

2013-2014 Well-being Leadership Award Program - Exit Evaluation

Public

Name of Assessment Project: 2013-2014 Well-being Leadership Award Program - Exit Evaluation

Name(s) of Person(s) Responsible for Assessment Project: Program Coordinator (Iris Crowe-Lerma)

Email Address:

icrowelerma@ucsd.edu

Phone Number: 858-822-7618

Other Contacts:

Providing Department: Health, Recreation & Wellbeing

Other Units/Departments Involved in Assessment Project:

Campus Recreation, Counseling and Psychological Services, Student Health Services

Program, Service, or Event Related to Assessment Project: This assessment project is linked to the Well-being Leadership Award Program offered by the Student Health & Well-being cluster. This program is designed to teach students new health, wellness, and leadership skills, and promote healthy lifestyle choices. To complete the program students must participate in at least 8 workshops and/or classes related to the 8 Dimensions of Wellness (Emotional, Environmental, Financial, Intellectual, Occupation, Physical, Spiritual and Social) and at least 2 workshops and/or classes related to Leadership Development.

Assessment Project Description: This project looks specifically at those students who completed the Well-being Leadership Award program and filled out an exit evaluation in the 2013-2014 academic year. The program manager was most interested in gaining answers to the following questions:

As a result of this program, did participants:

- learn new wellness skills?
- learn new leadership skills?
- make at least one positive health behavior change?

Additional questions of interest included:

- Did this program positively enhance participant's experience at UC San Diego?
- As a result of the program, did participant's academics improve?
- Did participants gain additional skills in effective communication, networking and social interaction?

The results of this assessment will be used to implement improvements to the program so that it meets its intended goals of teaching students new healthy practices and leadership skills, and concurrently enhancing their experience at UC San Diego. As a result of completing this program, students will:

Unit/Program Specific Goals and Learning Outcomes:

- Learn at least 1 new wellness skill
- Learn at least 1 new leadership skill
- Be able to identify at least 1 campus resource to support them in their well-being
- Gain skills in effective communication
- Build skills in networking and social interaction
- Be able to identify the 8 Dimensions of Wellness

Relationship to Student Affairs Learning Outcomes: Communicate Effectively, Engage in a Healthy Lifestyle

Assessment Project Start: 7/1/2013

Assessment Project End: 6/30/2014

Population/Sample: A total of 25 students completed the Well-being Leadership Award program and filled out an exit evaluation in the 2013-2014 academic year (n=25).

Type of Assessment: Student learning outcomes and/or behavioral outcomes, Satisfaction study, Program/department review

Other Assessment Type(s):

Assessment Methods: Surveys

Other Assessment Method(s):

Data Collection Tools: As the final step to completing the program, participants had to complete an online exit evaluation (developed through Campus Labs Baseline). Once the participant's exit evaluation was received, a congratulatory email was sent to them regarding where they could pick up their award.

Data Analysis Methods: The data was analyzed and reported using Campus Labs Baseline analytics, and will be used as an annual review as well as a comparison from the previous year.

Presentation of Findings: Results of this assessment will be compiled into an annual program summary and emailed to the following:

- Student Health & Well-being Programming Committee
- Executive Director of Student Health & Well-being, Karen Calfas
- Director of Health Promotion, Debbie Pino-Saballett
- Major 2011 donor to the Well-being Leadership Award, James Hervey Johnson Foundation

Progress: 100%

Name	Source
Well-being Leadership Award Exit Evaluation	Baseline (All project data)

Summary of Findings: A summary of the findings from this evaluation are included below (n=25):

As a result of the program... (learning outcome data):

- 100% learned at least one [new wellness skill](#)
- 100% learned at least one [new leadership skill](#)
- 100% made at least one positive [health behavior change](#)
- 100% are able to identify at least one campus resource to support them in their well-being (no change)
- 100% gained skills in [effective communication](#)
- 100% are able to identify the 8 dimensions of wellness
- 96% feel more [confident in networking](#) and social interaction
- 52% reported that their [academics have improved](#)

Additional findings include:

- 100% are [satisfied](#) with their experience in the program
- 100% reported that the program [enhanced their experience](#) at UCSD
- 96% will recommend this award program to others

When participants were asked about the benefits they experienced, several common themes were reported:

- Gained skills in balancing the different areas of life (e.g. the 8 dimensions of wellness)
- Gained a better understanding of health and wellness as it relates to the 8 dimensions of wellness
- Further developed life skills such as effective communication, teamwork, and networking

When asked for suggestions for improvements, two main themes were seen:

- Provide a wider variety of opportunities to attend, and with more options of days and times
- Increase promotion, marketing and advertisement for the program

Impact of Assessment: The program manager was happy to see that nearly all of the participants reported gaining new skills, were satisfied with the program, and would recommend it to others. This indicates that the program is meeting its intended goals and purpose, and that participants are benefiting in variety of areas from their experience.

Many participants also provided positive comments regarding their experience; a few of which are included below:

- "The Well-being Leadership Award program has not only allowed me to **develop healthy habits** for my personal gain, but it also provided me with **essential skills to succeed** as a student leader at UC San Diego."
- "As a result of participating in this program, I have **learned how to balance** different aspects of my life in a way that makes me **happier and healthier**."
- "...This program opened my eyes to the wellness dimensions and just how far it expands beyond physical and mental health...I will never again underestimate how much maintaining balance contributes to **living life successfully and productively**."
- "As a transfer student I felt overwhelmed and lost my first year at UCSD. This program helped me **find my place** by showing me the opportunities available to me and also introducing me to my peers."

Based on the data collected, the program manager would like to take the following actions in an effort to implement continued improvement within the program:

- Offer an expanded selection of opportunities for participants to attend, and at varied days and times
- Enhance the marketing, promotion, and advertising of the program, most specifically at the beginning of the year
- Connect with other departments on campus who can help spread promotion of the program to their students

Lessons Learned: Included below are the main lessons learned from this evaluation:

1. Marketing, promotional and advertising efforts should be expanded and enhanced next year, but most specifically at the start of the year.
2. Including a question asking for a testimonial was very helpful; many great comments were submitted which will be wonderful to include on the website and highlight past participant's experience.
3. The program manager was hoping to receive feedback from participant's regarding their experience using the online schedule, progress tracker and reflection paper (all of which were new requirements for the program this year); however, nothing was mentioned about any of these items. The program manager learned that if specific feedback is anticipated, then specific questions about those items should be included on future evaluations. For example, "Did you find the Progress Tracker useful? Why or why not?", "Was the schedule format easy to follow? Why or why not?", "Do you feel that your reflection paper summarized your experience in the program well? Why or why not?"

Overall, the program manager is happy with the outcome of this assessment and the data collected. The data and feedback are very valuable and will be used to continue to improve the program's format, efforts, and offerings in order to benefit UCSD students.

Supplemental Information: Program website: <http://zone.ucsd.edu/award.php>

