ASSESSABLE OUTCOME
Students will be able to identify 3 techniques to effectively manage stress.

OUTCOME SUPPORTS

☑️ University: Goal 2
☑️ Division: Goal 2
☑️ Department: Training Future Professionals- Peer Health Edu.
☐ Other: ________________

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

OUTCOME TYPE
☐ Performance Outcome
☒ Student Learning Outcome

ASSESSMENT APPROACH

☒ Direct assessment
☐ Indirect assessment
☐ Both direct and indirect assessment

DATA COLLECTION METHODS
Survey

METHODS AND MEASURES
A survey was sent out containing the following question:

• Please state three tools most college students can use to more effectively manage their stress.

CRITERIA OF SUCCESS
80% of students participating in PHUN will be able to identify 3 techniques to manage stress

DATA COLLECTION AND ANALYSIS
90.48% of students were able to identify three techniques to manage stress.

IMPROVEMENT ACTIONS
The results attached reveal that most students (90.48%) participating in PHUN are able to identify 3 techniques to manage stress, exceeding the 80% criteria for success. No improvements are recommended.

Results were discussed with Health Education and Promotion staff members and PHUN Student Leaders. Plan to continue implementing stress-management message in PHUN Hut each semester and planned to continue providing time management training to student leaders. Plan to implement additional secret shopper assessment of PHUN Hut students to ensure deep understanding of each weekly health message.