



10 Ways to Live Well at UCSD

Public

Name of Assessment 10 Ways to Live Well at UCSD

Project:

**Name(s) of Person(s)
Responsible for
Assessment Project:**

Role
No Roles Selected

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Other Contacts:

Providing Financial Aid

Department:

Other Student Wellness

Units/Departments

Involved in

Assessment Project:

Program, Service, or Event Related to Assessment Project

This assessment project is linked to the Guardian Scholars workshop held quarterly. Each quarter a workshop is held for our Guardian Scholars. The sections are available to all undergraduate and graduate students paying fees.

Assessment Project Description

10 Ways to Live Well at UCSD

- Exercise
- Be Well
- Build Healthy Relationships
- Get Involved Outside School
- Be Grateful
- Get Enough Sleep
- Meditate
- Stay Healthy
- Ask for Help

Unit/Program Specific Goals and Learning Outcomes

The main purpose of the assessment project is to assess student learning 10 ways to Live well. Services that are available on campus, cost and how to live more productively and healthy. What can help you in life and in school.

Relationship to Engage in a Healthy Lifestyle

Student Affairs

Learning Outcomes:

Assessment Project 2/28/2013

Start:

Assessment Project 2/28/2013

End:

Population/Sample

All participants in the Financial Decision Making workshop are assessed. The populations is for a group of former foster youth. We offer a workshop specifically for this group each quarter. Each workshop targets a different subject.

Type of Assessment: Student learning outcomes and/or behavioral outcomes

Other Assessment

Type(s):

Assessment Methods: Focus Group

Other Assessment

Method(s):

Data Collection Tools

We use CampusLabs which loads questions on the ipod touch

Data Analysis Methods

Data will be analyzed using CampusLabs.

Presentation of Findings

The results of this assessment will be shared with the Guardian Scholars' work group to help improve future workshops. The results may also be shared with the FAO staff.

Progress:  100%

Link Assessment Project in Campus Labs Baseline

Source Name	Project Name
All project data	Guardian Scholars top 10 ways to livewell

Summary of Findings

The findings show the workshop is valuable and needed. Future workshops may be offered again during the academic year.

Impact of Assessment

As a result of the workshop the students learned many resources available on campus. They learned what to do to improve their mood and how to spend their time more efficiently.

Lessons Learned

As a result of the assessment we realized that many students did not know that Counseling and Psychological Services is available at a reasonable price and for other uses rather than just in a crisis.

Supplemental Information

10 Ways to Live Well at UCSD may be expanded into a series of different topics held each academic year.

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