

SHCS Student Learning Outcomes



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Learning Outcomes

Students who utilize Student Health and Counseling Services (SHCS) during Fall 2015 through Spring 2016 will:

1. Identify concerns related to health and wellness
2. Recognize strategies to enhance their health and wellness
3. Apply knowledge to enhance their health and personal lives including their academic functioning

Methodology

- Two similar survey instruments were 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. Counseling used iPods and paper surveys to collect data, Health Services used iPads and paper surveys, and the Wellness Center used iPads.
- CampusLabs platform was utilized to collect, store, and analyze data, and IRB approval was secured.
- Students could enter a drawing for \$50 Bronco Bucks as an incentive upon completing the survey.

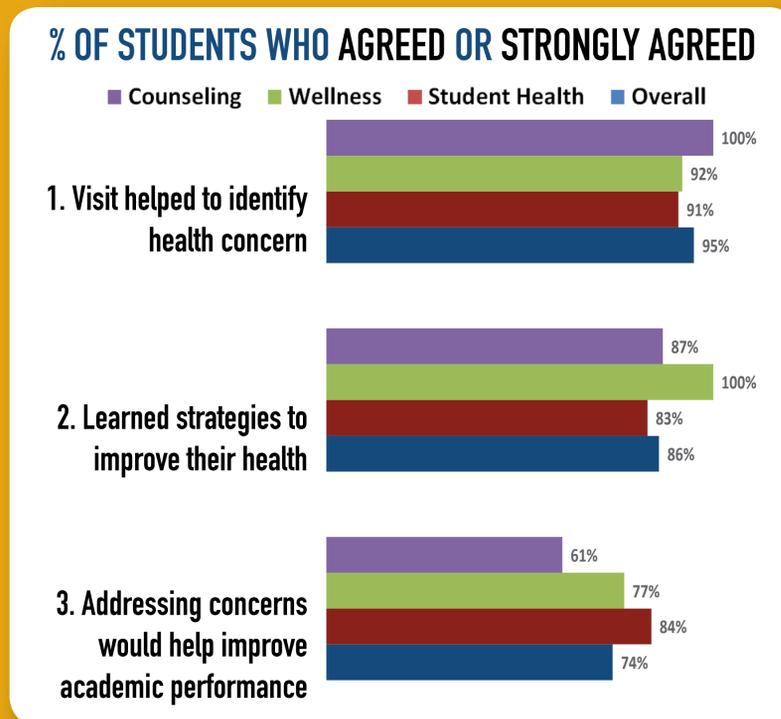
Demographics



Total N=153
 Student Health n=77
 Wellness n=14
 Counseling n=62

Gender:
 36.6% Male 1.3% Transgender
 58.8% Female 1.3% Self-Identify

Quantitative Results



Qualitative Results

STRATEGIES LEARNED TO ENHANCE WELLNESS	
Health	"...eating well, getting enough sleep, and exercising."
Wellness	"Meal prepping and eating more of a balanced diet"
Counseling	"Grounding, breathing exercises, separating triggers from real threats"
STUDENTS WILL APPLY WHAT THEY'VE LEARNED	
Health	"Since I started to feel better, I was able to focus and attend more classes."
Wellness	"I am able to sleep more and have a fresh mind every morning for class."
Counseling	"Counseling has helped me address what is challenging me in classes and time management and helped me figure out coping strategies"



Conclusions

- The data collected indicate that the departments within Student Health and Counseling Services are meeting the specified Learning Outcomes and contributing to the overall Divisional Learning Outcome of Self-determination. The comparison of last year's data reflect the students served consistently rated the department's ability to meet the desired learning outcomes (95% Vs. 91%; 86% Vs. 83%; 74% vs. 75%).
- Implications for practice:
 - Identify predictors of outcomes through ongoing data collection and statistical analysis.
 - Explore further variables and outcomes, such as users of multiple sub-departments and behavior change.

