



Name of Assessment Project: Compiled Health & Well-Being Programs 2014-2015

Name(s) of Person(s) Responsible for Assessment Project: Out of State & International Student Outreach Coordinator (Shawna Held)

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Other Contacts: Sixth College

Providing Department:

Other

Units/Departments

Involved in

Assessment Project:

Program, Service, or Event Related to Assessment Project: **Department:** Outreach Coordinators for International and Out-Of-State Students

Department Contacts: Shawn Fore Fawcett (Sixth, Warren, and Revelle Colleges)

Shawna Held (Muir, Marshall, and Roosevelt Colleges)

Department Overview:

As the number of out-of-state and international students increases, UC San Diego has adopted new initiatives to meet the unique needs of these student populations and increase student satisfaction. The Outreach Coordinator Department works in the colleges to assist non-resident students with transition to UC San Diego and helps these students get acclimated to campus life and California culture. The focus is on international and out-of-state students, but the Outreach Coordinators also outreach to California students as well to create campus community and give students the opportunity to meet others from diverse cultures and backgrounds.

The Outreach Coordinators conduct student needs assessments and provide support through outreach, advocacy, marketing and introducing campus resources to students. They also implement campus wide and college programming and events to connect non-resident students with each other, increase interactions between domestic non-resident students, and introduce non-resident students to the local San Diego and greater California regions. Housed in the colleges, Shawn Fore is responsible for Sixth, Revelle, and Warren Colleges and Shawna Held is responsible for Marshall, Muir, and Roosevelt Colleges. The following report is an overview highlighting the Health & Well-Being programs and assessments implemented by the Outreach Coordinator Department for the 2014-2015 school year.

Department Mission:

Through programs and events, the Outreach Coordinator Department will support international and out-of-state students to engage in the UC San Diego campus, acclimate to American and California culture, connect with other UCSD students, and utilize university resources.

Department Outcomes:

As a result of participating in Outreach Coordinator programs directed toward out-of-state and international student populations, students will be able to:

1. Report an increase in student satisfaction and a sense of belonging to UC San Diego
2. Report an increase in awareness and feelings of connectedness to American/Californian culture
3. Report an increase in awareness and understanding of various cultures
4. Become aware of campus resources that are here to support their co-curricular success and development
5. Report making a connection with other UC San Diego students
 1. *Out-Of-State Students:* Name a student within their home state or region and a California resident student.
 2. *International Students:* Name a student within their home country or region and an American student.
6. Discover San Diego by exploring areas outside of UC San Diego

Events Summary:

International and out-of-state students come to UC San Diego to obtain an esteemed degree, but it can be overwhelming to

come to a new environment and culture. It can be difficult for students to get acclimated to a new setting, meet friends, manage a balanced life, and become accustomed to life in California. The Outreach Coordinators implemented several Health & Well-Being events throughout the year to allow non-resident students the opportunity to connect with other students, promote healthy living, learn ways to stay safe, and gain awareness of well-being campus resources.

Health & Well-Being Events:

- De-Stress at ERC Yoga
- Breakfast at 64 Degrees Health & Nutrition Workshop
- Sex & Chocolate Event
- Spring Break: Surf, Sand, & Safety
- De-Stress at Revelle Yoga
- Magical Night at UCSD – Harry Potter Movie Night
- De-Stress with Cultural Art Event

Health & Well-Being Program Collaborations: FitLife, The Zone, Whole Foods, Housing Dining & Hospitality (HDH), 64 Degrees, Student Health Services, Student Health Advocates, CARE, Outback Adventures, Student Legal Services, and i-House

Health & Well-Being Program and Assessment Data:

7 Health & Well-Being Events with Learning Outcomes and Assessments

159 Total Students Served

Assessment Response Rate = 65%

- 26 International Non-Residents
 - 1% of all international non-resident students in 2013-2014
- 14 Domestic Non-Residents
 - 1% of all domestic non-resident students in 2013-2014
- 89 California Residents

Assessment Project Description: The objective of the assessments for each event was to compile a comprehensive satisfaction review and benefits of the overall Health & Well-Being programs implemented in 2014-2015 by the Outreach Coordinator Department. Students were given the opportunity to anonymously express their satisfaction with each individual Health & Well-Being event. The evaluation requested demographic information of each student, event satisfaction rating, increased awareness of campus resources, increased knowledge, connection to other students, event recommendation, and free response from students on what they liked/did not like from event.

The Outreach Coordinators distributed hardcopies of the assessment instrument at the end of each Health & Well-Being program. Data from all paper assessments were uploaded manually to Excel. The results of the compiled assessment data were used to determine the value of the overall Health & Well-Being programs and to make improvements to each program for the upcoming quarters.

The main purpose of the assessment project was to assess:

- Number of participants attending Health & Well-Being Programs
- Benefit of participation in events (increase in knowledge, awareness of campus resources, and sense of belonging to UCSD)
- If students would attend other similar healthy lifestyle-related events in the future
- If programs/events allowed students to connect with other students from their home state, country, or region
- Students satisfaction with Health & Well-Being Programs

Unit/Program Specific Goals and Learning Outcomes: As a result of participating in Health & Well-Being Programs, students will be able to:

- Increase knowledge on promoting a healthy living and ways to stay safe
- Become aware of campus resources that are here to support their co-curricular success and development
- Report an increase in their sense of belonging to UC San Diego
- Connect with other students from their home state, country, or region

Relationship to Student Affairs Learning Outcomes: Think Critically and Solve Problems, Communicate Effectively, Advance a Plan for Personal, Academic, and Professional Success, Lead in a Diverse Global Society, Engage in a Healthy Lifestyle, Promote Social Justice and Community Responsibility

Assessment Project Start: 10/1/2014

Assessment Project End: 6/12/2015

Population/Sample: 159 students attended Health & Well-Being programs throughout 2014-2015. 103 attendees completed the assessment providing a 65% response rate. Participants consisted of a range of residency statuses – out-of-state students, international students, and California resident students. All UC San Diego colleges and all levels of the student body were represented.

Type of Assessment: Satisfaction study

Other Assessment Type(s):

Assessment Methods: Surveys

Other Assessment Method(s):

Data Collection Tools: Hard-copies of the survey were distributed at the end of each Health & Well-Being event by the Outreach Coordinators. Students were given the opportunity to anonymously express their satisfaction with the each Health & Well-Being event. The evaluation requested demographic information of student, satisfaction rating, and free response from students on what they liked/did not like from each event.

Data Analysis Methods: Data from all paper assessment were compiled and uploaded manually to Excel by Outreach Coordinators.

How Your Results Will Be Presented: The results of this assessment were used by Outreach Coordinators to improve culturally-focused programs for the following quarter based on student feedback. Assessment results were also shared with the Non-Resident Student Engagement (NRSE) committee.

Progress: 100%

Link Assessment Project in Campus Labs Baseline :

Name	Source
No items to display.	

Summary of Findings: The main purpose of the Health & Well-Being Program assessment project was to assess the following based on the program specific goals. The compiled annual data provided the following results:

- Participant demographic information
 - 159 student participants
 - 16% of attendees were International students
 - 9% of attendees were Out-Of-State students
 - 56% of attendees were California resident students
 - Assessment Response Rate = 65%
 - All six colleges represented
 - Students from every grade level represented
- Benefits of participation in event (increase in knowledge, awareness of campus resources, and sense of belonging to UCSD)
 - 90% of participants agreed or strongly agreed they gained a better understanding of healthy lifestyle choices and how to stay safe
 - 90% of participants agreed or strongly agreed they felt an increased awareness of campus resources to assist with healthy living
 - 63% of participants reported an increase in their sense of belonging to UCSD
- If students would attend other similar health-related events in the future
 - 89% of participants were satisfied (or higher) with Health & Well-Being programs
 - 88% of participants stated they would recommend a similar health-related event to a friend
- If program/event allowed students to connect with other students from their home state, country, or region
 - 52% of participants met at least 1 new person at each series event
 - 13% of participants were able to connect with international students
 - 12% of participants were able to connect with out-of-state students
 - 28% of participants were able to connect with California-resident students

 Compiled Health & Well-Being Programs Report 2014-2015

Impact of Assessment: The assessment results were viewed by the Outreach Coordinators for International and Out-Of-State Students along with various campus partner collaborations. Assessment results were also shared with the Non-Resident Student Engagement (NRSE) committee. The findings were used to:

- Improve the health-related programs for the following quarter based on student feedback
- Increase awareness and advertising of Health & Well-Being and community-building programs among UCSD students to increase participation

Lessons Learned: The assessment results identified key findings of student satisfaction, benefit of participation in event, and student interest in attending similar Health & Well-Being events in the future. Attendance for Health & Well-Being events was fairly

consistent, but attendance could have been increased by additional outreach and also holding sessions on a regular schedule.

The assessment provided valuable insight into student's perception of health and well-being programs. At future health programs, the Outreach Coordinators plan to incorporate a component of the event that is dedicated to talking about ways to get involved on campus so that non-resident students feel engaged within the campus community outside of singular events. In addition, the assessment had a fairly low response rate (65%) so the delivery method of the assessment will need to be altered. The Outreach Coordinators will be more strategic in organizing staff to distribute and collect completed assessments from students at the event. For future Health & Well-Being programs, the Outreach Coordinators plan to be stricter on having participants complete the assessment at the end of each event in order to increase the response rate. They also plan to make assessment survey questions consistent from program to program to make it easier in identifying trends and improvements for the following year.

Overall, Health & Well-Being events provided non-resident students the opportunity to engage with other non-resident and California students while learning about healthy lifestyle choices and campus resources. The Outreach Coordinators will continue to offer health-related programs since students reported high satisfaction levels. Surveys will be implemented for future health events and compared with these existing findings.

**Supplemental
Information:**

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