

# Student Health Advocate Exit Survey 2014



**Name of Assessment Project:** Student Health Advocate Exit Survey 2014

**Name(s) of Person(s) Responsible for Assessment Project:** Director of Health Education (Debbie Pino-Saballett)

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**Other**

**Units/Departments**

**Involved in**

**Assessment Project:**

**Program, Service, or**

**Event Related to**

**Assessment Project:**

The Student Health Advocate program is a volunteer peer health education program at UC San Diego. The 2013-2014 academic year marked the program's 21st year as a registered student organization. The Student Health Advocates (SHAs) are trained to educate other students about health issues and concerns through educational outreach programs, events and campaigns on the UC San Diego campus.

**Assessment Project Description:** Graduating SHAs who completed at least 3 quarters in the SHA program were asked to complete a 28-item online questionnaire.

The purpose of the assessment was to learn the following:

- 1) whether participating in the SHA program helped with personal development (student learning outcomes)
- 2) the impact of the SHA program on participants' leadership skills
- 3) participant satisfaction

The results of the survey will be used to improve the SHA program and will be included in recruitment efforts.

- [SHA Exit Survey 2014](#)

**Unit/Program Specific Goals and Learning Outcomes:** The following Student Learning Outcomes were assessed:  
As a result of participating in the SHA program, each SHA will:

- Develop skills to express ideas and information effectively to students in a variety of settings
- Appreciate diversity of ideas, beliefs, opinions and lived experiences of cultures other than his/her own
- Increase their motivation to apply healthy living principles to his/her life
- Develop a sense of belonging to the UCSD campus

**Relationship to Student Affairs Learning Outcomes:** Communicate Effectively, Advance a Plan for Personal, Academic, and Professional Success, Engage in a Healthy Lifestyle

**Assessment Project Start:** 5/28/2013

**Assessment Project End:** 6/13/2014

**Population/Sample:**

An email with a link to the survey was sent to 37 graduating SHAs during week 9 of the spring quarter. Twenty-eight SHAs completed the survey which is indicative of a 76% response rate.

**Type of Assessment:** Student learning outcomes and/or behavioral outcomes, Satisfaction study, Benchmarking

**Other Assessment Type(s):**

**Assessment Methods:** Surveys

**Other Assessment Method(s):**

**Data Collection Tools:** The self-assessment online survey was hosted on Campus Labs.

**Data Analysis Methods:** Quantitative data were assessed using Baseline analytics. Responses for open-ended questions were quantified and coded into themes.

**Presentation of Findings:** Findings were included in a report presented to the Health Promotion staff and will be included in the 2013-2014 Student Health and Well-being Cluster annual report.

**Progress:** 100%

**Link Assessment Project in Campus Labs Baseline :**

**Name**

**Source**

[SHA Exit Survey 2014](#)

Baseline (All project data)

**Summary of Findings:** The following are the results of the Student Learning Outcomes that were measured. The results below represent responses captured by SHAs reporting a "great deal" or "considerably" to the extent with which participating in the **SHA program helped with specific behaviors and attitudes:**

- 100% increased their motivation to apply healthy living principles to their own life
- 97% developed skills to express ideas and information effectively to students in a variety of settings
- 97% helped them appreciate diversity of ideas, beliefs, opinions and lived experiences other than their own
- 93% helped with sense of belonging to UCSD campus

Graduating SHAs also reported "a great deal" or "considerably" to the extent with which participating in the **SHA program helped improve their leadership skills:**

- 96% reported greater improvement in [public speaking](#)
- 86% reported greater improvement in [workshop facilitation](#)
- 85% reported greater improvement in [meeting facilitation](#)
- 68% reported greater improvement in [time management](#)
- 57% reported greater improvement in [conflict management](#)

**Additional areas of improvement reported by graduating SHAs:**

- 96% reported greater improvement in [knowledge of on-campus wellness resources](#)
- 93% reported greater improvement in [teamwork](#)
- 93% reported greater improvement in [accountability](#)
- 89% reported greater improvement in [their confidence as a leader](#)

A total of 100% of respondents were "very satisfied" or "satisfied" with their experience in the SHA program and would recommend being an SHA to others.

**Impact of Assessment:** The Health Promotion staff were very pleased with the results of the SHA Exit survey. Respondents reported high percentages in learning outcomes and reported that the SHA program made a significant impact in improving their leadership skills. Notably, all of the respondents were "very satisfied" or "satisfied" with their experience in the SHA program and would recommend being an SHA to others.

The results of the SHA Exit survey also demonstrated the profound influence the SHA program made in participants' overall personal development and sense of belonging to the UCSD campus which is in alignment with the Student Affairs Learning Outcomes.

When asked to share their favorite part of the SHA program, graduating SHAs responded:

- *"I loved working with such an enthusiastic team of students and pro-staff who care so much about promoting health and well-being on campus. I enjoyed seeing all of our creative ideas come to life, and also building strong friendships with other SHAs"*
- *"I enjoy being able to make a very tangible impact on students. I also like expanding and creating awareness of campus resources because it benefits students and overall campus morale when they feel support is being given/used."*

Qualitative and quantitative data will be included in recruitment efforts through SHA program informational pamphlets and posted on SHA social media platforms as well as the sha.ucsd.edu website.

**Lessons Learned:** Participants were asked if they developed other skills as a result of being in the SHA program. Critical thinking, communication and interpersonal skills were commonly reported. These areas will be included in the assessment next year.

**Supplemental Information:** Attached is the 2013-2014 SHA recruitment flyer. Some of the results from the 2012-2013 SHA Exit survey are included on the second page of the document. The flyer will be updated using results from the 2013-2014 SHA Exit survey.

-  [SHA 2013-2014 Recruitment Flyer](#)