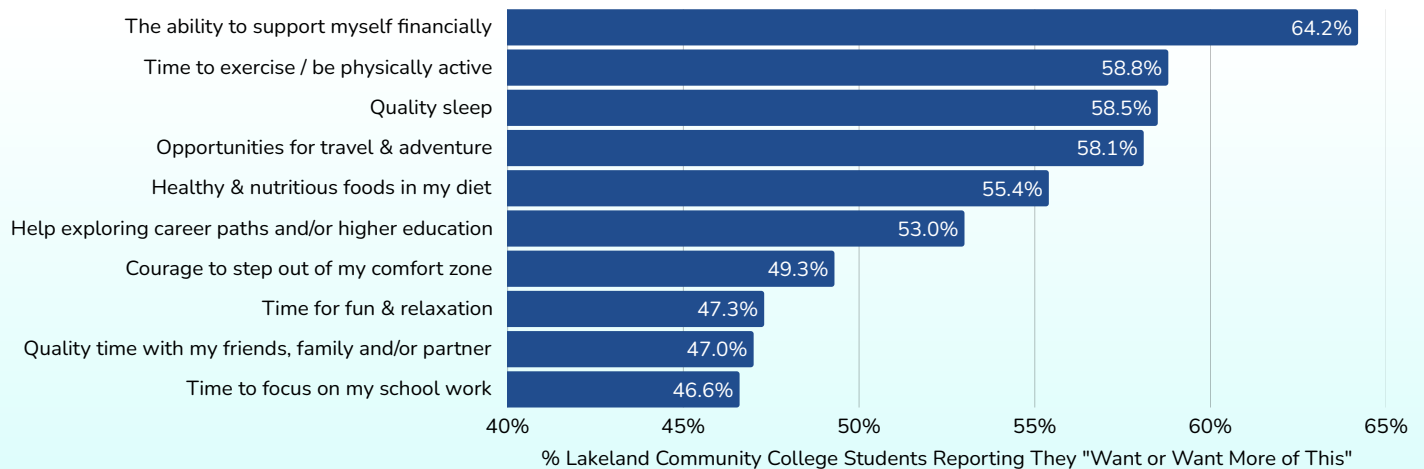
Dr. Kenneth Browner

Campus Psychologist, Lakeland
Community College

Lakeland
COMMUNITY COLLEGE

Data Insights

Top Ten Student-Reported Wellbeing Priorities, Lakeland Community College,
August 2025 - December 2025 (N=296)



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The card sort gave a wide variety of prompts that included goals I would not have thought about prior to this activity...it also gave me a place to organize all my goals, which motivates me to complete them.

Lakeland Community College First Year Student

Next Steps

Lakeland Community College will continue using the Student Wellbeing Deck in their FYEX 1000 course and plans to utilize their WellSort data to guide the programming and other efforts of the college's Mental Health and Wellness Task Force. The college has also secured grant funding to renew WellSort for an additional two years.

Request a demo today!

For more information

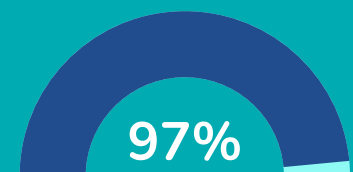
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wellsort.com

Data Highlights



of students
recommend that
Lakeland should
continue offering
WellSort to students



of students plan to
follow up on the
personal wellbeing
goal and action step
they identified