

Assessment: Discipline/Service Four Column



Outcomes - Student Health Svcs

Program Purpose: Students will indicate that the physical/mental health services offered through the Student Health Center helped/will help them in reaching their educational goal.

Based on health/wellness promotion activity, students will indicate a willingness to make changes in their life to improve health and/or academic success.

SLO Coordinator Mtg Date: 12/11/2013

SLO Coordinator Comments: Met with Sharon Manakas - discussed Health Center's SLOs/PLOs in general. Discussed importance of staff buy in. Sharon will survey staff to see what they are interested in learning. Created some major areas of interest for potential Staff surveyed early December and results combined January 2014.

1/9/14 follow up meeting with Sharon and Pamela. Got results of survey staff. Flushed out potential SLOs and PLOs.

Informed Pamela and Sharon that SLO/PLOs for students services must involve measurable indicator of student thinking, feeling, behavior

1/21/14 Met with Pamela, she will relook at SLO/PLO's in light of measurable indicator. Advised coordinator to hold on changing SLO's until hearing back.

Feb/2014 Received suggestions for PLO/SLO revision. Survey created reflecting the SLO's . Staff meeting 2/18/14 and reviewed SLO's and student survey based on their input December 2013. Staff asked to get back to coordinator if they have any suggestions for change to the survey.

4/7/14 - No suggested changes for survey - will orient professional experts about survey and start August 18, 2014. Will also review SLO's with classified/prof. experts. SLO's changed to reflect recommendations of SHC coordinator, institutional researcher, and SHC staff.

4/16/14 Met with SLO coordinator and reviewed SLO's, modifications made.

New Mtg with SLO Coordinator: 04/16/2014

<i>SSOs</i>	<i>Assessment Methods</i>	<i>Results & Use of Results</i>	<i>Actions</i>
<p>Educational Goals - Students will indicate the physical/mental health services offered through the Student Health Center helped/will help them in reaching their educational goals.</p> <p>SSO Status: Active</p> <p>SSO Type: SSLO - Student Service Learning Outcome</p> <p>Start Date: 08/18/2014</p>	<p>Survey - Upon completion of their Health Center Visit, 80% of students who receive services will indicated via survey that the services helped/will help them to stay in school and succeed.</p> <p>Target: On ground utilizers of health services.</p>	<p>Semester Reported: 201807 - Fall 2018</p> <p>Target Met: Yes</p> <p>Fall 2018 90% of students indicated that services assisted them to stay in school and succeed. (06/27/2019)</p> <p># Assessed: 92</p> <p># Successful: 88</p> <p>Related Documents:</p> <p>Copy of Survey TallyFall2018.xlsx</p>	<p>Action: Evaluate every Fall. (06/27/2019)</p>

SSOs	Assessment Methods	Results & Use of Results	Actions
<p>Next Assessment Scheduled: 2017-18 Academic Year</p>	<p>Notes (optional): Begin surveying students with new form Fall 2014</p>	<p>Semester Reported: 201503 - Spring 2015 Target Met: Yes Spring 2015, 98% of the students who participated in the survey indicated that the services assisted them to stay in school and succeed. (06/01/2015)</p> <p>Related Documents: Student Satisfaction Survey</p>	<p>Action: Continue survey every semester. (06/01/2015)</p>
		<p>Semester Reported: 201407 - Fall 2014 Target Met: Yes Students were surveyed Fall 2014. 92% of the students who responded to the survey indicated that the Student Health Center assists them in staying in school and succeeding. (06/01/2015)</p> <p>Related Documents: Student Satisfaction Survey</p>	<p>Action: Survey students during one month each semester. Spring 2015 conduct surveys for one month after spring break. (06/01/2015)</p>
		<p>Semester Reported: 201403 - Spring 2014 Target Met: No New survey tool was developed and will be made available to students either by electronic survey monkey or in paper form. To be implemented Fall 2014 with each student visit. (12/22/2014)</p>	<p>Action: Tool was created and utilized Fall 2014/Spring 2015. (06/01/2015)</p>
	<p>Survey - Upon completion of their health center visit, 80% of students who receive services through the Student Health Center will indicate via survey that during their visit they: felt safe/welcomed, were seen in a timely manner, treated with respect, felt heard and all questions were answered, diagnosis & treatment were explained in understandable terms, and they were educated in self care.</p>	<p>Semester Reported: 201807 - Fall 2018 Target Met: No > than 80% indicated that the stated that most criteria was met during their visits. Two areas that were below 80% were feeling safe during visit and being given information to help me take better care of myself. (06/27/2019) # Enrolled: 92 # Assessed: 92</p> <p>Related Documents: Copy of Survey TallyFall2018.xlsx Student Satisfaction Survey</p>	<p>Action: Will discuss at staff meeting the falling short in the categories of feeling safe and patient information of taking better care of self. Will re-evaluate Fall 2019. (06/27/2019)</p>
	<p>Target: 80% on ground users. Notes (optional): Students to be surveyed with new form Fall 2014.</p>	<p>Semester Reported: 201707 - Fall 2017 Target Met: Yes Fall 2017 92 % agreed to statements. (01/08/2018) # Enrolled: 77</p>	<p>Action: Continue to assess each semester and discuss with staff areas where we do not meet our goal. (01/08/2018)</p>
		<p>Semester Reported: 201503 - Spring 2015 Target Met: Yes</p>	<p>Action: Will discuss with staff</p>

SSOs	Assessment Methods	Results & Use of Results	Actions
		<p>Spring 2015, Over 80% agreed or strongly agreed to questions regarding their visit. (06/01/2015)</p> <p>Related Documents: Student Satisfaction Survey</p> <hr/> <p>Semester Reported: 201407 - Fall 2014 Target Met: No 80% of the students agreed to the statements with the exception of "I learned how to better take care of myself and I was given information to help me take better care of myself" where it fell to 73% in both statements (06/01/2015)</p> <p>Related Documents: Student Satisfaction Survey</p>	<p>during Fall mandatory Flex day about our goals in assisting students. Will continue to evaluate each semester. (06/01/2015)</p> <hr/> <p>Action: Will continue to monitor this area and re-evaluate our findings in Spring 2015. Encourage education by providers for self care and give handout instructions. (06/01/2015)</p>
	<p>Report - External - After visiting the online Student Health 101 Magazine, 70% students will indicate via magazine survey that the information gained from reading an article will aid them in being physically/mentally healthy. Target: 70% of on-line utilizers</p>	<p>Semester Reported: 201807 - Fall 2018 Target Met: No For 2018-19 academic year, 547 unique users, with 2031 articles read, 766 sessions. Of those 100% of the students stated they would apply what they learned, and agreed to make a measurable change. Reader utilization s 3.91% of our population. (06/27/2019) # Enrolled: 547 # Assessed: 547</p>	<p>Action: Readership of this magazine is down. Will work with health educator to promote at class orientations and all health education events. Will look at ways to increase readership in on line students as well. (06/27/2019)</p>
		<p>Semester Reported: 201707 - Fall 2017 Target Met: No We are significantly down in users, due to lack of promotion and the ability to send to all students monthly. 1,311 users (01/08/2018)</p>	<p>Action: Explore sending to all students who access the SHC by email starting Spring 2018. Explore texting information to students. Continue to encourage sign up during class presentations. (01/08/2018)</p>
		<p>Semester Reported: 201503 - Spring 2015 Target Met: Yes January -April 2015 Summary report from SH 101 online magazine demonstrates that during this time frame we had 2,141 unique students read the magazine with 3,361 visits. We are up almost 1, 000 more students this semester over last, with almost double the visits. This is primarily due to marketing and the phone app. 86% of the students engaged have learned something that they would apply to</p>	<p>Action: We will continue to promote the phone app. Also we will start emailing students who we see within the health center letting them know about the app and how to sign up. (06/01/2015) Follow-Up: Academic year 2015-16. (06/01/2015)</p>

SSOs	Assessment Methods	Results & Use of Results	Actions
		<p>their daily lives. (06/01/2015)</p> <p>Related Documents: SH 101 2015 Jan - April summary report.pdf</p> <hr/> <p>Semester Reported: 201407 - Fall 2014 Target Met: Yes Fall 2014 Semester, 87% students responded that they learned something that they would apply to their daily life. For fall there were 1,181 unique students who visited the on-line magazine for a total of 1,769 visits. During the fall semester SH 101 came out with a phone app and we have been trying to get the message out to our students in various ways. (06/01/2015)</p> <p>Related Documents: Student Health 101</p>	
	<p>Survey - 80 % Students who participate in 6 of the 8 on-campus mindfulness meditation sessions will indicate, via pre and post test, improvement in their ability to focus/concentrate/stay engaged in class and improvement in at least one of the following 5 elements of mindfulness: Observe, Describe, Act with Awareness, Nonjudgement, Nonreactivity. Target: 80% Notes (optional): First Mindfulness Meditation Groups begin Spring 2014. There are two type of sessions: Open/Drop in and closed. Both groups meet for 8 weeks.</p>	<p>Semester Reported: 201807 - Fall 2018 Target Met: Yes Mindfulness is offered two days on campus weekly 144 students participated during 2018-19 Academic Year. Mindfulness On-line 7,299 students participated. Our mindfulness website is available to students at all times, easy to use from computer or phone. (06/27/2019) # Enrolled: 7443</p>	<p>Action: Explore means to evaluate the on-line use. Continue to evaluate on campus participants based on stated criteria. (06/27/2019)</p>
		<p>Semester Reported: 201503 - Spring 2015 Target Met: Yes Fall 2014: 12 students participated for total of 35 sessions. Spring 2015: 116 students participated for total of 409 sessions. 20% of the students who participated Spring 2015 did so for their own self improvement and not a part of a classroom assignment or for extra credit. Spring 2015 SHC teamed with Psychology Instructor Kelly Kent to weave Mindfulness training into her Intro to Cognitive Neuroscience and Intro to Research Methods course curriculum as an option for the Honors project in M02H and as one option for the hands-on research project in M06. Kelly Kent also led simple '5minutes of mindfulness ' practices once weekly in her class. In M02H: students must attend 5+ sessions, keep a log, write up their experiences and discuss them in the context of at least one recent research study on the effects of mindfulness practices on the brain. M06: students</p>	<p>Action: Will update results once we have all the data from Kelly Kent's class. We will continue the collaboration with Professor Kent and seek other class collaborations encouraging extra credit, integration through participation and writing about Mindfulness into course projects. Continue offering mindfulness 4 days a week for one hour. (06/01/2015)</p>

SSOs	Assessment Methods	Results & Use of Results	Actions
		<p>must attend 6+ sessions, keep a log, and record physiological changes. One honor's students was selected and presented a paper on "Mindfulness Training at Moorpark College" during the 8th "Bay Honors Research Symposium" at Stanford May 2, 2015. We are still awaiting more data from the research students, but have student comments that support positive changes from Mindfulness Training in the area of focus, stress/anxiety, awareness, and compassion (see document). SHC Launched a simple website MT@MC for our on campus and distant learning students. Spring 2015 we also held trainings 4 days a week that would also coincide with these two classes. (06/01/2015)</p> <p>Related Documents: MT at MC status 051915.docx</p>	
<p>Behavioral Change - Based on health/wellness promotion activity, students will indicate a willingness to make changes in their life to improve health and/or academic success. SSO Status: Active SSO Type: SSLO - Student Service Learning Outcome Start Date: 04/07/2014 Next Assessment Scheduled: 2013-14 Academic Year</p>	<p>Survey - Students who participate in a health and/or wellness activity will be surveyed to determine how likely they are to make a change in their personal life to either improve their health or academic success.</p> <p>Target: 2013-14 - student participation obtained. During academic year 2014/15 students will be surveyed during each event. Notes (optional): Plan to move the number of students participating by 10% in the next academic year. Activities to include: QPR suicide prevention training, health fair, and relevant campus outreach events based on data.</p>	<p>Semester Reported: 201807 - Fall 2018 Target Met: Yes For every health education outreach students are surveyed for application of a learned change to improve their health or academic success. Each year the numbers of student participating in these applicable outreaches increases. Many students stop by for information, but may not select to engage in talking about the health topic at hand. Those who take the time 100 % meet the ability to identify a change they will make to improve overall health or academic success (06/27/2019) # Enrolled: 2204 # Assessed: 336 # Successful: 336</p> <p>Semester Reported: 201503 - Spring 2015 Target Met: No 1,000+ Students were surveyed pre/post testing during QPR Suicide Prevention Training to see if they learned enough to feel comfortable using this training to intervene if need be and how to access assistance. 90% or more indicated that there knowledge base regarding depression and suicide had increased and that they felt able to intervene using the training they learned. Fall 2014 "Taking a Bite out of Stress" event 98% of students</p>	<p>Action: Create a short survey tool to be used with each wellness event. Add an incentive for completing survey. Create 1-2 objectives for what the student who participates in the event will take away. (06/01/2015)</p>

SSOs	Assessment Methods	Results & Use of Results	Actions
		indicated a willingness to make a change to improve their academic success based on what they learned at the event. (06/01/2015)	
<p>Student Health 101 - Students will read electronic health magazine, Student Health 101. SSO Status: Inactive Start Date: 08/16/2012 Inactive Date: 04/07/2014</p>			
<p>Meeting students' educational goals - Student Health Services assist the student in meeting their educational goals. SSO Status: Inactive Start Date: 11/30/2012 Inactive Date: 09/24/2013</p>			
<p>Psychological counseling - Students who participate in psychological counseling will acquire tools to reduce stress. SSO Status: Inactive Start Date: 08/16/2012</p>			
<p>Nursing students - Nursing students will incorporate stress management skills to achieve academic success. SSO Status: Inactive</p>			