



# Student Health and Counseling Services **Student Learning Outcomes Assessment Report**

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**Choose One:** Learning Outcome Assessment

**Date of Assessment Implementation:** Academic Year 2017-18

**Date of Report:** July 2018

## **Purpose of Assessment**

The main goal of this assessment project was to examine similar Learning Outcomes across the various sub-departments within Student Health and Wellness Services and Counseling Services. We chose the Divisional learning outcome of self-determination to focus our targeted learning outcomes. This learning outcome is a natural fit for Student Health and Wellness Services and Counseling Services. This assessment project expands upon the one initiated in 2014.

## **Division Learning Outcome: Self-determination**

Self-determination is as follows: Understand the importance of and develop an empowered sense of self and commitment to personal responsibility, integrity and wellness

## **Targeted Learning Outcome**

Three targeted learning outcomes were assessed. Firstly, students who utilize Student Health and Wellness Services and Counseling Services will identify concerns to health and wellness. Secondly, students who utilize these services will recognize strategies to enhance their health and wellness. Thirdly, students who utilize these services will apply knowledge to enhance their health and personal lives including their academic functioning.

## **Assessment Methodology**

Two similar survey instruments were designed. Health and Wellness utilized one Likert scale item and one open ended item to correspond with each of the 3 Learning Outcomes, while Counseling utilized five Likert-type items and one open ended item to correspond with each of the 3 Learning Outcomes. The survey wording varied depending on the service, but remained consistent with each Learning Outcome. Demographics collected were uniform across the department and included Gender, Race/Ethnicity, sexual orientation Class Standing, socio-economic Status, and ability status.

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. The CampusLabs platform was utilized to collect, store, and analyze data, and IRB approval was secured. Students were given an incentive of entering a drawing for \$50 Bronco Bucks if they completed the survey.

## **Results**

For Counseling, 97% Agreed or Strongly Agreed that participating in counseling has helped them identify and address their concerns, 89% Agreed or Strongly Agreed that they learned strategies to improve their emotional

health, and 70% Agreed or Strongly Agreed that addressing their emotional concerns in counseling has helped improve their academic performance.

For Student Health, 84% of students Agreed or Strongly Agreed that visiting SH helped them identify their health concerns, 72% Agreed or Strongly Agreed that they learned strategies to improve health, and 83% Agreed or Strongly Agreed that addressing their health concerns would help improve academic performance.

For Wellness, 80% Agreed or Strongly Agreed that visiting the Wellness Center helped them identify their health concerns. 90% Agreed or Strongly Agreed that they learned strategies to improve health, and 80% Agreed or Strongly Agreed that addressing their health concerns would help improve academic performance.

#### Qualitative

With the goal of measuring actual student learning, open ended questions asked students to identify and recall their health, wellness, and counseling concerns, to list strategies learned, as well as their ability to apply the knowledge and strategies gained: "in your own words tell us how your experience at Student Health and Counseling Services has impacted your wellness and your life as a student." A majority of participants provided responses to the open ended questions. Please see the table providing examples of the qualitative results.

#### Examples of Qualitative Results

##### Student Health

Strategies to Enhance Health and Wellness

*"Eating iron rich foods and having safe sex."*

Apply Knowledge

*"I will be smarter in the future and I believe that I will be able to be a better version of myself."*

##### Wellness

Strategies to Enhance Health and Wellness

*"I wanted to know more about my nutrition and what foods I can and cannot eat"*

Apply Knowledge

*"Breathing and thinking more positively." "I am going to plan out my meals for the rest of the week."*

##### Counseling

Strategies to Enhance Health and Wellness

*"Grounding exercises, taking control of anxiety attacks or preventing them."*

*"Going over my safety plan, become aware of my surroundings and senses, using suicide prevention hotlines."*

Apply Knowledge

*"I feel comfortable being informed of the causes of my issues. By gaining information and strategies I can create a plan to improve my wellness and life as a student."*

#### Conclusion

The data collected indicate that the departments of Student Health, Wellness and Counseling Services are meeting the specified Learning Outcomes and contributing to the overall Divisional Learning Outcome of Self-determination.

#### Implications for Practice

The results support the continued provision of counseling and educational health and wellness services to the student body at Cal Poly Pomona.

#### Closing the Loop

Next steps and timelines will be addressed by the Health, Wellness and Counseling Departments in the strategic planning process for the 2018-2019 academic year.