DEPARTMENT MISSION STATEMENT:
Cal State Fullerton's Guardian Scholars program is committed to supporting ambitious, college-bound students exiting the foster care system. We provide a comprehensive program that contributes to the quality and depth of the student's university experience. We serve as a resource for young adults by assisting in their development and equipping them with the educational and interpersonal skills necessary to become self-supporting, community leaders, role models, and competent professionals in their selected fields.

PROGRAM/SERVICE OVERVIEW:
Name of program/service
Guardian Scholars is assessing the utilization of the GS Counseling Services offered for the 2012-13 academic year through the partnership with Counseling and Psychological Services (CAPS); The goal for this partnership is to increase the utilization of mental health services by Guardian Scholar students, and equip them with the necessary skills to become successful both academically and personally.

TYPE OF ASSESSMENT:
(To check mark any box below, please double click on the square and select “checked”.)
- External Reports
- Needs Assessment
- Program Evaluation
- Student Learning Outcomes
- Student Satisfaction Assessment
- Student Success
- Utilization Data

PROJECT SAMPLE:
40 Guardian Scholars

DATA COLLECTION TIMEFRAME:
October 2012 – May 2013

DATA COLLECTION METHODS:
Individual therapy appointments, walk-ins, crisis interventions, life coaching sessions and workshop attendance.

LIMITATIONS:
The current limitation on this project has been the multiple staff transitions occurring within the department.

SUMMARY OF RESULTS:
The psychological counseling services offered at the Guardian Scholars Center has successfully increased the number of student contacts with CAPS. Building the staff connection was critical in getting students to feel comfortable enough to seek the much needed mental health services in times of crisis. Dr. Toriz has greatly enriched the services Guardian Scholars is able to offer students. Not only has she connected with over half of our students through Life Coaching or Individual Therapy, she has also facilitated a number of workshops that enhance student learning and success.

Workshop topics include: Time Management, Freshman Workshop, Study Strategies, Reaching Your Goals and the Spring Mixer.

KEY FINDINGS:
- 27/40 (68%) students requested a counseling appointment
- 21/40 (53%) participated in Individual Therapy Sessions
  - 20 individual counseling
  - 1 family counseling
  - 4 students received counseling sessions in the Spanish language
- 34/40 (85%) students participated in at least two Life Coaching Sessions
APPLICATIONS OF FINDINGS: (Please be as specific as possible.)

1. How will you use your data to improve or enhance your program/service?
   The data collected has demonstrated the need for Psychological Services as a key service for Guardian Scholars. We have also seen that the connection with the counseling psychologist outside of the therapy setting is instrumental in getting students to take advantage of the resource. Moving forward to the 2013-14 academic year, our goal is to increase the use of this valued resource, by having 100% of students meeting with the counseling psychologist for either life coaching or individual therapy.

2. How did the data compare to data from prior years, if applicable?
   The staff of the Guardian Scholars Program regularly evaluates the program and services through observation and feedback from the students. Over the past several years, student feedback indicated that there was a need to provide dedicated mental health services within the Guardian Scholars Program. The 2012-13 academic year marks as the first official year that Guardian Scholars Program has a designated counseling psychologist work directly with students.

3. Any additional information you would like to share that demonstrates how the assessment data will inform programmatic and/or management decisions.
   The assessment data collected will continue to transform the collaborative work that CAPS and Guardian Scholars Program have provided students. In partnership, Guardian Scholars will try to provide a psycho-educational component to all workshops, seminars and activities presented to the students in the 2013-14 academic year.