Goal and desired outcomes of the program or service:
The goal of the Center for Student Wellness (CSW) offering workshops is to provide outreach and health and wellness education to the campus community.

Goal of assessment:
The goal of this assessment is to evaluate if CSW and its staff are creating a safe atmosphere where students feel comfortable asking questions and seeking resources around wellness topics.

Population sampled:
Students attending CSW presentations

How many people were asked (if known)? Click here to enter number.
Respondents: 133
Response Rate: Click here to enter percent.
Administration Type: Paper responses with data entry into Campus Labs; Survey link posted/distributed

Summary of Key Findings
Overwhelmingly we had extremely positive responses to students we surveyed who participated in our presentations. Often we discuss topics that are plagued by stigma (like sexual health and alcohol) or can be difficult to talk about (like sexual assault and bystander intervention). Because these topics can be sensitive we strive to present a welcoming feeling so that students feel more comfortable utilizing the office when they have questions or need help. This data shows us that we are on the right path and that students do see the staff in the Center for Student Wellness as safe and inviting for the questions they have. The statistics below highlight this:

- 66.41% of students said the presentation they attended exceeded their expectations.
- 92.48% of students “strongly agreed” or “agreed” that the presentation they participated in increased their knowledge on the subject/issue.
- 96.15% of students “strongly agreed” or “agreed” that the presenter they watched had a welcoming and helpful approach.
- 95.42% of students “strongly agreed” or “agreed” that they would feel comfortable going to the Center for Student Wellness if they had questions about health and wellness.
Additionally, many students reported positive comments about our presentations and/or presenters. Here are a few highlighted comments:

- “The information was extremely useful and brought down quite a few barriers and broke stigma/stereotypes about sexual assault. His words also made you think deeply about why sexual assault is an issue and what needs to change.”
- “The ladies had a lot of energy, but were still professional. They allowed us to feel comfortable about a subject that most people don't like to openly talk about. love these two advocates!”
- “Very energetic, fun, humorous. Relatable and very outgoing.”

**Actions Taken/Planned based on the findings from this assessment:**
We plan to continue with our current outreach, specifically presenting things in a non-judgmental, energetic, interactive way designed to engage students and make them feel comfortable coming in to see us when they need help.

**Alignment**

 **Student Affairs Key Activity:** [still in process]

 **Departmental Key Activity:** Outreach/Training & Education

 **Departmental goal this project addresses:** Combat stigma by creating health positive spaces where students feel safe asking questions.

 **Departmental Key Activity:** Collaboration

 **Departmental goal this project addresses:** Through partnerships reach a diverse and large student population.

 **Student Affairs Learning Domain Connection:** Health & Wellness

*Please explain how this project connects to this Learning Domain:* Outreach and workshops offers students an opportunity to learn about relevant topics, and build skills that will help them cope with health and wellness issues that impact their everyday lives, and ability to succeed.
**Student Affairs Learning Domain Connection: Campus Community**

*Please explain how this project connects to this Learning Domain:* Maintaining partnerships and collaborating across campus is integral to reach a variety of populations on campus and raise awareness about CSW resources.

**Student Affairs Learning Domain Connection: Diversity & Inclusion**

*Please explain how this project connects to this Learning Domain:* The CSW strives to be an inclusive space where all students, of all identities, can utilize the center as a safe resource for their health and wellness questions and needs.

**Student Affairs Learning Domain Connection: Practical Competence**

*Please explain how this project connects to this Learning Domain:* Through workshops and outreach, CSW strives to help students build skills that will allow them to cope with everyday health and wellness issues that impact a student’s ability to succeed.