



# Health, Recreation & Well-being Leadership Award Program - EXIT EVALUATION

Public

**Name of Assessment** Health, Recreation & Well-being Leadership Award Program - EXIT  
**Project:** EVALUATION

<b>Name(s) of Person(s) Responsible for Assessment Project:</b>	<b>Role</b>
	Program Coordinator (Iris Crowe-Lerma)

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**Other Contacts:**

**Providing** Health, Recreation & Wellbeing

**Department:**

**Other** Campus Recreation, Counseling and Psychological Services, Student

**Units/Departments** Health Services

**Involved in**

**Assessment Project:**

## Program, Service, or Event Related to Assessment Project

This assessment project is linked to the Health, Recreation & Well-being Leadership Award Program offered by the Health, Recreation & Well-being cluster. This program is designed to teach students new health, wellness, and leadership skills, and encourage the adoption of health behavior changes. 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 1 workshop and/or class related to Leadership Development. This project looks specifically at those students who completed the program and filled out an exit evaluation.

## Assessment Project Description

The main purpose of the assessment project was to assess those students who completed the Health, Recreation & Well-being Leadership Award Program in 2012-2013. The program coordinator was most interested in gaining answers to the following questions in an effort to assess the effectiveness and impact of the program:

As a result of this program, did participants:

- learn new healthy habits?
- adopt new healthy behaviors?
- gain new leadership skills?

Did this program positively enhance participants:

- student experience at UC San Diego?
- academic experience at UC San Diego?

The results of this assessment will be used to implement improvements to the program so that it is

meeting its intended goals of teaching students new healthy practices and leadership skills, and concurrently enhancing their experience at UC San Diego.

### Unit/Program Specific Goals and Learning Outcomes

#### Health, Recreation & Well-being Leadership Award Program Learning Outcomes

As a result of completing this program, students will:

- 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** Communicate Effectively, Engage in a Healthy Lifestyle

#### Learning Outcomes:

**Assessment Project** 7/1/2012

**Start:**

**Assessment Project** 6/30/2013

**End:**

#### Population/Sample

A total of 81 students enrolled in the Health, Recreation & Well-being Leadership Award Program during the 2012-2013 academic year, with a total of 21 students completing the program.

100% of the 21 award recipients completed the program's exit evaluation. Two versions of the exit evaluation were used throughout the year. Version 1 was given to students at the start of the year, and was revised in the fall after the program coordinator learned of more effective ways to assess the program's learning outcomes. Version 2 was then implemented in January 2013.

A total of 6 students completed version 1 of the exit evaluation, and a total of 15 students completed version 2 of the exit evaluation.

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

#### Other Assessment

**Type(s):**

**Assessment Methods:** Surveys

#### Other Assessment

**Method(s):**

#### Data Collection Tools

A link to an online exit evaluation was emailed to students who completed all requirements for the Health, Recreation & Well-being Leadership Award Program. The staff in the office of Student Affairs Technology Services developed the evaluation site and all responses were stored within the Student Affairs SharePoint site. At the end of the 2012-2013 academic year, this data was uploaded

and analyzed within Campus Labs Baseline system. A copy of the results from both versions of the exit evaluation is attached in the summary of findings.

A total of 18 questions were asked within version 1 of the exit evaluation, while a total of 19 questions were asked within version 2 of the exit evaluation. A total of 5 questions remained equivalent across both evaluations. This combined data is included in the summary of findings.

### Data Analysis Methods

The data collected was analyzed using Campus Labs Baseline, and will be used as a benchmark for the first two years of the program.

### Presentation of Findings

Results of this assessment will be included in an email to the Health, Recreation & Well-being Programming Committee and to the Assistant Vice Chancellor of Health, Recreation & Well-being. Additionally, a report of these findings will be compiled and shared with the James Hervey Johnson Foundation, who donated funds to the program in 2011.

**Progress:**  100%

### Link Assessment Project in Campus Labs Baseline

Source Name	Project Name
<a href="#">All project data</a>	Well-being Award Exit Evaluation v2
<a href="#">All project data</a>	Well-being Award Program - Exit Evaluation Data v1

### Summary of Findings

The combined data from questions that remained equivalent across both version 1 and 2 demonstrate the following among the participants (21 respondents; 100% of total sample):

- 100% were satisfied with their experience in this award program
- 95% will recommend this award program to others
- 95% learned at least one new wellness skill
- 90% learned at least one new leadership skill
- 90% have and/or intend to change a behavior as a result of this program

Responses collected from version 2 highlight additional data related to the program's learning outcomes (15 respondents; 71% of total sample):

- 100% agreed that this program enhanced their experience at UC San Diego
- 100% gained skills in effective communication
- 100% were able to identify at least one campus resource to support them in their well-being as a result of this program
- 100% were able to identify the 8 Dimensions of Wellness
- 80% were more confident in networking and social interaction as a result of this program
- 67% agreed that their academics improved as a result of this program

A large portion of respondents also mentioned that they would have liked if there were more workshops available at different times so that they could move more quickly through the program. Additionally, several participants mentioned that they would have liked to have been able to check their progress online. Lastly, a few students mentioned that they would like to see more marketing throughout campus for the program.

Overall, our office is satisfied with the responses received and feels that the learning outcomes for this program were met.

### Impact of Assessment

Our office was happy to see that nearly all of our learning outcomes were well met, which indicates that the program is meeting its intended goals and purpose. Additionally, the data collected indicates that the students who have completed the program have benefited in a variety of areas from the experience.

However, our office would like to see a higher number of students complete the program next year. Our office plans to use this summer to make changes and improvements to the program based on the participant's feedback regarding more workshop times, an online progress site, and more marketing.

### Lessons Learned

The program coordinator learned to consult with Marlene before sending out any evaluation! She helped revise the program's exit evaluation so that it was much more effective at assessing the program's learning outcomes.

The program coordinator also found that asking, "How did you hear about the program?" was not very helpful, as she received many responses of "website". Responses such as this did not inform specifically which website they heard about the program from. If this item is included in the future, it will be written with more specifics to gather more useful information.

Additionally, the program coordinator added a testimonial section to version 2 of the exit evaluation, which proved to be very useful, as they will be used to create a page on the program's website highlighting these testimonials.

Finally, the program coordinator would like to implement a pre-evaluation when students register to assess where they feel they are at in relation to our learning outcomes before they even begin the program. By the end of the year, hopefully our office will see individual improvement within the participants by comparing their pre-evaluation with their exit evaluation.

### Supplemental Information

Program Website: <http://students.ucsd.edu/well-being/wellness-resources/leadership-award-program/index.html>

Attached is a copy of the program flyer that was used within our marketing efforts.

 Program Flyer

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