Goal and desired outcomes of the program or service:
The goal of the Well Coaching program is to help guide students to achieving the health behavior changes they desire.

Goal of assessment:
The goal of assessing the Well Coaching program is to evaluate behavior changes students are reporting to have made after meeting with a wellness coach.

Population sampled:
All students who met with a wellness coach in the 2014-2015 academic year.

Administration Type: Department-sent e-mail

Summary of Key Findings
Only one person completed the survey, and thus the assessment did not provide information about the effectiveness of the Well Coaching program.

Actions Taken/Planned based on the findings from this assessment:
We had a limited capacity to serve students during the 2014-2015 year because of restricted hours with our wellness coach. For 2015-2016, hours have been expanded and we are creating ways to reach more students, and thus, have a larger sample to evaluate.

Alignment
Student Affairs Key Activity: [still in process]

Departmental Key Activity: Direct Service

Departmental goal this project addresses: Provide easily accessible, cost effective and quality wellness interventions.

Student Affairs Learning Domain Connection: Health & Wellness

Please explain how this project connects to this Learning Domain: Well Coaching helps students meet their personal health and wellness goals to gain/maintain a better overall well-being to be more successful at the University of Utah.