



# Student Health Services Wellness Center **Wellness Card Learning Outcomes** Assessment Report

Fernando Diaz, Health Educator and Carla Jackson Health Educator

**Choose One:** Learning Outcome Assessment

**Date of Assessment Implementation:** December 2011

**Date of Report:** June 2012

## **Purpose of Assessment**

This study examined whether CPP students who participated in an educational intervention (The Wellness Card) improved learning and knowledge, and behaviors. Determine the effects of an educational intervention on CPP students.

**Division Learning Outcome** Self-Determination

## **Targeted Learning Outcome**

Students who complete the Wellness Card activity will:

- Indicate an increase in health knowledge
- Describe one or more concepts they learned about their health
- Identify one behavior that they can adopt to protect their health.

## **Assessment Methodology**

The assessment was conducted during the fall 2011 quarter. Students who completed several of the Wellness Card activities were given a survey to assess their learning.

## **Results**

Sixty-three surveys were administered. All 63 persons were using the Wellness Card for an academic class. Eighty-nine percent of students agreed or strongly agreed that the Wellness Card activity increased their health knowledge and all but one of the respondents described one or more things that they learned about their health. Eighty-five percent of respondents plan to adopt a new health behavior as a result of their Wellness Card participation and 91% explained a behavior that they intended to adopt.

## **Conclusion**

Data collected indicate that participation in the Wellness Card increased health knowledge. Students were also able to describe what they had learned about health. Additionally, nearly all students who participated planned to adopt a new health behavior to improve their health. Overall, the Wellness Card is a valuable tool for student learning regarding health.

## **Implications for Practice**

The Wellness Card will continue to be utilized for students as a class assignment or for those who wish to use it to better their health. The Wellness Card will be updated regularly to reflect student feedback and changes in health research, technology, and information. The Wellness Card program could be expanded based on faculty interest and available resources.