



# Counseling Services Learning Outcomes

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## Learning Outcomes

Students who utilize Counseling Services (CS) will:

1. Identify concerns related to health and wellness
2. Learn strategies to improve their emotional health
3. Apply knowledge to address their emotional health including their academic functioning

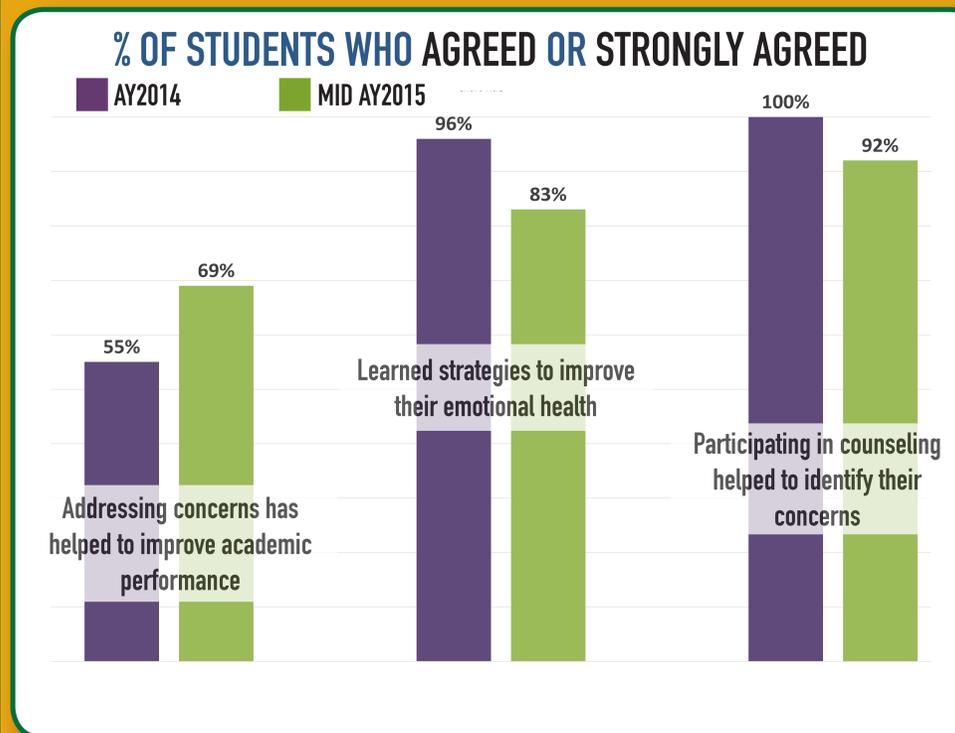
## Methodology

- The survey instrument was designed with Likert-type items assessing students' level of agreement with statements and open-ended questions asking students to recall and report the learning objectives assessed
- After being seen by a provider, students were invited to complete the survey using iPads or paper surveys to collect data.
- CampusLabs platform was utilized to collect, store, and analyze data, and IRB approval was secured.
- \$50 Bronco Bucks cards were used as an incentive to complete the survey.

## Demographics

	2014	2015
<b>GENDER</b>		
Man	58% (n=17)	32% (n=25)
Woman	41% (n=12)	66% (n=51)
Self-identify	—	1% (n=1)
<b>RACE</b>		
African-American/Black	3% (n=1)	13% (n=10)
American Indian	0% (n=0)	0% (n=0)
Asian American	14% (n=4)	14% (n=11)
Caucasian/White	34% (n=10)	23% (n=18)
Hispanic/Latino(a)	28% (n=8)	40% (n=31)
Pacific Islander/Hawaiian	3% (n=1)	0% (n=0)
Multiracial	14% (n=4)	9% (n=7)
Self-identify	3% (n=1)	0% (n=0)
<b>TOTAL n:</b>	<b>29</b>	<b>77</b>

## Quantitative Results



The findings indicate that students who participated in counseling met the specified learning outcomes and a majority of students experienced improvement in their academic functioning.

TOP AREAS OF IMPROVEMENT IN PERSONAL LIVES due to Counseling	2014	2015
Self-Confidence	55%	62%
Problem Solving	34%	38%
Reducing Stress	90%	74%
Managing my Mood	90%	66%
Concentration	24%	30%
Time Management	28%	25%
Test Anxiety	10%	14%

On average students indicated 3 areas of functioning improved through participation in counseling: Reducing stress, managing mood, and self-confidence.

## Qualitative Results

AREAS OF CONCERN	
2014	<i>"Anxiety about graduation, school, relationship problems"</i>
	<i>"Depression, anxiety, sadness, guilt"</i>
2015	<i>"Being able to concentrate on my work and projects when I'm feeling upset"</i>
	<i>"Past traumas and current academic performance"</i>
STRATEGIES LEARNED TO IMPROVE EMOTIONAL HEALTH	
2014	<i>"Relaxation and deep breathing, acknowledge thoughts and emotions but don't let them dictate your reality"</i>
	<i>"Identifying unhealthy thought patterns and ways to stop them"</i>
2015	<i>"Being a friend to myself, identifying where the negativity comes from"</i>
	<i>"Speaking up for myself and talking about my problems"</i>
APPLYING KNOWLEDGE	
2014	<i>"Counseling has helped me manage my overwhelming emotions and boosted my motivation in general"</i>
	<i>"It has helped me figure out who I am and what I want to be"</i>
2015	<i>"I understand why I am feeling the way I am and know how to take care of my feelings"</i>
	<i>"I feel more sociable, confident and now participate more in class"</i>

## Conclusions

- The learning outcomes reported for early treatment assessment (2014) and mid-treatment assessment (2015) indicate students learned to identify and address their concerns through participating in brief counseling and reported a positive impact in their personal life and academics.
- A majority of the diverse 2015 participants 65%, reported this was the first time they worked with a therapist. These figures in conjunction with the ethnic diversity of the sample, suggest that students from traditionally underserved communities in the mental health field may reach out to university Counseling Services {removed "as"} to gain access to psychological treatment.