



2020 -2021 Student Affairs Assessment Plan

Department: Watkins Health Services

Healthy CHOICES in Daily Life Program

Division Mission

To engage the KU community in services and programs that make learning possible.

Department Mission

Watkins Health Services (WHS) supports the student's learning experience through the delivery of high quality affordable healthcare services and innovative programs that promote the health and wellness of the students, University, and community.

Department Student Learning Outcomes

Students who utilize or interact with services and programs provided by Watkins Health Services will be able to...

1. Recognize the relationship between health and one's capacity to meet academic and personal goals.
2. Recognize prevention measures to avoid health issues/injury in the future.
3. Acquire and use information that will enable them to manage aspects of personal healthcare.

Description of Service/Program

The Healthy CHOICES in Daily Life Program (HCiDL) is made up of four different classes that students are given the opportunity to participate in through their involvement in KU's Student Conduct process. While HCiDL Program classes are developed by WHS staff, those who go through KU's Student Conduct process are referred by a variety of entities: Department of Student Housing, Student Conduct & Community Standards, KU Athletics Corporation, Sorority & Fraternity Life, Naismith Hall staff, and Douglas County Prosecutor's Office.

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Service/Program Student Learning Outcome(s)

Students participating in the Healthy CHOICES in Daily Life Program will be able to...

- Evaluate their alcohol or cannabis use. (1 & 3)
- Identify social and culture norms of alcohol and cannabis use in the college setting. (1)
- Identify safe drinking and cannabis use practices. (2,3)
- Demonstrate an understanding of potential social and legal consequences of cannabis and alcohol use. (2)
- Recognize of how stress and anxiety impact overall health. (1, 2, 3)
- Identify positive coping mechanisms for dealing with stress. (3)

Divisional Student Learning Outcomes: *Check all that apply*

- Knowledge Acquisition
- Cognitive Complexity
- Intrapersonal Development
- Interpersonal Competence
- Humanitarianism & Civic Engagement
- Practical Competence

Project Specifics

Project Title: Healthy CHOICES in Daily Life Program

Purpose of the project: The Healthy CHOICES in Daily Program has anywhere from 200 to over 300 participants per academic year. The classes that make up the program take a respectable amount of labor and time for Health Educators to carry out, not to mention the administrative time it takes to ensure the sanction is carried through the way it is supposed to. Approximately ten years ago, the Department of Student Housing and Watkins Health Services staff looked at the retention data of students who

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participated in the HCiDL Program finding that those who participated were retained at a higher percentage. That retention data, while useful and impressive data, tells only part of the story of the HCiDL program. Establishing that Learning Outcomes are being met along with how Student Affairs departments collaborate on providing an adjudicative learning experience for our students would be worthwhile.

Assessment method(s): Once the HCiDL course has been completed, the Health Educator leading the class will send out the pre-developed survey through Qualtrics. Before the student can leave the session, they must show proof of completion of the survey. The survey for each course is unique to that course asking questions that are reflective of the curriculum.

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Timeline/frequency: The HCiDL Program courses are offered per students' availability, therefore a rolling timeline. The frequency of the courses depends on the demand for courses, i.e., the number of students going through the Student Conduct processes. Historically, Watkins Health Services receives notification of anywhere between 200- over 300 students needing to participate in these programs per academic year.

Population/Sample: The sample for the HCiDL Program surveys is made up of those who have to participate in the program via the outcome of the Student Conduct process they have gone through. While this can be virtually any student, the majority of students are first year students who reside within one of the Department of Student Housing units on campus.

Special challenges to this assessment:

- Length of survey – these surveys are greater than ten questions making them lengthier than an ideal survey for students to complete. Most responses are on a Likert scale which makes the survey quicker to respond to; there are some open-ended questions as well.
- Those taking this assessment have been sanctioned to participate in the program which could skew their responses if they are angry or upset about the

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participation. Best practices indicate that forced education is not as effective as opportunities that someone opts into.

- The sample size is relatively small in terms of the size of the KU student population.
- At least during the fall semester, all class sessions will be held virtually which may taint the survey responses.

Use to inform current practice: The information gleaned from this assessment project will assist in modifying the HciDL program curriculum, cost, and relevancy as a part of WHS practices. Additionally, while many students are sanctioned to the program currently, the results of this assessment may encourage campus colleagues to increase recommended participants if the results are positive. These results may also expose the need for a greater offering of courses for more specific needs of students based on whether learning outcomes are met or not.

Plans for reporting results: These results will be reported to Watkins Health Services Leadership Team Members, the Watkins Health Services Annual Report, the Student Affairs Annual Report, and if applicable possibly a Monthly Assessment Update report. Additionally, key stakeholders like the Department of Student Housing and Student Conduct and Community Standards will be asked to participate in a review of the results via an in person meeting. If there is interest it may be worth proposing an update of this program via a Student Affairs Continuing Education session and potentially a professional conference presentation.

Qualtrics Used: Yes No