

Counseling Center

Submitted: July 2006; Updated: February 2011

After participation in Counseling Center sponsored programs and activities, students will be able to:

Program Learning Outcomes	Performance Indicators	Measures	Use of the Information
1. Be more self-aware.	<ul style="list-style-type: none"> ○ Able to identify strengths ○ More clearly understand their vocational calling. ○ Begin the process of individuation 	<ul style="list-style-type: none"> ○ Student Evaluation Survey: Questions to address this learning outcome include, "Counseling has helped me more clearly identify my strengths," "Counseling has helped me more clearly understand my goals," and "Counseling has helped me more clearly understand my responsibilities for my own thoughts, feelings, and behaviors". ○ Clinician report of progress in treatment: Upon termination, clinician utilizes a rubric developed to assess progress in treatment; this rubric is derived from the "readiness to change" model utilized in motivational interviewing techniques. For this learning outcome, progress in treatment for students who presented with career/major uncertainty will be utilized. 	<ul style="list-style-type: none"> ○ The Counseling Center assessment team will collect and analyze data for annual reporting. Reports will be shared with Counseling Center staff who will identify actions to modify programs and enhance student learning. Counseling Center staff will review reports and recommendations and take action accordingly.
2. Utilize their skills to create positive change in themselves.	<ul style="list-style-type: none"> ○ Reduction in symptoms of depression, anxiety and other mental health concerns ○ Becoming an active agent in change by learning coping strategies 	<ul style="list-style-type: none"> ○ Student Evaluation Survey: Questions to address this learning outcome include, "Counseling has helped me reduce the symptoms that brought me to the Counseling Center," and "Counseling has helped me learn one or more skills/strategies to solve or cope with problems." ○ Clinician report of progress in treatment: Upon termination, clinician utilizes a rubric developed to assess progress in treatment; this rubric is derived from the "readiness to change" model utilized in motivational interviewing techniques. For this learning outcome, progress in treatment for all students, as well as students who presented with anxiety or depression will be utilized. 	<ul style="list-style-type: none"> ○ The Counseling Center assessment team will collect and analyze data for annual reporting. Reports will be shared with Counseling Center staff who will identify actions to modify programs and enhance student learning. Counseling Center staff will review reports and recommendations and take action accordingly.

<p>3. Engage in positive relationships</p>	<ul style="list-style-type: none"> ○ Demonstrate adaptive interpersonal skills 	<ul style="list-style-type: none"> ○ Student Evaluation Survey Questions: Questions to address this learning outcome include, "Counseling has helped me improve my relationship with at least one other person" and "Counseling has helped me find support from others." ○ Clinician report of progress in treatment: Upon termination, clinician utilizes a rubric developed to assess progress in treatment; this rubric is derived from the "readiness to change" model utilized in motivational interviewing techniques. For this learning outcome, progress in treatment for students who presented with relationship difficulties will be utilized. 	<ul style="list-style-type: none"> ○ The Counseling Center assessment team will collect and analyze data for annual reporting. Reports will be shared with Counseling Center staff who will identify actions to modify programs and enhance student learning. Counseling Center staff will review reports and recommendations and take action accordingly.
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