

**Student Services**  
**Departmental Goals and Assessment Plans 2012-2013**

**Department Name:** Health & Wellness Services

Departmental Goals for 2012-2013

1. Increase students' identification of Health and Wellness Services through collaborative efforts with Student Services departments and other college departments.
2. In collaborate with Student Health Clinic and Student Life and Leadership by implementing a cold/flu campaign addressing preventative measures in spreading bacteria and viruses.
3. Increase students' sleep quality by displaying intrapersonal skills acquired through sleep health interventions as measured by the Pittsburgh Sleep Quality Index.
4. Increase marketing efforts by creating Healthy Lifestyle videos and publish to SLCC HWS You-tube channel and blog.
5. Develop a Campus-free Tobacco Policy to be implemented by August 1, 2013.
6. Develop a "consumer needs survey", utilizing current HWS counseling students to evaluate counseling services rendered as a way to assess areas of improvement.

**Project (Assessment) Title 2012-2013** - Increase students' sleep quality by displaying intrapersonal skills acquired through sleep health interventions as measured by the Pittsburgh Sleep Quality Index.

**College Priority and Objective**

Strategic Priority II – Improve Student Access and Success

Objective II D Improve student participation in advising, learning support and noncurricular activities that are related to student persistence.

Objective II E Improve student completion of desired educational goals: certificates, degrees, and successful transfer to four year colleges and universities.

**Methodology (Plan/Timeline/Method):**

Students will increase their sleep quality by displaying intrapersonal skills acquired through sleep health interventions as measured by the Pittsburgh Sleep Quality Index.

During fall semester, Health Promotion Specialists will present sleep health information to five to ten classes. Students in the classes will be asked to participate in a sleep health program. Participants will be asked to sign a confidential waiver informing them of the goal, intervention steps, collection of data results, and data analysis reporting of the program. The tool that will be used to measure the participants sleep quality is the Pittsburgh Sleep Quality Index. The Health Promotion Specialists will be administering the tool once each semester.

Students will be contacted via email and provided sleep health information to improve their sleep patterns. Each participant will receive weekly contacts from a specialist. Participants will be asked to voluntarily meet with a specialist to discuss the intervention. During the intervention, students will be provided with two –five minute informational video blogs on sleep health, a sleep journal, time management skills, stress management skills, do not disturb door hangers, and bedroom-environmental considerations for sleeping.

During spring semester, Health Promotion Specialists will continue contacting the students with the sleep health information through March. In April, the Pittsburgh Sleep Quality Index will be administered again to those same students from Fall 2012 through March 2013 to evaluate the behavior change. Data will be collected and analyzed.

### **Student Services Outcomes Supporting Student Learning**

#### *Learning Outcome:*

#### 2. Acquire Knowledge.

C. Know about campus resources.

#### 3. Display practical competence and intrapersonal skills.

D. Manage their personal affairs, including economic self-sufficiency, maintaining health and wellness, prioritizing personal, social, educational, and career demands.

F. Engage in the college experience to achieve personal and academic success; use college resources, processes and systems; develop goal setting, decision making and planning skills and adapt to change.

#### **Results/Findings**

**TBD**

#### **Actions Taken (Use of Results/Improvements)**

**TBD**

**Project (Assessment) Title 2012-2013** – Develop a “consumer needs survey” from HWS students who are current clients receiving HWS counseling services during the current year. This assessment will identify areas of strengths, weakness or omission in the current delivery of services and aid in the planning and implementation of changes for improved quality of services.

### **College Priority and Objective**

Strategic Priority II – Improve Student Access and Success

Objective II D Improve student participation in advising, learning support and non-curricular activities that are related to student persistence.

Objective II E Improve student completion of desired educational goals: certificates, degrees, and successful transfer to four year colleges and universities.

### **Methodology (Plan/Timeline/Method):**

A brief (5-10 minutes) consumer survey will be constructed using questions to be answered predominantly with ratings along a Likert scale (e.g. strongly agree, agree, neither agree nor disagree, disagree, strongly disagree). Subject areas to be explored will span the range of the student’s total counseling experience, e.g. ease in learning about counseling services, availability of appointment times, convenience of locations, interaction with office staff, information about rights, trust in confidentiality of personal info, ability to pay for services, participation in guiding and setting counseling goals, helpfulness of counselor, reduction of stressors, acquisition of new behavioral skills, improvement in relationships, success in work or school, increased self-awareness and self-worth, staff sensitivity to cultural background, referral to other resources, areas of needed improvement or additional services, overall satisfaction with services, etc.).

The survey will be administered over the course of 3-4 weeks in both late Fall Semester (e.g. November) and late Spring Semester (e.g. April). Active clients will complete the survey in person at the time of one of their scheduled appointments. Clients who received services during the semester, but who are no longer active, may be chosen at random and requested to complete the survey via email. The surveys will be filled out anonymously (although they may be coded to track which clients have not yet completed one).

Results will then be analyzed by item to identify areas of strength and weakness and provide input for decision making regarding potential changes for improvement in quality of services.

### **Student Services Outcomes Supporting Student Learning**

*Learning Outcome:*

1. Develop cognitive skills

A. Think reflectively and critically

2. Acquire Knowledge.

B. Apply knowledge

3. Display practical competence and intrapersonal skills

D. Manage their personal affairs, including economic self-sufficiency, maintaining health and wellness, prioritizing personal, social, educational and career demands.

E. Engage in self-appraisal and self-understanding; explore autonomy, values, identity, self-esteem, and attitude.

4. Display interpersonal development

B. Relate with others in dyadic, group and team settings

C. Establish intimate relationships

5. Engage responsibly with the broader community

A. Understand their rights and responsibilities as students/citizens in a democratic society

**Results/Findings**

TBD

**Actions Taken (Use of Results/Improvements)**

TBD

**Other Notes**