UW Resilience and Compassion Initiatives Seed Grants

The UW Resilience Lab & Campus Sustainability Fund (CSF) is pleased to announce the creation of seed grants to support resilience and compassion building initiatives that foster connection and community. These small grants will support impactful activities, programming, projects and/or applied research that align with the following goals of the UW Resilience and Compassion Initiatives & the CSF:

- To cultivate kindness, compassion and gratitude toward each other and ourselves;
- To engage hardships, setbacks and failures with compassion and vulnerability, and as rich opportunities for learning and growth;
- To foster connectedness, belonging and community;
- To embrace both common humanity and diversity within the human experience;
- Provide opportunities to the UW community for project-based or applied learning;
- To illuminate the connections between group or personal identities (cultural, racial, ethnic, gender, etc.) and the sustainability of the UW community and environment.

Students, staff and faculty — including administrative and academic units — are encouraged to apply for seed grants to fund applied research, workshops, retreats, activities, faculty-invited speakers, or other events tailored for students, faculty, and staff that *directly* support the above stated goals. One example of a currently funded project is provided below:

Currently Funded Project Example

The UW Resilience Lab has teamed with UW Recreation and the UW Brotherhood Initiative (BI) to provide BI scholars with quarter-long mindfulness passes. The BI's mission is to "empower undergraduate males of color to thrive on campus and graduate prepared for a lifetime of leadership, service and success." By providing BI scholars with quarter-long mindfulness passes, this funded project enables BI scholars to access a wide range of wellness activities that ultimately support their success in the classroom and overall well-being.

Eligibility, Funding and Reporting
Applications for seed grants are open on *April 1, 2019* and due by *April 30, 2019*. Recipients will be notified by the end of May 2019.

Award amounts will range from *$500 to $3,000.* Funds may be disbursed in phases depending on the nature of the project.

Eligibility, Funding and Reporting Continued ..

Projects must be completed by the end of the 2019–20 academic year. Funded projects are expected to attend funder forums / events and other suitable outreach opportunities. Teams must submit a brief quarterly reports and final report within 60 days of the project's conclusion that:

1. Lists supported activities;
2. Describes the evaluation results and what was learned from the project;
3. Describes any recommendations for improvement of the project in the future;
4. Describes next steps and the potential for sustainability of the project;
5. Accounts for project funds;

Funding Guidelines

▪CSF will not fund time and labor expended by UW faculty working on CSF projects except that outside the scope of regular faculty duties.

▪While CSF supports celebratory and recognition events, the CSF will not specifically fund food, drinks, or salable merchandise as part of project budgets.

▪Line item requests for travel funding are not encouraged, but will be considered on a case by case basis.

▪CSF funds shall not be used for research projects unless such projects include an actionable component.

Selection Process:

Applications will be reviewed by committee members of the UW Resilience Lab and CSF.

Proposals will be judged on:

1) Clear and direct alignment with the UW Resilience and Compassion Initiatives' & CSF's goals.

2) Feasibility.

3) Impact on the UW community.

Bonus points will be awarded for:

1) Applications that include a letter of support from appropriate unit lead (e.g. person holding chair, dean, or VP-level roles) or letter from a faculty or staff adviser for student-led applications, and

2) Projects that articulate roles for students during genesis & implementation process, and

3) Projects that directly support the University of Washington's commitments to race and equity, innovation, population health, and the UW's progress toward the UN Sustainable Development Goals.

RESILIENCE LAB
UNIVERSITY *of* WASHINGTON

CSF
CAMPUS
SUSTAINABILITY
FUND

Submit the following application materials in the order listed to farrellw@uw.edu as one PDF document:

1. Completed application form.
2. Project proposal (no more than 2 pages, single-spaced in length) including:
   a. Brief background describing the theoretic and/or empirical justification for your proposed project.
   b. Brief description of your proposed project, including clearly delineated goal(s) or aims(s).
   c. Brief description of how you will evaluate whether or not your project met its intended goals.
   d. Statement of how your project aligns with the Resilience and Compassion Initiatives' & CSF goals and how it will impact the UW community.
   e. This year's Seed Funding is a collaboration between the Resilience Lab and Campus Sustainability Fund — we're interested in seeing applicants be creative about how projects connect the "Health and Well-Being" Sustainable Development Goal (SDG) to one or more of the other 16 SDGs. We invite you to articulate connections between your proposed project and the other 16 goals.
3. A detailed budget proposal (no more than 1 page in length) of how the funds will be used. Please include a description of matching funds and/or any additional funds to support your project as applicable.
4. (Optional) Letter of support from appropriate unit lead (e.g. person holding chair, dean, or VP-level roles) or letter from a faculty or staff adviser/mentor for student-led applications.

UW Resilience and Compassion Initiatives
Seed Grant Application Form

Application opens on April 1, 2019 and closes on April 30, 2019.

General Information	
Department/Unit/Affiliation:	Campus:
Project Title:	
Award Amount Requested:	
Estimated Project Timeline:	

Primary Project Director Contact Information	
Name:	
Department/Unit/Affiliation:	
Title:	
Email:	
Phone:	

Additional Project Contacts	
Name:	Name:
Department/Unit/Affiliation:	Department/Unit/Affiliation:
Title:	Title:
Email:	Email:
Phone:	Phone: