

## Learning Outcomes

Students who utilize Student Health and Counseling Services (SHCS) during Winter and Spring 2015 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 paper surveys, and the Wellness Center used iPods.
- 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.

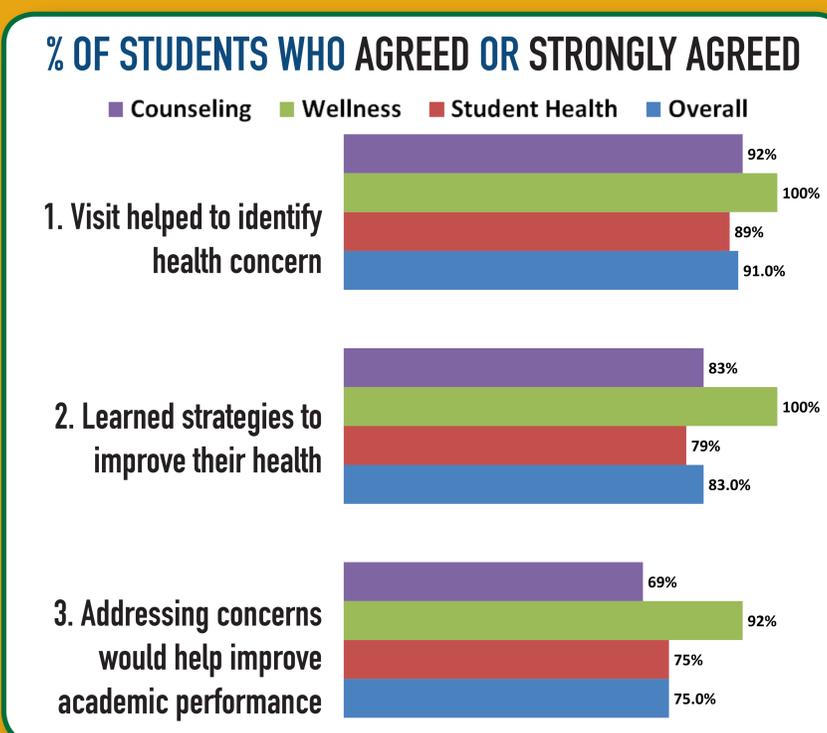
## Demographics



**Total N=333**  
 Student Health n=220  
 Wellness n=37  
 Counseling n=76

**Gender:**  
 42% Male      0% Transgender  
 57% Female    <1% Self-Identify

## Quantitative Results



## Qualitative Results

STRATEGIES LEARNED TO ENHANCE WELLNESS	
Health	"diet, exercise, stress management & staying informed about my health"
Wellness	"finding healthier alternatives with all the nutrients I need for my body"
Counseling	"being able to balance family and academics controlling stressful situations...maintaining healthy relationships"
STUDENTS WILL APPLY WHAT THEY'VE LEARNED	
Health	"I feel more confident coming in with my health concerns so that it doesn't affect my ability to concentrate on my academics."
Wellness	"The way I eat has affected the way my body feels. I am eating more healthy now making me feel better, increasing my academic performance"
Counseling	"It has helped me identify where my problems are and ways to change patterns in my life"



## Conclusions

- Data collected indicate that students are meeting the identified learning outcomes as well as the Divisional Learning Outcome of Self-determination
- 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.

