



Student Health and Wellness **Wellness Card** Assessment Report

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Choose One: Operational Assessment

Date of Assessment Implementation: January 2019

Date of Report: April 2019

Purpose of Assessment

The purpose of this assessment was to evaluate the recently revamped Wellness Card to determine if learning outcomes were met.

Division Learning Outcome Integrative Thinkers - integrating and transferring learning

Targeted Learning Outcome

Students who complete the Wellness Card activity will:

- Indicate an increase in health knowledge
- Affirm that they learned about services available at the Bronco Wellness Center
- Identify one behavior that they can adopt or change to protect their health

Assessment Methodology

During Spring semester 2019, students who participated in the Wellness Card program completed an iPad-based survey via Campus Labs after they finished the Wellness Card activities.

Results

The Wellness Card evaluation was completed by 320 students during Spring semester 2019. Ninety-five percent of students agreed or strongly agreed that the Wellness Card showed them ways to improve their health and 92% indicated that they learned something new about their health by doing the Wellness Card activities. Ninety-four percent of Wellness Card users agreed or strongly agreed that they learned about the services available at the Wellness Center through their participation. Seventy-six percent of students affirmed that they would attempt to change their behavior as a result of the Wellness Card and half of them were able to identify the behavior that would change.

Conclusion

The results of this assessment suggest that the Wellness Card, in its current format, is meeting the learning outcomes. The vast majority of students surveyed indicate that they learned something about their health and the services available at the Wellness Center.

Implications for Practice

The Bronco Wellness Center will continue to utilize the Wellness Card as a service offered to faculty on campus. Content will be updated and upgraded as new information becomes available, and periodic evaluation will be conducted to ensure the Wellness Card continues to be relevant to health promotion practice.

Closing the Loop

New assessments will be added, including suicide awareness and prevention