

A photograph of a man and a woman relaxing on outdoor furniture. The man, in the foreground, is wearing sunglasses, a watch, and earbuds, and is looking towards the right. The woman, in the background, is wearing a white t-shirt and shorts, and is looking towards the left. They are sitting on a white sofa with blue and white patterned cushions. The setting is outdoors with greenery and a wooden fence in the background.

California State University Northridge **Oasis Wellness Center**

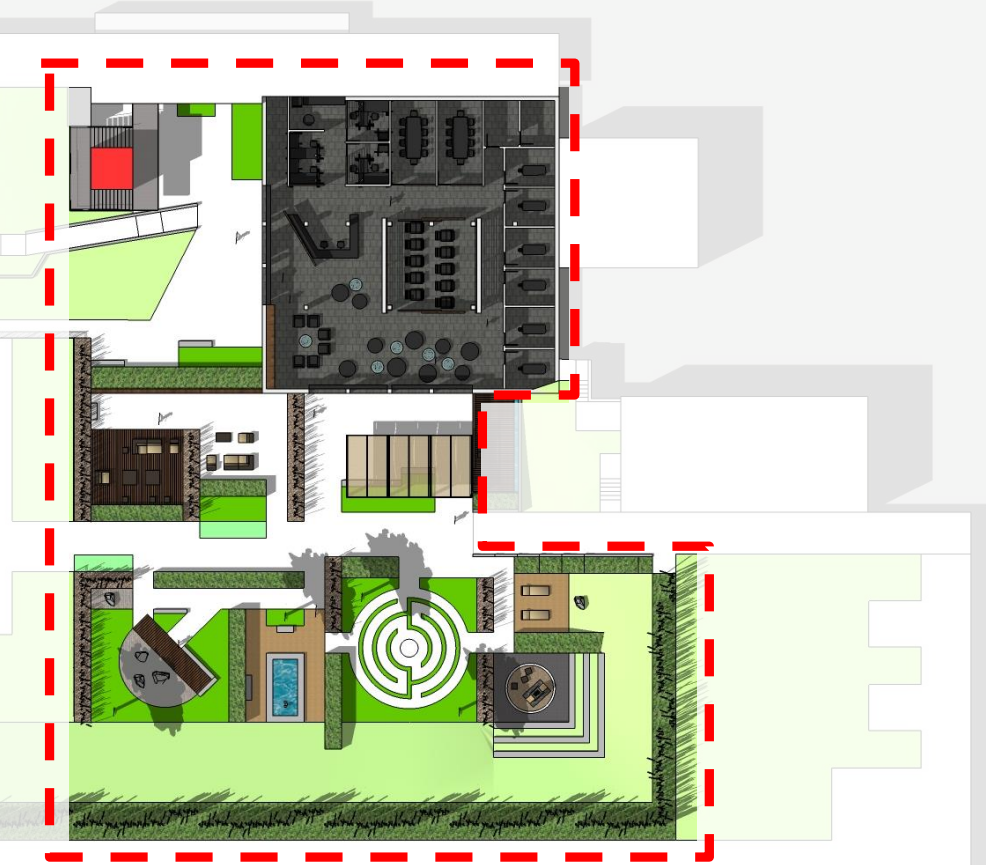


The Oasis Wellness Center was created to contribute to student success and retention, while enhancing the student life experience. It serves to complement the Student Recreation Center—also designed by the architect—in fulfilling the quality of fitness, health and wellness for the entire campus community. The design approach bridges the relationship between mind and body. The lounge in the facility is an open space that serves as the “living room” for the center, where students can casually lounge and decompress. The materials, lighting and furniture create a setting that is intended to be soothing and relaxing. The views and natural daylight from the garden provides a direct connection to nature and outdoor spaces. In addition, there are therapy rooms for one-on-one functions, meeting/group rooms for peer activities and guided meditation, and an outdoor garden with shaded lounge areas, sculpture garden, fireplace and labyrinth to support the tranquil atmosphere.



scope of work + budget

institution | csu northridge
location | northridge, ca
type | public
population | 36,000 students
project | \$4.5 million
construction | \$3.5 million
site | 10,000sf
center | 5,814sf



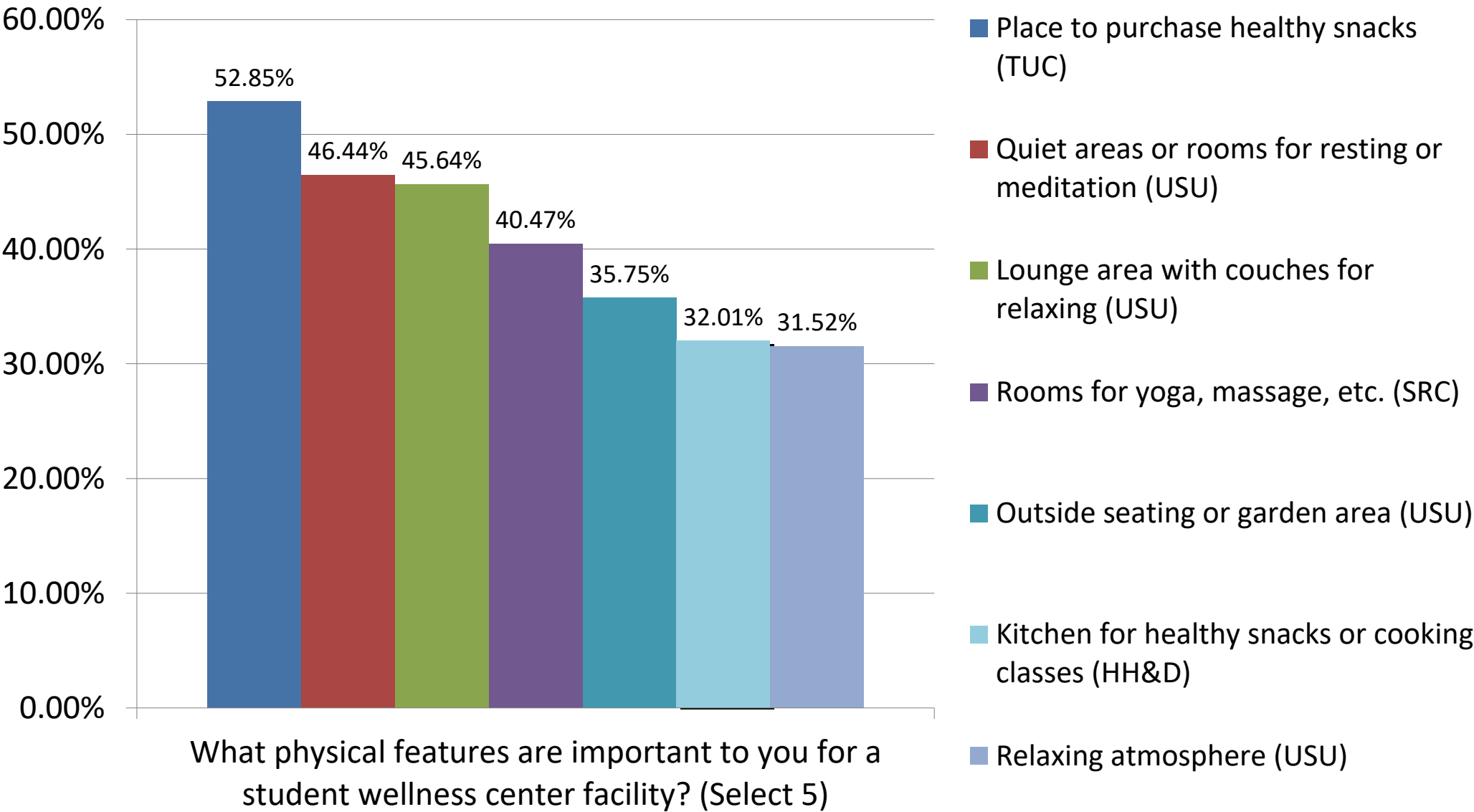
scope of work + budget



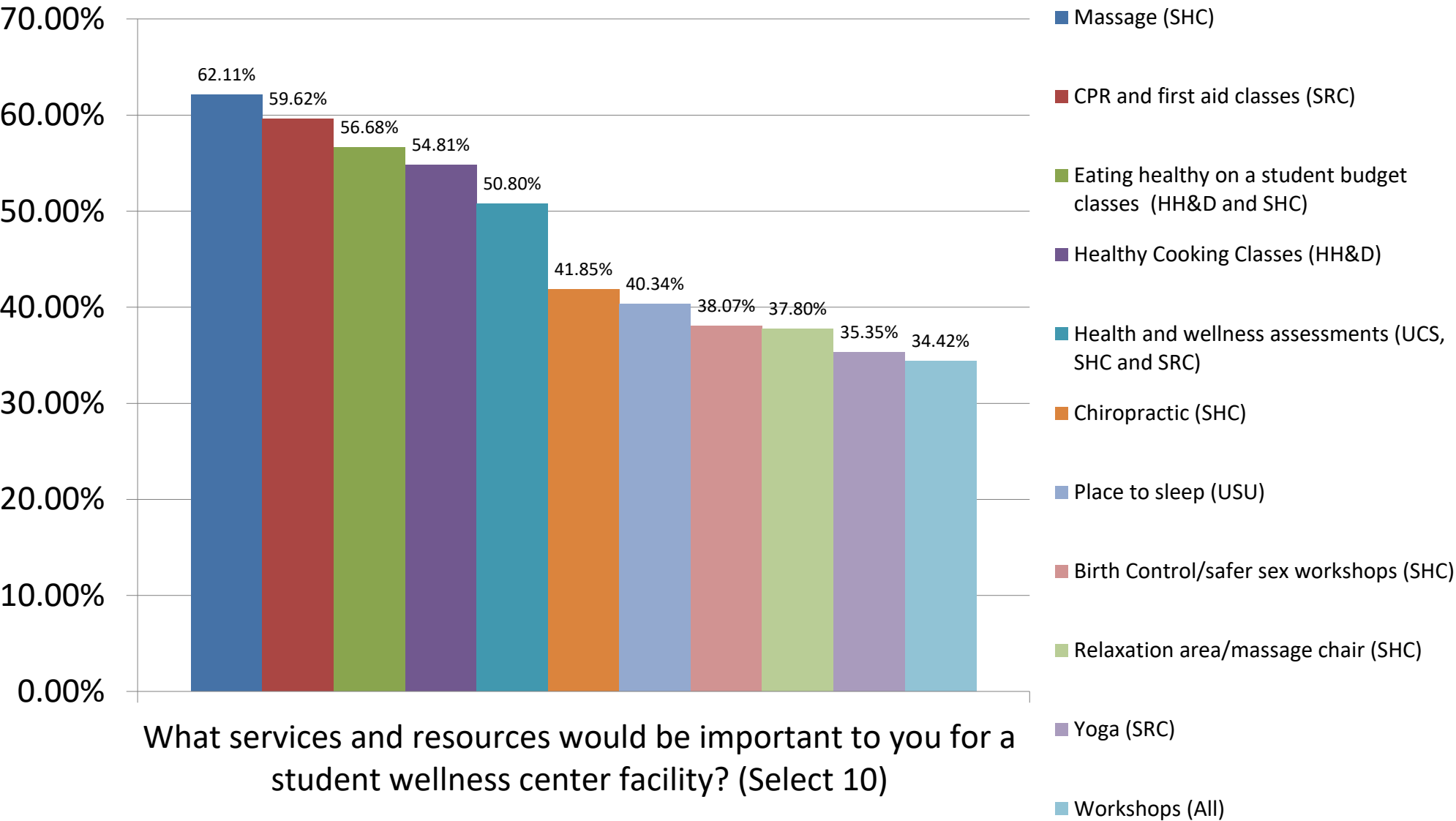
school + community engagement



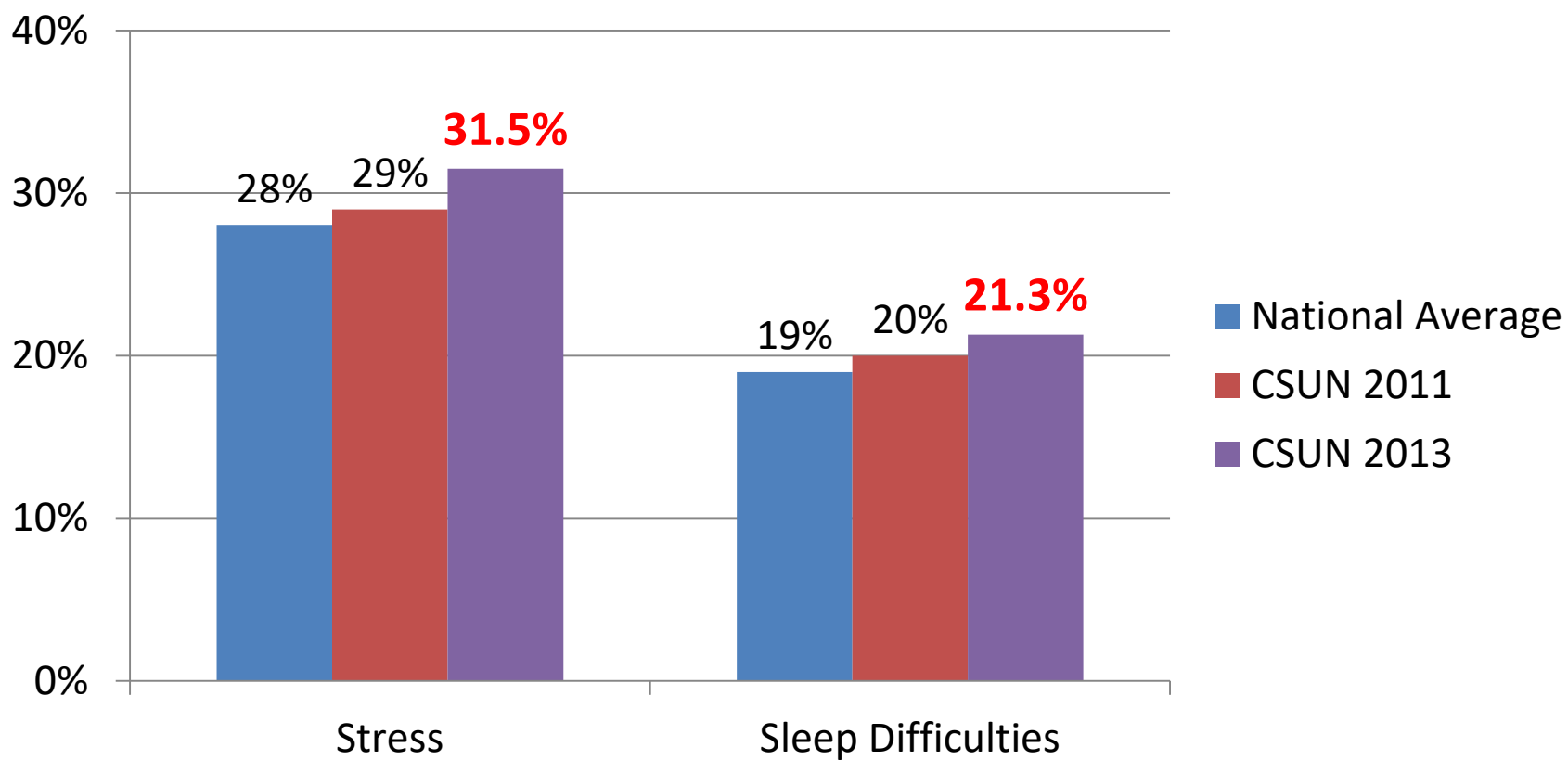
needs assessment poll data



needs assessment poll data



top (2) health related academic challenges at CSUN



*National College Health Assessment (NCHA, 2013)

project assets



student support

There was strong backing from the students themselves who participated in the programming process and whose inspiration pushed the project and design along in a unique direction.



University Student Union

The project was funded by the University Student Union, and resulted in a zero increase in student fees. The USU is a “student centered non-profit organization that works to expand the college experience through various programs, services, employment, and involvement opportunities.”



land and space

Space is one of the most valuable assets on a college campus. Recognizing an underutilized space and dedicating it to the health and well being of students was a gift.



The goal for the Wellness Center is to enhance and improve the health of CSUN students using an integrated and holistic approach:

Contribute to Student Success + Retention by:

- providing services to manage stress
- teaching techniques and providing facilities to mitigate the effects of sleep deprivation
- offering support services and educational tools that promote a lifelong commitment to health and well-being
- creating a learning laboratory for students in disciplines related to health sciences through faculty mentorships

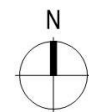
Enhance the Student Life Experience on campus by:

- making use of underutilized space
- providing ADA accessibility for USU facilities



floor plan

1. reception
2. resource area
3. lounge
4. relaxation room
5. meeting room
6. administration
7. support
8. counseling & therapy
9. gender inclusive restrooms



0 4 8 12



counseling & therapy

Rooms are designed to be multi-functional and serve as both small group counseling rooms and massage/acupuncture therapy rooms. An adjacent storage space allows for easy swap of furniture depending on the need. Rooms offer indirect light for reduced glare and eye strain.



meeting rooms

Meeting Rooms provide space for students to work on peer-to-peer counseling, small workshops designed by the Student Health Center, group yoga classes, and campus seminars. Flexible furnishings offer a variety of possible room set-ups depending on the curriculum.



resource area + lounge

There is no real distinction between the resource area and lounge. A collection of resource material is currently being accumulated for students to browse in their off time. Cozy furnishings provide a comfortable place for students to relax and rejuvenate, or even grab some shut eye.



The site plan illustrates the layout of the Oasis Wellness Center. It features a central building with a red square area labeled '2' (elevator tower) and a red trapezoidal area labeled '4' (reflection patio). To the left is an arrival garden (1) and a contemplation garden (5). The center contains a large circular labyrinth (6) and an illumination patio (3). To the right is an outdoor lounge (7) with a water wall, a mindful garden (8), and a radiance garden (9) with a fireplace and amphitheater. The plan is overlaid on an aerial photograph of the site.

oasis

site plan

1. arrival garden
2. elevator tower | ADA access
3. illumination patio
4. reflection patio
5. contemplation garden
6. oasis labyrinth
7. outdoor lounge | water wall
8. mindful garden
9. radiance garden | fireplace + amphitheater



outdoor learning spaces

The landscape was designed into various sized “outdoor rooms.” These rooms transformed an underutilized campus space. Students have taken ownership of the site and use it for quiet study, respite, and introspective rituals such as raking sand in the Zen Garden.



fireplace + amphitheater

The fireplace and amphitheater offer a place for students to gather, perform, and present. Whether an impromptu guitar jam session, or a planned class breakout space; this area is well used!



yoga + meditation

Flexible furnishings can be moved to the side and allow for outdoor yoga. The calming atmosphere of the landscape design aids in participant concentration and meditation.



inspiring and motivating students | quotes from Fall 2015 survey results

One student shared “I am so proud to be enrolled in a school that offers a center solely based on the wellbeing of its students. The Oasis center is absolutely amazing.”

Another student added after being asked if their involvement with the Oasis has helped them do better in their academic classes that “YES. It saves me from falling asleep in my night class.”

“Where has this been? We’ve needed this so much!”

physical environment

relaxation chairs +
resource check-out



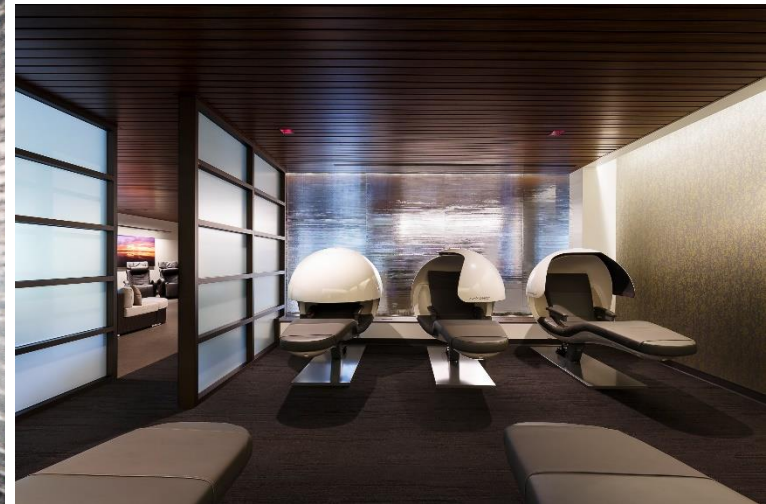
The entry water feature offers
restful delight to sleep room
as well as sound masking to
entry/ reception desk.



decorative lighting
highlights biophilic
patterned wall paper



indoor/outdoor connection,
natural daylight,
deep wood tones on ceiling and
wall finishes



The sleep room features water wall, nature-
inspired finishes, indirect and programmable
lighting to promote rest and sleep. Its entry
sequence avoids door closure to minimize
disruption as students travel in and out of room.

Native plants provide sustainable connection with nature.



Shade throughout offers comfort on hot days and filtered sun for variation in light and texture.



An indoor/ outdoor connection provides flow between spaces. Moveable furniture encourages student ownership that allows students to decompress.



The exterior water feature inspires delight for outdoor occupants



The labyrinth is the focus of the wellness center landscape, and was a program students requested. Lighting contributes to the gestalt of the space, creating and influencing the mood of the landscape.



results of process + project

by the numbers:

total # of individual student users	6, 311
total # of participations	21, 273
average Monday participations	305
average Tuesday participations	320
average Wednesday participations	320
average Thursday participations	324
average Friday participations	114
total nap pod reservations	2,744
total # of programs (classes, skill series, workshops)	167
total # of program participations	382





Since the Oasis opened in August of 2015, impact on the recreation program has been positive. The Oasis averages nearly 350 visitors on peak days during the week and typically logs over 2,500 nap pod reservations per semester. There have been numerous workshops offered from mindfulness, yoga, art therapy and meditation. Response from students has been extremely positive; their general consensus being, "Where has this been? We needed this so much!"

In short the mission of the University Student Union is to help students achieve their educational goals, the Oasis' programs and services support this in every way. This mission aligns with one of the numerous priorities the President of the University has articulated; an unrelenting focus on student success.

[One major district goal] achieved was the first Gender Inclusive, multi-stall, restroom for the campus.

[the Oasis] bridged the gap and created opportunities for collaboration among several departments in various areas of the university, most notably the University Student Union, Klotz Student Health Center, the College of Health and Human Development, and University Counseling Services.

[Unexpectedly, the Oasis] established CSUN as a benchmark for creative health and wellness programming centered on sleep and stress challenges among students, in particular the nap pod program has been of interest to many campuses across the country.

The Oasis has [also] become a resource for departments around the campus to hold retreats in a tranquil, peaceful environment without the challenge of having to travel off campus.

Jimmy Francis
director, student recreation center CSUN