OUTCOME
Students will identify strategies to support their physical & mental health.

OUTCOME SUPPORTS
☑ University:
☑ Division:
☐ Department:
☐ Other:

OUTCOME TYPE
☐ Performance Outcome
☒ Student Learning Outcome

ASSESSMENT APPROACH
☑ Direct assessment
☐ Indirect assessment

DATA COLLECTION METHODS
• Observation form, rubric

METHODS AND MEASURES
The Center for Scholars is committed to assisting students in their success at CSUF, from their personal and well-being, to their academics and career. Students in the various scholar programs within the center for scholars are required to meet with an advisor for an academic advising session each semester. The academic advising in the center is focused on providing a holistic advising experience and uses Western Michigan University’s Seven Life Domains as a framework to effective success coaching. The seven life domains are 1) Employment, 2) Housing, 3) Physical and Mental Health, 4) Supportive Relationships and Community Connections, 5) Cultural and Personal Identity Formation, 6) Life skills for Campus Living and Career Preparation, and 7) Education and Academics.

Each academic advisor will complete an observation form/rubric for each student after their first and last academic advising appointment in order to collect pre-and post-data on the student’s development. This information will be used to assist with the students advising experience throughout the year.

CRITERIA OF SUCCESS
• 50% of students will increase by at least one level with regards to being able to identify strategies to support their physical & mental health.

DATA COLLECTION AND ANALYSIS
Advisers were responsible for completing their pre-and post-observation form for each student they advised resulting in a total of 129 student participants. The observation form was to be completed after the first and last session for each student. The form consisted of the student’s personal information and a rubric where the adviser would rank the student on their ability to identify strategies to support their physical & mental health based on various characteristics the students would display or describe. Unfortunately, only 36 students received both a pre-and post-observation.

• 38.8% of students increased by at least 1 level with regards to being able to identify strategies to support their physical & mental health
  o 8 students showed a decrease
  o 15 students showed no change
  o Average increase was .27
**IMPROVEMENT ACTIONS**

Although the criteria of success was not met, the department gained a lot of valuable information and has developed an assessment process that aligns with the advising practice in the center as compared to previous years. The department plans to further embed assessment efforts in order to capture data for all students receiving advising. The department also plans to implement more targeted interactions for each student during the advising process and throughout their experience as scholars in order to increase their ability to identify strategies to support their physical & mental health.