ASSESSABLE OUTCOME
Students will make one positive lifestyle change.

OUTCOME SUPPORTS
- University: Goal 2
- Division: Goal 2
- Department: _____________
- Other: _____________

ASSESSMENT APPROACH
- Direct assessment
- Indirect assessment
- Both direct and indirect assessment

DATA COLLECTION TIMEFRAME
July 1, 2014 – June 30, 2015

OUTCOME TYPE
- Performance Outcome
- Student Learning Outcome

DATA COLLECTION METHODS
Survey

METHODS AND MEASURES
A survey was sent using the following question to assess the outcome:
- Have you made any positive lifestyle changes this semester as a result of your participation in PHUN?

CRITERIA OF SUCCESS
80% of students participating in PHUN will be able to make one positive lifestyle change.

DATA COLLECTION AND ANALYSIS
68.25% of students made a healthy lifestyle change. For the 2014-2015 academic year, the criteria for success was not met.

IMPROVEMENT ACTIONS
The results reveal that our criteria for success was not met, and only 68.25% of students made a healthy lifestyle change as a result of their participation.

Results were discussed with Health Education and Promotion staff members and PHUN Student Leaders. A plan was developed to implement self-reflection activities and small group discussions throughout the semester to increase critical thinking and application of health information being taught. This assessment also revealed some shortcoming of our assessment methodology. Students gave off-topic or 1-2 word answers to this complex questions. Students may have misunderstood how "a positive lifestyle change" is defined or did not have adequate time to reflect on the prompt. We plan to increase the time given to complete the assessment. We plan to add example lifestyle changes that students frequently report as a "check all that apply" question with "no change" as one option. We plan to add directions on the survey to require complete sentences and to administer paper surveys to minimize short responses.