



Department Name  
**“I Am Enough” Women’s Circle Assessment**  
Assessment Report

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**Choose One:** Learning Outcome Assessment

**Date of Assessment Implementation:** June 2013

**Date of Report:** June 2013

**Purpose of Assessment**

In the spring quarter the Violence Prevention & Women’s Resource Center collaborated with Dr. Anita Jackson from the “I Am Enough Institute” to provide bi-weekly women’s circles to the campus community. The goal of the women’s circles is to empower students to make healthy life choices that will not only better their personal lives but improve their academics as well. The purpose of this assessment is to determine if this program should continue to be offered to students and to have an understanding of the impact and changes that were perceived by participants.

**Division Learning Outcome** Self-Determination

**Targeted Learning Outcome**

1. Participation in the women’s circle will improve student academics.
2. As a result of participating in the women’s circles, participants will learn how to identify unhealthy relationships.
3. Participation in the women’s’ circles will lead students to seek other on campus support services.
4. Participants will be able to articulate if and how the women’s circle has impacted their lives.

**Assessment Methodology**

A post survey was used to assess the “I Am Enough” Women’s Circles. The survey included questions that assessed the level of personal empowerment, knowledge and life changes that the program influenced.

**Results**

Fifteen (75%) women’s circle participants completed the survey out of 20 participants.

1. **Learning Outcome 1:** Participation in the women’s circle will improve student academics. 66% strongly agreed, 20% agreed, 7% neither agreed nor disagreed and 7% disagreed that participation in the women’s circles helped improve their academic work.
2. **Learning Outcome 2:** As a result of participating in the women’s circles, participants will learn how to identify unhealthy relationships. 73% strongly agreed, 27% agreed that as a result of the women’s circles they are able to identify unhealthy relationships.
3. **Learning Outcome 3:** Participation in the women’s’ circles will lead students to seek other on campus support services. 40% sought other campus services, 60% did not. Resources identified by those who did seek services included Student Health Services (3), the Violence Prevention & Women’s Resource Center and Counseling Services (1).

4. **Learning Outcome 4:** Participants will be able to articulate if and how the women's circle has impacted their lives.  
93% identified the manner in which the circle has impacted their lives. Common themes that arose include; building sisterhood, empowerment, increased self-esteem, improved relationships, self-love and self-acceptance.

### **Conclusion**

100% of assessment respondents reported that they definitely would recommend the women's circle to a friend. This initial assessment shows that the women's circles accomplished empowering participants to make positive changes in a short period of time.

### **Implications for Practice**

Implications for the continuation of this program are funding to compensate the external facilitator. The program could be enhanced by creating peer-led circles in order to have more availability for students and to be cost-effective.