

UNIT REPORT

FY24 Assessment Plan

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New Department Mission**Description:** To promote health, wellness, and the pursuit of self-actualization through education, outreach, and prevention.**Date last revised:** 06/16/2023**New Department Vision****Description:**

Leading the UH community in becoming a health promoting university by cultivating a culture of care that values health and wellness

Date last revised: 06/16/2023**1 Goal: System Culture Change****Description:**

By the end of the FY24 school year through various campus wide initiatives, contribute to the changing of culture with the incorporation and embedding of wellbeing messaging and programming throughout campus.

RELATED ITEMS -----

RELATED ITEM LEVEL 1

2 Assessment: Student Program Needs**2 Goal: Increasing Student Engagement****Description:**

By the end of FY24, establish opportunities in academic buildings expanding opportunities for students to increase engagement in our programmatic offerings.

RELATED ITEMS -----

RELATED ITEM LEVEL 1

1 Assessment: Mindfulness Behavior

RELATED ITEM LEVEL 1

2 Assessment: Student Program Needs**3 Goal: Skill development****Description:**

Students will learn skills and behaviors to incorporate into their daily lives to improve their wellness by attending programs and events during the FY24 school year.

1 Assessment: Mindfulness Behavior**Program/Service Being Assessed:** Unwind with Wellness on Wednesdays**Assessment Method:** Both (quantitative and qualitative)**Description of Assessment Activity:**

Assessing if the combination of activities provided on Wednesday's are equipping students with skills and behaviors to be more mindful during situations in their life to help in reducing stress. As students attend each Wednesday event, they will have to sign in capturing their email and phone number and stress level. An hour later they will receive a short evaluation about the event. We will email all participants at the end of the semester to ask specific questions (did incorporate any of the skills or behaviors into your lifestyle, was it hard or easy, how did it reduce stress in your life). These results will be compared to the data obtained through the WISHES survey comparing students to students' level of stress from attending other related wellness activities across campus.

Frequency / Timeline of Assessment Activity:

Every Wednesday with a follow up at the end of the semester

Connection to Goals/Mission:

The assessment will help to determine if the implementation of Unwind with wellness on Wednesday increases student engagement as well as possible to improving the culture of students focusing more mindfulness behaviors.

2 Assessment: Student Program Needs

Program/Service Being Assessed: Needs Assessment

Assessment Method: Both (quantitative and qualitative)

Description of Assessment Activity:

To determine the needs of the student population we will be using the WISHES survey. The assessment measures several conditions of well-being from financial to thoughts if professors are caring and intermediate and long-term outcomes that include belonging, flourishing and health and academic risk just to name a few. As part of the WISHES Launch Lab a cohort-based collaborative learning experience, we will be able to share results, interpret the data, determine how to use the data and develop strategies in implementing new or improved programs and services.

Frequency / Timeline of Assessment Activity:

The survey will be disseminated and analyzed during the fall semester and members of the Launch Lab will attend 6 meetings for additional help.

Connection to Goals/Mission:

In knowing what students want, we can take a more strategic approach to engage students in programs they have identified as the most important for them. The more buy in from students the better chance in creating a shift in culture in wellbeing being part of the campus and students engaging more in wellness programs.

3 Peer Education Program

Program/Service Being Assessed: Cougar Peer Educator Program

Assessment Method: Both (quantitative and qualitative)

Description of Assessment Activity:

As peer education is a health promotion best practice that is implemented in many similar departments to UH Wellness, we have chosen to benchmark our Cougar Peer Educator program against the programs in the Big 12 and top 50 public similar institutions. We are going to collect information from specific institutions who have peer education using questionnaires and telephone interviews.

Frequency / Timeline of Assessment Activity:

Phase 1- Sept-Oct collecting data

Phase 2- November-December

1. Compare the collected data, both numeric and descriptive.
2. Determine gaps between your performance measurements and those of your partners.
3. Determine the differences in practices that cause the gaps.

Phase 3- January-February

1. Develop goals for our peer program
2. Develop action plans to achieve those goals.
3. Implement and monitor plans.

Connection to Goals/Mission:

This assessment activity is connected to all our goals. The successful peer program can lead to a culture change within the university as more students are focusing on their well-being, more student engagement in not only our programs but those around campus that are wellness related and more students learning skills that our peers are promoting for a well coog.

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