



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

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Choose One: Learning Outcome Assessment

Date of Assessment Implementation: Fall 2012

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Purpose of Assessment

This study examined whether CPP students who participated in The Wellness Card program met set learning outcomes and expressed an intention to adopt a new health behavior.

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 2012 quarter. Students who completed several of the Wellness Card activities were given a survey to assess their learning.

Results

One hundred and eighty-three surveys were administered. Of those who took the assessment, the vast majority (180) persons were using the Wellness Card for an academic class. Ninety-three percent of students agreed or strongly agreed that the Wellness Card activity increased their health knowledge and all but two of the respondents described one or more things that they learned about their health. Eighty-eight percent of respondents plan to adopt a new health behavior as a result of their Wellness Card participation and 84% 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.