

## **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 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.

**Submit the following application materials in the order listed to [farrellw@uw.edu](mailto: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. Describe how you will evaluate whether or not your project met its intended goals and created impact in the UW Community.
  - d. 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 ask you to articulate connections between your proposed project and the other 16 goals.**
3. A detailed, line-item budget proposal of how the funds will be used, see [Resilience Seed Grant Budget form](#). 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 15, 2020 and closes on May 10, 2020.

| <b>General Information</b>   |         |
|------------------------------|---------|
| Department/Unit/Affiliation: | Campus: |
| Project Title:               |         |
| Award Amount Requested:      |         |
| Estimated Project Timeline:  |         |

| <b>Primary Project Director Contact Information</b> |
|---|
| Name:   |
| Department/Unit/Affiliation:                        |
| Title:  |
| Email:  |
| Phone:  |

| <b>Additional Project Contacts</b> |                              |
|------------------------------------|------------------------------|
| Name:                              | Name:                        |
| Department/Unit/Affiliation:       | Department/Unit/Affiliation: |
| Title:                             | Title:                       |
| Email:                             | Email:                       |
| Phone:                             | Phone:                       |

### ***Eligibility, Funding and Reporting***

Projects must be completed by the end of the 2020–21 academic year. Funded projects are expected to attend funder forums / events and other suitable outreach opportunities. Teams must submit a 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 Lab & 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](#).

## UW Resilience and Compassion Initiatives Seed Grants

### *Eligibility, Funding and Reporting Cont.*

Below are examples of three previous funded projects:

(1) *Darn It!* - This mobile clothing repair project aims to reduce the consumption of textiles and revitalize of people's connection to their clothing. Project Lead Coreen Callister said their mobile clothing repair project would “offers a functional service while creating connection and dialogue through a shared activity. By empowering creative and easy-to-learn mending skills, we are working to transform our local community’s relationship with clothing.”

(2) *"Raising Resilience"* College of the Built Environment (CBE) instructors Julie Johnson and Brooke Sullivan sought to increase the incorporation and utilization of resilience practices in CBE classes. They said, “As resilience and well-being are central to our built environments, we look forward to engaging with College of Built Environment (CBE) faculty to develop pedagogy that supports students’ own resilience, well-being, and compassion through their studies. ”

(3) *"Creating a Climate Heat Map: Finding Equitable and Inclusive Spaces on Campus"* Kaleb Germinaro's heat map seeks to reveal how students move through the UW community and find restorative spaces. He said "A seed grant provides me the space to explore a creative passion while creating a useful tool for my peers and community."

### *Eligibility, Funding and Reporting*

Applications for seed grants are open on **April 15, 2020** and due by **May 10, 2020**. 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.