PROGRAM/SERVICE OVERVIEW:
DSS Advanced Interpersonal Development Group
Advanced Interpersonal Development Group is a 12-week group therapy series offered once a semester by Disabled Student Services. This group was created based on the requests of DSS students diagnosed with Autism and Asperger’s to learn psychoeducational tools to increase their ability to build and maintain long lasting and meaningful relationships and learn self-advocacy skills. After the initial/basic Interpersonal Development Group, DSS staff developed a list of interpersonal objectives and themes that the participants self-reported having a desire to learn more about which were then utilized to develop post group assessments: Q1. Initiating in relationships, Q2. Identifying dating preferences, Q3. Learning different ways to date, Q4. Social Skills Experiments, Q5. Social Skills Self-Efficacy, Q6. Confidence Contacting Friends, Q7. Developing New Friendships, Q8. Social and Civic Responsibility. Participants filled a post group questionnaire assessing their learning outcomes in the above-mentioned interpersonal development objectives on a 7-point scale (1=Strongly Disagree to 7=Strongly Agree).

LEARNING DOMAIN:
Self-Management; Social and Civic Responsibility

LEARNING OUTCOME:
Student Learning Outcome #1: Students will learn new social skills that help them initiate in relationships. This will be demonstrated by an increase in confidence levels.
Student Learning Outcome #2: Students will learn how to identify their own dating preferences.
Student Learning Outcome #3: Students will learn different ways to date.
Student Learning Outcome #4: Students will try a social experiment involving initiating in relationships.
Student Learning Outcome #5: Students will test their own social skills efficacy by initiating in a relationship.
Student Learning Outcome #6: Students will develop new friendships through their learning process in Interpersonal Development Group.
Student Learning Outcome #7: Advanced IDG participants will help other DSS students learn social skills by being on the DSS Interpersonal Development Group Advisory Committee which will create new non-DSS sponsored meet up groups in 2013.

PROJECT SAMPLE:
4 students participated in this assessment.

DATA COLLECTION TIMEFRAME:
Fall Semester 2012

DATA COLLECTION METHODS:
Qualitative survey

LIMITATIONS:
Small sample size

SUMMARY OF RESULTS:
At the end of the 12-weeks of group therapy, average group scores indicated high levels of confidence and self-awareness in the interpersonal themes of knowing more about dating and their own dating preferences. Students indicated that they had learned social skills techniques which would assist them with initiating in their interpersonal relationships. Furthermore, the advanced group members met the basic group members at the end of the semester and invited them to a weekly meet up on and off campus that is not sponsored by DSS. This meet up group
still has about half a dozen active participants. In this way, Interpersonal Development Group provided these students with the tools to reach out and help others. As a result, after a year of working with the advanced group members, a social network has been created for DSS students by DSS students.
KEY FINDINGS:

**Individual Participant Scores**

- 100% of participant agreed or slightly agreed that they had learned new social skills techniques that helped them initiate in relationships.
- 100% of participants agreed or slightly agreed that they had learned to identify their own dating preferences.
- 100% of participants agreed or slightly agreed that they had learned different ways to date in 2012.
- 50% of participants strongly or slightly agreed that they had tried a social experiment which involved initiating in relationship. 25% of participants neither agreed nor disagreed. The other 25% disagreed.
- 75% of participants stated that when they learned how to initiate in relationships, they had received a positive outcome when they tried. 25% of participants neither agreed nor disagreed.
- 100% of participants strongly agreed, agreed, or slightly agreed that they had made new friends through their learning process in Interpersonal Development Group.
- 100% of participants strongly agreed, agreed, or slightly agreed that they want to help others learn social skills by being part of the DSS Interpersonal Development Group Advisory Committee.

2013-2014 STRATEGIC GOALS:

Disabled Student Services has several strategic goals for the upcoming year based on this assessment which will improve the program and services provided:

1. DSS will continue to offer more psychoeducational therapy groups involving student learning related to their specific academic, career, or disability-related challenges.
2. DSS will offer support and mentorship to Interpersonal Development Group Advisory Committee to further their learning of interpersonal development to DSS students on and off campus.